

SOPHIYA JOSE

Moolekuzhiyil (H), Chottanikkara (P.O), Ernakulam, Kerala, 682312.
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SUMMARY

Seeking a position as a social worker specializing in the mental health/medical field allowing myself to make a strong commitment to serving the needs of the disadvantaged. Obtaining a role to improve my skills in order to make effective contributions to my job while also earning the opportunity for professional growth by utilizing my abilities develop through my work experiences and education.

EXPERIENCE

Cadabams Group
Bangalore, India

Counsellor

08/2022 to 09/2023

- Worked as a counsellor to provide counselling and educate families in the best ways to help in the recovery process, and work with both inpatient clients and those participating in outpatient programs.
- Guided clients in developing skills and strategies for dealing with problems.
- Used cognitive behaviour 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 counselling 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.
- To help people with physical, mental, developmental, or emotional disabilities live independently.
- Also assisting individuals to adapt to a disability acquired later in life. Additionally monitoring clients' progress and adjusting treatment plans as needed.

SKILLS

Problem-solving
Basic research knowledge
Effective Communication
Easily adaptable to any situation
Active listening
Leadership

Critical thinking
Documentation skill
Observation
Empathy
Stay Organized
An ability to manage multiple tasks

EDUCATION

MASTER OF SOCIAL WORK: Medical and psychiatry

2022

Assumption College, Changanacherry, Kerala

- learned a skills and knowledge necessary for a career in social work.
- Encouraged to engage in self-reflection and ongoing professional development.

BACHELOR OF ARTS: English Language and Literature

2018

Baselios Poullose II Catholicos College, Piravom

- Gained a comprehensive understanding of the English language, its literature, and its cultural context.
- Attained the opportunity to develop strong analytical and critical thinking skills, as well as effective written and oral communication abilities.

CERTIFICATIONS

- Training for Rapid Response Team - KILA
- Certificate course in Disaster Management (Psychosocial intervention and Risk Reduction).

INTERNSHIP EXPERIENCE

- JOURNALIST- Kairali, 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 - 2021
- COMMUNITY SOCIAL WORKER- In St. Marthas Hospital, Bangalore- 2022
- PSYCHIATRIC SOCIAL WORKER - In NIMHANS, Bangalore 2022

ADDITIONAL INFORMATION

- Willing to relocate.