**MERLYN**

Merlyn.383739@2freemail.com

**PSYCHOLOGIST**

*Seeking challenging assignments across the industry; Aim to reduce psychological distress & enhance & promote psychological wellbeing.*

**CAREER PROFILE**

* Competent and compassionate Psychologist with 12 years of expertise in handling psychological and behavioural aspects, psychological counseling, guidance & Psychological Testing.
* Core competency in chronic illness management and handling the related to, psychological problems.
* Expertise in assessment, diagnosis, treatment, and prevention skills necessary to provide comprehensive counseling services.
* Conducting Personality Development and Life Skills classes, Conducting Career Counselling Program (with the help of Psychometric testing), & dealing with behavioural problems like ADHD, Anxiety disorders, Depression, Psychosomatic Disorders, Separation Anxiety, Aggression, Peer Pressure Problems, Marital Problems, Growing up Issues and many more
* Extensive experience in conducting individual, group, & family counselling to restore mental health and wellbeing.
* Have been providing exemplary services to the schools and the community on Mental Health, Academic Enhancement, Examination Stress/Anxiety, Peer pressure, Parenting, Study Skills, Adolescence problems, Smoking/Alcohol Abuse, Anger/stress management, Dealing with suicidal thoughts, Growing up Right.

**Core Competencies:**

* Strong foundation in psychology and excellent use of therapeutic skills
* Specialized in Cognitive Behaviour Therapy
* Accurate and impeccable documentation
* Excellent presentation skills
* Conscientious, proactive with strong work ethics
* Ability to work with people from diverse culture

**EMPLOYMENT SPAN**

**Counselor| Played my role as a Counselor for a documentary film by LUMOS, U.K in collaboration with HBO channel, May 2018**

**Counselor| Al Injaz Private School (IGCSE), Muscat, Oman Oct2015-Feb2018**

* Provided emotional and social counselling for students of grade 1 to grade 12.
* Conducted remedial sessions for students diagnosed with and showing signs of learning difficulties.
* Conducted social skill training program and sessions for students diagnosed with Autism Spectrum Disorder.
* Provided in-house seminars and sessions for students on life skills and problem-solving skills encouraging them to become positive contributors to society.
* Conducted team building session for staff, in addition to conducting awareness seminars on student issues.
* Served as a resource person with teachers, administrators and parents, providing information and assistance where needed for the ultimate benefit of students. Serving as a liaison between students and teachers when a conflict arises.
* Initiated group guidance programs and classroom presentations for purposes of discussing peer relations, emotional development, social skills, health and safety, cyber safety, prevention of sexual abuse, discipline and bullying.
* Managed the school social media account on Instagram and Twitter.
* Served as an active member of the various committees - house, discipline and student council.

**Counsellor| Catalyst for Social Action (CSA), An NGO, Goa June 2012-Dec 2012, Jan 2014-March 2015**

* Provided counselling and guidance to destitute and orphan children at Little Heaven Children’s Home.
* Conducted training program for caretakers on stress management, responsible caretaking and study skills.

**Counsellor | Goa Education Development Corporation Sept 2013-April 2014**

* Have worked at 4 schools - Government High School, Davorlim and Sanguem, St. Xavier’s Institute High School, Curtorim and Bhatikar Model High School, Margao. - Goa
* Provided psychotherapy for students dealing with depression, anxiety, suicidal thoughts and tendencies, low self-esteem, relationship and learning problems and also provided supportive counselling for parents and teachers.
* Have conducted 200 talks and seminars for students, teachers and parents on topics related to personal development, parenting, suicide prevention and many more.

**Consultant | Goa Affiliate for Hong Kong Based EAP Service Provider Human Dynamic Oct 2010-March 2013**

* Conducted stress management program and provided counselling for employees of Multinational companies on personal and work-related issues

**Counsellor | Rosary College of Commerce & Arts, Navelim, Goa July 2011-April 2012**

* Provided psycho-social counselling and guidance to students.

**Consultant And Trainer |Jeevan Jyoti Social Centre, Vasco, Goa Dec 2009-July 2012**

* Provided Counselling for HIV affected and economically backward children
* Identified adolescent issues and implemented systematic interventions through workshops and individual counselling sessions.
* Conducted training programs for staff members for identifying psychological issues amongst students and to equip them with basic counselling skills.

**Consultant Psychologist| On the Sets Of A Reality T.V Show - ‘Pati, Patni Aur Woh’ Produced In Goa By B.B.C In Association With NDTV Imagine Aug-Sept 2009**

**Counsellor | Gundecha Education Academy, (ICSE) at Kandivali, Mumbai Sept 2006-May 2009**

* Proactively handled counseling needs of students and teachers and carried out aptitude and interest evaluations, career counseling, teacher training programs, and counseling with parents.
* Deftly handled individual and group counseling, career counseling, life skills training for students, training teachers so they can identify discipline issues, learning disabilities, and other mental health disorders in children.
* Conducted psycho-educational assessments (WISC, WRAT and other neuropsychological tests) to determine student needs and make recommendations regarding eligibility for programs. Interpreted information from current and prior observations, assessments, and records.
* Assessed a client's needs, abilities or behavior using a variety of methods, including psychometric tests, interviews and direct observation of behavior.
* Devised and monitored appropriate programs of treatment, including therapy, counseling or advice. Planned and administered therapeutic treatment such as behavior modification and stress management therapy to assist patients in controlling disorders and other problems.
* Responsible for selecting, administering, and interpreting intelligence, personality, and other psychological tests to diagnose disorders and formulate plans of treatment, and provide consultation to other mental health professionals.
* Deftly handled therapy for children with mental health needs, parent management training, and family counseling. Supervised interns and conducted numerous workshops and seminars on child mental health issues.

**COMMUNITY SERVICE**

* Conducted Suicide Prevention Seminar for general public at Benaulim Community Centre, Goa organized by a renowned Dentist, Dr. Hubert Gomes (March 2011),
* Conducted Seminars on Basic Counselling Skills and Emotional Intelligence for teachers of North Goa and South Goa organized by Emmaus Counselling Centre, Mapusa-Goa.
* Delivered a talk on ‘Ethics in Professional Counselling’ and conducted a workshop on ‘Enhancing Positivity Within’ at M.E.S College of Arts and Commerce, Zuarinagar- Goa.
* Conducted several hundred seminars for the community on topics related to mental health and personal development in Goa.

**ACADEMICS**

**Post-Graduate Diploma in Human Resource Management** | Thakur Institute of Management Studies and Research, Mumbai | 2009

**Master of Arts – Clinical Psychology** | Dept of Applied Psychology, Mumbai University | 2006

**Bachelor of Arts – Psychology & Literature** | Mumbai University | 2002

**H. S.C** | Goa Board of Secondary and Higher Secondary Education | 1999

**S. S. C** | Maharashtra State Board of Secondary and Higher Secondary Education | 1997

**VOLUNTARY EXPERIENCE**

* Have provided counselling for families of victims killed in the Mumbai train bomb blasts as part of the Brihamumbai Municipal Corporation (B.M.C) and K.E.M Hospital initiative to reach out to bereaved families (July-Aug 2006),
* Worked as a Counsellor at Snehalaya School for special needs children at Mira Road, Mumbai (Dec 2005- May 2008).

**SCHOLARSHIPS AWARDS**

* Rev. Dr. Percival Fernandez Scholarship - For standing 1st at the T.Y.B.A Examination, St. Andrew’s College, Mumbai
* Emelia Gomendes Memorial Scholarship - For highest marks in Psychology, T.Y.B.A,
* Prof.Prafulla Pereira Scholarship - For highest marks in Psychology Testing and Statistics at T.Y.B.A,
* Clifford Athaide Memorial Scholarship - For highest aggregate marks, T.Y.B.A,
* Ms. Veeda Menezes Scholarship - For securing 1st class, T.Y.B.A,

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