



SHELDIN MATHEW

EXPERIENCE

Social Work Intern

Mochana De Addiction Centre, Manganam

01/08/22-31/08/22

Had done case history and MSE recording, conducted group therapy, provided psychoeducation, coordinated various activities and games to make the residents engaged.

Social Work Intern

Sanjeevani Rehabilitation Centre, Nedukunnam

20/01/23-20/02/23

Worked with the Psychiatric Social workers, briefly studied about psychopathology, case based discussions, documentation and medical record management.

Social Work Intern

St John's Hospital, Kattapana

01/05/23-31/05/23

Given the chance to learn about the various departments of the hospital, its programmes, and the medical assurances it offers. carried out crisis intervention and investigated other medical social work specialties.

Social Work Intern

St Ritas's Hospital, Nalukody

21/08/23-21/09/23

Received an opportunity to work with the multi disciplinary team and study about various illnesses and Medical Emergencies. Assigned for taking psychoeducation Classes and other therapies for the Psychiatric patients.

PROJECTS

A study on Stress Based By Counselors in Psychiatric Setting

Academic Dissertation in the final semester of MSW

VFX showreel

Received an opportunity to work with the multi disciplinary team and study about various illnesses and Medical Emergencies. Assigned for taking psychoeducation Classes and other therapies for the Psychiatric patients.

Fitness Me

Fitness me can perform various activities such as allowing users to set fitness goals, tracking calorie intake, gathering work out ideas and sharing it on social enables you to change with personalized work outs and nutrition plans.

REFERENCE

Mary Joseph

Assitant Professor

Naipunya School of Management

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ABOUT ME

Compassionate and dedicated individual seeking a position as a Social Worker, aiming to provide comprehensive mental health support and therapeutic interventions to individuals in need. With a strong foundation in psychology and social work, I am committed to fostering positive change and enhancing the well-being of clients through empathetic communication, active listening, and evidence-based interventions.

EDUCATION

Master Of Social Work

Ke College Mannanam

2021-2023

Advanced Visual Effects Course

Toonz Academy, Trivandrum

2019-2020

BCA

Naipunya School Of Management

2015-2018

St Michael's HSS, Kudavechoor

Higher Secondary Education

2013-2015

Holy Family Higher Secondary School

Elementary Education

2013

SKILLS

Professional Skills: Psychosocial Assessment & Evaluation Case work & Case Management Interdisciplinary Collaboration Documentation & Recording Psychoeducation Clinical Diagnostic Skill

80%

Soft Skills: Communication Educating & Teaching Problem Solving Welcoming Program Coordination Time Management

90%

Technical Skills: MS Word MS PowerPoint PPT Presentation Foundary Nuke Adobe After Effects Adobe Premiere Pro Adobe Photoshop

95%

ACHEIVEMENTS AND REWARDS

Certificate course on counselling and psychotherapy

A certificate in National Cadet corps,2013

1st prize for magazine competition, 2013

1st prize in video editing,2019

SOCIAL LEVEL

Organised a state level cultural programme named AWAKE for the mentally challenged children.

Student Member in Kerala Association of Professional Social Workers (KAPS)

Conducted a class on Life Skill Development (Athirampuzha Boys School)

Participated in Nirbhayam Munnotu Campaign organized by Distric Women and Child drvelopment Office and Mahila Shakti Kendram Kottaym

Conducted a session on Technical Skills at Ke College Mannanam

INTERNATIONAL CONFERENCES

Attended KAPS conference, BVM College, Cherppunkal.

Organized SCOPOUS 2022, International Conference, K.E College, Mannanam.

Attended SODAKSHI 2022 conducted by Don Bosco College, Wayanad.

Attended SOWOCO 2021 International Conference conducted by IMHANS.

Attended DYUTI 2022 International Conference 2022 conducted by Rajagiri College, Eranakulam.

STRENGTH

Having patience

Work with positive and empathetic attitude

Self-motivated

Active listener

LANGUAGES

English

Malayalam

Tamil