



HELSA ANN GEORGE

- Bangalore
- +918884419461
- helsaanngorge@gmail.com
- www.linkedin.com/in/helsa-ann-george-4a15a9219

SUMMARY

Aspiring psycho-oncologist. Adept understanding of psychological, emotional, and social challenges faced by cancer patients. Adept to provide psychosocial interventions, conduct assessments, and collaborate with healthcare teams. Skilled in facilitating care planning discussions and supporting patients and families dealing with depression and anxiety. Culturally sensitive with a commitment to ethical standards. Blend of clinical experience, research knowledge, and strong communication skills to contribute to comprehensive cancer patient care. Seeking opportunities to make a difference in the field of Psycho-oncology.

SKILLS

- Clinical and Communication skills
- Leadership skills
- Critical thinking and analytical skills
- Academic writing and presentation skills
- Self-Care and Resilience
- Research and Evidence-Based Practices

EXPERIENCE

PSYCHO-ONCOLOGY (PALLIATIVE CARE) INTERN , 01/2024 - Current

Karunashraya BHT, Bangalore

- Worked collaboratively with interdisciplinary teams, including physicians, nurses, and social workers, to develop and implement comprehensive care plans tailored to the unique needs of each patient.
- Assisted in family meetings to discuss treatment plans, address concerns, and provide emotional support, fostering open communication and understanding during challenging times.
- Assisted in the assessment and management of pain and other symptoms, employing evidence-based approaches to enhance the quality of life for patients nearing the end of life.
- Supported patients and their families in discussing and documenting advance care directives, ensuring that end-of-life wishes were understood and respected throughout the care process.
- Ensured thorough and accurate documentation of patient assessments, care plans, and interventions, adhering to the standards of healthcare record-keeping.
- Attended training sessions and workshops to stay informed about the latest developments in palliative and end-of-life care, continuously enhancing knowledge

and skills in the field.

- Recognized and respected the cultural and religious diversity of patients and their families, adapting care approaches to accommodate individual beliefs and practices.

PEDIATRIC PSYCHO-ONCOLOGY INTERN, 07/2023 - 11/2023

Mazumdar Shaw Cancer Center (Narayana Health), Bangalore

- Worked under a multidisciplinary team of healthcare professionals, including oncologists, nurses, and social workers, to develop comprehensive care plans for Pediatric patients and their families.
- Assisted in the implementation of psycho-educational programs aimed at providing emotional support and coping strategies for children and adolescents undergoing cancer treatment.
- Administered psychosocial assessments to evaluate the emotional well-being of Pediatric patients and worked closely with families.
- Maintained detailed and confidential patient records, ensuring accurate documentation of progress notes, and treatment plans in compliance with healthcare regulations.
- Participated in team meetings to discuss complex cases, contributing insights from a psycho-oncological perspective and ensuring a holistic approach to patient care.
- Enhanced communication skills through regular interactions with Pediatric patients and their families, providing empathetic and culturally sensitive support during challenging times.

SOCIAL MEDIA INTERN, 01/2024 - Current

Pratidhwani NGO, Bangalore

- Closely monitored social media trends, proactively creating content to meet audience demand.
- Worked with accuracy and creativity, producing visually appealing content for Instagram, Facebook and LinkedIn.
- Created engaging text, image and video content.
- Focused on Instagram, Facebook and LinkedIn content creation.

HR INTERN, 11/2021 - 02/2022

MyCaptain

- Offered assistance throughout recruitment processes and communicated clearly and professionally with staff and customers.

CREATIVE INTERN, 09/2021 - 11/2021

ShrotaHouse

- Worked with team members to deliver effective customer service strategies
- Created marketing campaigns using social media strategies and analytics.

EDUCATION AND TRAINING

Christ (Deemed To Be University), Expected in 06/2024

Master of Science: Clinical Psycho-oncology

- Dissertation in "Attitudes towards Breast Cancer Screening in Middle-Aged Women: A study in India"

CERTIFICATIONS

Neuro-Palliative Care, December 2023, NIMHANS
MindCan, 14-October-2023, Malabar Cancer Center
Brain and Behavior Conference, 14-16 December 2023
Sand-Tray Therapy, 01/01/23, Christ (Deemed to be University), Bangalore
Geriatric Mental Health Care, 01/02/23, NIMHANS, Bangalore
International Conference on Counseling, Psychotherapy and Wellness (ICCP), 01/01/23,
Christ (Deemed to be University), Bangalore
Organizational Psychology, 06/01/21, 07/31/21, Psychoflakes, Bangalore
Child Psychology, 02/01/21, 03/31/21, Cognizavest, New Delhi

**SECONDARY
EDUCATION**

Indian School Bahrain, 2017-2019

LANGUAGES

Malayalam: First Language

English:

B2

Upper Intermediate (B2)

Hindi:

B1

Intermediate (B1)