U.LILY ROSE

MENTAL HEALTH COUNSELOR

Medical and Psychiaric

CONTACT

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Olymbus
Coimbatore

EDUCATION

BHARTIDASAN UNIVERSITY

- MASTOR OF SOCIAL WORK
- CGPA 8.5/10

ISP&CG

- MSC SCHOOL COUNSLLING
- GRADE A

NASET

- B.C.I.E.S
- GRADE A

KALINGA

- BACHLOR OF SOCIAL WORK

AREA OF EXPERTISE

- **Depression**
- **Suicidal thoughts**
- **Stress & Anxiety**
- **Self esteem issues**
- **Grief & Loss**
- **Emotional Problems**
- **Addictions**

WORK HISTORY

KGISL EDUCATION TRUST

STUDENT COUNSELOR — **PRESENT**

- Provide psychological rehabilitation services through psychology education group sessions
- Contributed quality case management and psychotherapeutic services to the students and staff
- Conducted one and one counselling sessions to students and staff on daily basis and provided constructive feed back
- Done weekly follow up for the individual those who need mental health care and maintained documentation for all services
- Taught about suicidal awareness , relationship building stress, anger management and emotional intelligence in a group sessions
- Facilitated personal counselling services on monthly basis for nearly 500 students and few staff
- Assisted and coordinated workshop for students to promote behavioural health and coping mechanisms.

ST. PAUL'S MISSION SCHOOL

STUDENT COUNSELOR — **MAY 2020**

- Provided consultation services related to psychological issues that focused explicitly on at- risk students failing academically
- Organised a series of 8 workshops focusing on topics like stress, anger. suicide, substance abuse, coping skills and emotional intelligence, relationship issues
- Perform and record mental health evaluation progress notes, individual and group counselling notes and suicide watch notes.
- Offered career counselling guidance and helped students to understand themselves explore career options and set realistic goals

RISE ACADEMY

MENTAL HEALTH COUNSELOR — **2011 - 2015**

- Served as a primary advocate for students with a wide range of behavioural , emotional disorders
- Used advanced counselling skills and evidence based practices to establish goals and treatment plans to an average of 90 people
- Documented and referred psychiatric services and response to treatment client case files

KEY SKILLS

- Problem Solving
- Case Management
- Empathy
- Active Listening
- Crisis Intervention
- Effective Communication
- Critical Thinking

LANGUAGES

TAMIL
ENGLISH
HINDI
MALAYALAM