

SOPHIYA JOSE

SOCIAL WORKER

CONTACT

- ☎ +919744854750
- ✉ sophiyajose0@gmail.com
- 📍 Moolekuzhiyil(H), Chottanikkara (P.O), EKM, Kerala

PROFILE

I seek a challenging position in a reputed organization where I can learn new skills, expand my knowledge and enhance my learning curve. I aspire to secure an opportunity where I can do justice to my potential. I aim to gain knowledge and experience to contribute to the company's and my personal growth.

SKILLS

Problem solving
Critical Thinking
Communication
Report Writing
Observation
Organization
Listening

WORK EXPERIENCE

Counsellor

Cadabams Psycho- Social Rehabilitation center, Bangalore 2022-2023

- Guided clients in developing skills and strategies for dealing with problems.
- Used cognitive behavior therapy to assist clients in recognizing and redirecting poor habits.
- Maintained confidentiality of records relating to clients' treatment.
- Coordinated required services & resolved problems in crisis situations.
- Developed individualized counseling plans for clients to incorporate short-term and long-term goals.
- Provided comprehensive case management services, created treatment plans, and connected clients and families to appropriate resources.

EDUCATION

Masters of Social Work

Assumption College, Kerala
2020-2022

Bachelor of Arts in English Language and Literature

Baselios Poulouse II Catholicos
College
2017-2020

LANGUAGES

English
Malayalam
Hindi

INTERNSHIP EXPERIENCE

- JOURNALIST- Kairali TV, Kerala - 2019
- REPORTER- Deshabhimani Malayalam Daily, Kerala 2019
- SOCIAL WORKER- In DCPU, Kottayam 2021
- PSYCHIATRIC SOCIAL WORKER – In KCM Hospital Nooranad, Kerala - 2021
- TELE- COUNSELLING- For covid-19 Community(Ottekalla oppam und kottayam), Kottayam Dist- 2021
- COMMUNITY SOCIAL WORKER- In St. Marthas Hospital, Bangalore- 2022
- PSYCHIATRIC SOCIAL WORKER - In NIMHANS, Bangalore 2022

REFERENCE

Dr. Arun Kumar V
Consultant Psychiatrist
Cadabams Psycho-Social Rehabilitation, Bangalore
✉ drarun@gmail.com ,
☎ 9535000944

Dr. Priya Ragavan
Consultant Psychiatrist
Cadabams Psycho-Social Rehabilitation, Bangalore
✉ drpriyarahavan@gmail.com,
☎ 9980616632