

RAIMA RAY

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MENTAL HEALTH COUNSELOR - *leveraging 6+ years of experience*

Skilled and sympathetic mental health counselor experienced in offering guidance and support to individuals, couples, families, and groups who are dealing with complex issues that have a significant impact on their psychological balance and well-being. Empowered with a strong sense of compassion and commitment, a trained specialist with good communication skills often employs methods like behavioral therapy, hypnosis, and counseling therapy to help the individual reach catharsis. Assesses and treats mental and emotional health disorders, relationship issues and life challenges through various methods of psychotherapy to develop meaningful behavior changes. Also offer coping strategies for navigating life's struggles.

PROFILE SUMMARY

- Proficiently assess the mental health needs of people and communities
- Experienced in conducting behaviour modification testing either through conversational counseling or therapy
- Advocate for improved mental health resources, policies, procedures and services that promote psychological health.

CORE COMPETENCIES

- Cognitive Behaviour Therapy
- Mental Health Awareness Camps
- Hypnosis
- Personality Test Support
- Psychoanalysis Support
- Motor Skill Development Therapy
- Anxiety Reduction Therapy
- Group and Family Counseling
- Psychological Disorder Treatment

PROFESSIONAL EXPERIENCE

Rehabilitation Support Services, Inc. New Delhi

Feb. 2023 – Present

Mental Health Counselor

- Advocate and help dealing individuals or groups foster their capacities and coping mechanisms in order to improve and better their daily lives and experiences, within specified standards and timescales
- Plan, coordinate, manage, and implement support packages to help mental health patients deal with difficulties and overcome dependencies
- Offer information and counseling on the best course of action during sessions via interviews to assess their current condition, needs, strengths, and weaknesses
- Provide psychological rehabilitation services through psychology education groups and individual sessions
- Counsel individuals, groups, families, and couples with respect to the crisis they are going through
- Consult with outside agencies, referral sources, and other professionals as necessary
- Attend supervision, staff meetings, and consultations as required

Universal Health Services, New Delhi

Jan. 2020 – Jan 2023

Uniformed Services Counselor

- Provided quality case management and psychotherapeutic services to the patient population and their families
- Served as a member of interdisciplinary team supporting the organization's treatment program and philosophy and assures the delivery of quality treatment to all patients
- Conducted individual and family process-oriented therapies as well as educational and other didactic sessions for patients and family members using various professional treatment modalities
- Documents patient history and identifies preliminary issues for treatment focus by interviewing the patient and their family members
- Perform and record mental health evaluations, progress notes, individual and group counseling notes and suicide watch notes
- Coordinate with healthcare and security staff regarding patients' mental health care and release dates
- Participate in educational and training activities related to mental health care for patients, security personnel, and healthcare staff

Options Counseling and Family Services, New Delhi

Nov. 2018 – Nov. 2020

Mental Health Therapist

- Provided individual and family therapy to children and their families in an office setting
- Dispensed case management and consultation with schools, Organisation and Delivery of Health Services (ODHS) Child Welfare and Self Sufficiency programs, and other community partners
- Interviewed clients who are either self-referred or referred through partnerships with local schools, primary care physicians, hospitals, or ODHS Child Welfare or Self Sufficiency to obtain information concerning family history or other assessment information
- Conducted mental health assessments for children, including DSM-V diagnosis and provided therapy and case management services in the office or through telehealth accordingly
- Developed and implemented treatment plans, defining specific goals and objectives, and revise as needed

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Substance Abuse Counselors Tracy Brown Hamilton, 2021-09-15 Welcome to the substance abuse counselor field If you are interested in a career as a substance abuse counselor you've come to the right book What exactly do these people do on the job every day What kind of skills and educational background do you need to succeed in this field How much can you expect to make and what are the pros and cons of these various professions Is this the right career path for you How do you avoid burnout and deal with stress This book can help you answer these questions and more *Substance Abuse Counselors A Practical Career Guide* includes interviews with substance abuse counselors *Careers in Mental Health* Daniel E.

Harmon, 2017-12-15 A career path devoting to servicing mental health patients is a challenging and rewarding sector of health care Patients are of all ages backgrounds and circumstances Some suffer from clinical disorders others from the consequences of traumatic events in their lives or of long term problems at home in school or at work Careers described in this practical guide include psychiatrist psychologist mental health counselor social worker counselor in behavioral disorders rehabilitation counselor psychiatric technician and aide among related vocations Some careers require medical degrees others only a high school diploma with postsecondary training *Acute Mental Health Nursing* Marc Harrison, Damian Mitchell, David Howard, 2004-05-18 This is an exciting and timely contribution to the resources available for policy makers and practitioners wishing to improve standards and health and social outcomes in inpatient care within the context of community oriented comprehensive care for people with mental illness Professor Rachel Jenkins Director WHO Collaborating Centre Institute of Psychiatry Kings College London This book is a valuable addition to the growing literature on acute care and should provide great encouragement to the frontline staff in this area By bringing together this range of excellent material the editors have also been able to produce a book which addresses the most thorny problems which face most frontline staff for much of their working day From the Foreword by Professor Kevin Gournay CBE Health Services Research Department Institute of Psychiatry Inpatient mental health care has had a rough ride in recent years Its shortcomings have been highlighted while policy emphasis and cash have been directed to community services This very welcome book reminds us that inpatient care and treatment are an essential element in the spectrum of mental health services and shows how they can be re thought and fine tuned in ethos practice and training for the benefit of service users staff and the wider community It deserves a wide readership John Bowis MEP former Health Minister for Mental Health By concentrating on describing the skills of practitioners the editors and authors of *Acute Mental Health Nursing* have developed a unique resource for both students and practitioners of acute inpatient care Their no nonsense evidence based approach will be an invaluable aid to developing practical responses to this important though challenging area of mental health practice Richard Bradshaw Director of Nursing Prison Health Department of Health England formerly Professional Office Mental Health and Learning Disabilities Nursing UKCC Comprehensively tackles a range of key issues that the student or advanced practitioner in acute

mental health nursing will face I recommend this book which will provide a useful resource for anyone interested in this important area of nursing Journal of Community Nursing Recent mental health policy has focused on developing community based services while the reality remains that patients experiencing acute episodes of illness are mainly cared for in hospital Acute Mental Health Nursing has been developed as a guide to the core knowledge and skills required for working in inpatient settings Bringing together a vastly experienced and multi professional team of contributors the book covers core areas of practice including assessment risk management case management and integrated care pathways observation cognitive behavioural therapy psycho social interventions medication management user involvement social inclusion measurement of health and social functioning Drawing on the latest developments in policy and planning Acute Mental Health Nursing addresses issues which are specific to working in inpatient settings It has been designed for use in training and is also an excellent source of reference for use in practice

Law & Mental Health Saleem Alam Shah, Bruce Dennis Sales, 1991

Handbook of School Mental Health Steven W. Evans, Julie Sarno Owens, Catherine P. Bradshaw, Mark D. Weist, 2023-02-28 The handbook provides thoughtful and provocative critiques of the science and practice of school mental health It examines intervention science and implementation science and the study of professional development and stakeholder engagement The volume outlines the relevant issues facing the field of school mental health and provides a framework for the areas of study Chapters critique the science in a specific area draw innovative connections between findings and present new information about their area of expertise This handbook provides a concise and critical update of the literature in school mental health and is an essential resource for those from the wide range of disciplines that constitute the science and practice of school mental health Key topics featured include Promoting meaningful engagement and leadership in school mental health by diverse stakeholders Training coaching and workforce development in school mental health Intervention science for children with specific needs e g anxiety depression trauma autism Innovations in scaling up and Implementation science focusing on such topics as multitiered systems of support and scaleup of positive behavior support strategies The handbook is an essential reference for researchers graduate students and other professionals in child and school psychology special and general education public health school nursing occupational therapy psychiatry social work and counseling educational policy and family advocacy

Good Practices and Innovations in Public Governance, 2011 This publication provides an overview of 144 successful innovations in governance and public administration from 50 countries that received the United Nations Public Service Awards which is the most prestigious international recognition of excellence in public service The purpose of this book is to disseminate through descriptive case studies information about innovative practices by looking at the problem that led to an innovation at the solution that was designed and implemented to respond to the specific challenge at the actors and steps involved in the innovation process and lessons learned Learning more about how public institutions from around the world have solved difficult governance challenges can be a powerful and

inspirational tool for those engaged in improving public sector performance **Fundamentals of Mental Health Nursing** Andrew Clifton, Steve Hemingway, Anne Felton, Gemma Stacey, 2017-11-06 Fundamentals of Mental Health Nursing is an accessible evidence based introduction to the role of the mental health nurse This comprehensive overview explores concepts of mental health and distress ethics and accountability key nursing models to be aware of and the prevalence predisposing factors and features of the most commonly occurring mental health problems KEY FEATURES Places mental health conditions and interventions within a wider holistic context Situates recovery at the centre of mental health nursing practice Links key concepts to mental health across the lifespan Contains learning outcomes in each chapter and includes vignettes activities and reflective exercises to root concepts in real life practice Information is placed in a practice context from the outset making this an essential guide to both the theory and the practice of mental health nursing It is ideal for students on courses relating to mental health care as well as for registered nurses and health care practitioners looking to revise their knowledge of key concepts www.wiley.com/go/fundamentalsofmentalhealth Interactive multiple choice questions Links to online resources Chapter summary sheets [Encyclopedia of Mental Health](#) ,2015-08-26 Encyclopedia of Mental Health Second Edition Four Volume Set tackles the subject of mental health arguably one of the biggest issues facing modern society The book presents a comprehensive overview of the many genetic neurological social and psychological factors that affect mental health also describing the impact of mental health on the individual and society and illustrating the factors that aid positive mental health The book contains 245 peer reviewed articles written by more than 250 expert authors and provides essential material on assessment theories of personality specific disorders therapies forensic issues ethics and cross cultural and sociological aspects Both professionals and libraries will find this timely work indispensable Provides fully up to date descriptions of the neurological social genetic and psychological factors that affect the individual and society Contains more than 240 articles written by domain experts in the field Written in an accessible style using terms that an educated layperson can understand Of interest to public as well as research libraries with coverage of many important topics including marital health divorce couples therapy fathers child custody day care and day care providers extended families and family therapy *The Concise Corsini Encyclopedia of Psychology and Behavioral Science* W. Edward Craighead, Charles B. Nemeroff, 2004-04-19 Edited by high caliber experts and contributed to by quality researchers and practitioners in psychology and related fields Includes over 500 topical entries Each entry features suggested readings and extensive cross referencing Accessible to students and general readers Edited by two outstanding scholars and clinicians

Psychiatric-Mental Health Nursing Jeffrey S. Jones, Vickie L. Rogers, Joyce J. Fitzpatrick, 2012-03-16 This psychiatric mental health undergraduate textbook based on the theories of Hildegard Peplau and Joyce Travelbee is the first recent book devoted to interpersonal relations as the foundation for therapeutic practice in psychiatric nursing It guides the student through the essential phases of self discovery necessary to integrate interpersonal nursing theory into practice and provides

a historical overview of the profession The book addresses the most current ISPN and APNA competencies and presents content designed to foster self growth and critical thinking and decision making skills as well as to implement therapeutic interventions It offers an overview of theories of mental illness and a detailed discussion of commonly seen psychiatric disorders and addresses mental health care settings across the lifespan and different populations Clinical case studies and first hand accounts vividly describe the realities of living with specific mental illnesses What would you do questions stimulate discussions and sample and practice care plans for chronic mental illness facilitate integration of concepts into practice Evidence based practice summaries from psychiatric nursing and related research literature are included and NANDA guidelines are integrated throughout A new chapter with DSM V updates is also available This affordably priced text additionally comes with supplementary materials for both teachers and students including handy review guides summaries drug monographs and hyperlinks to films and video illustrating content A test bank and PowerPoint slides are also available for instructors Key Features Integrates and applies the Peplau Travelbee interpersonal relations theories to the four step Assessment Planning Diagnosing Implementation and Evaluation APIE nursing process Addresses critical thinking clinical decision making therapeutic interventions case management roles and mental health care settings across the lifespan Features NCLEX preparation questions vivid clinical scenarios and evidence based practice summaries Addresses the most current ISPN and APNA competencies A new chapter with DSM V updates is available Both student and teacher digital aids including review guides summaries hyperlinks to films and video and drug monographs are available A test bank and PowerPoint slides are also available for instructors eBook Features available in all eBook formats Bidirectional link between Key Terms and their glossary definitions Learning Outcomes at start of chapters link to respective sections in book Hyperlinks to supplementary films and videos Care plans DSM V update This book is also available as part of a discounted set To view the Psychiatric Mental Health Nursing Special A Student Pack click the link above [When a Loved One Won't Seek Mental Health Treatment](#) C. Alec Pollard,Melanie VanDyke,Gary Mitchell,Heidi J. Pollard,Gloria Mathis,2024-05-01 When someone resists mental health treatment the whole family suffers Written by clinicians and introducing the innovative family well being approach FWBA this essential guide provides validation and doable strategies for anyone who feels trapped by a family member or loved one suffering from mental illness Using the practical skills outlined in this book readers will learn how to help their loved one while improving their own emotional well being **Occupational Therapy and Mental Health** Jennifer Creek,Lesley Lougher,2011-11-29 This book is a comprehensive textbook for occupational therapy students and occupational therapists working in the field of mental health It presents different theories and approaches outlines the occupational therapy process discusses the context of practice and describes a wide range of techniques used by occupational therapists These include physical activity cognitive approaches group work creative activities play and life skills The book covers all areas of practice in the field including mental health promotion acute psychiatry community work severe

and enduring mental illness working with older people child and adolescent mental health forensic occupational therapy substance misuse and working with people on the margins of society The theory chapters are written by occupational therapists who are recognised experts in their fields and the applied chapters are written by practitioners An innovation in this edition is the inclusion of commentaries by service users on some of the chapters This fourth edition has been extensively revised and updated The new structure reflects changes in service delivery and includes sections on philosophy and theory base the occupational therapy process ensuring quality the context of occupational therapy occupations client groups Important new areas that are covered include mental health promotion evidence based practice community development and continuing professional development Addresses the needs of the undergraduate course covers all the student needs for this subject area in one volume Links between theory and practice are reinforced throughout Written by a team of experienced OT teachers and practitioners Comprehensive covers theory skills and applications as well as management The clear structure with the division of chapters into six distinct sections makes it easy to learn and revise from as well as easy to refer to for quick reference in the clinical situation Provides key reading and reference lists to encourage and facilitate more in depth study on any aspect It is written in a style that is easy to read and understand yet there is enough depth to take students through to their final year of education Chapters on the application of occupational therapy are written by practising clinicians so they are up to date and realistic For qualified occupational therapists the book includes a review of current theories and approaches to practice with references so that they can follow up topics of particular interest Suitable for BSc and BSc Hons occupational therapy courses

Clinical Guide to Mental Disability Evaluations Liza Gold, Donna L. Vanderpool, 2013-01-11 Disability evaluations are the most common clinical mental health evaluations conducted for nontreatment purposes They place mental health professionals in the role of communicating information that is typically confidential to administrative and legal systems Unfortunately mental health professionals receive little to no training in conducting assessments that focus on disability and disability management and often do not understand the implications and risks of providing this information especially without conducting what are often specialized evaluations Clinical Guide to Mental Health Disability Evaluations is geared for general mental health practitioners providing them with the basic information needed to competently provide the various types of disability evaluations It also provides enough information to inform forensic mental health providers in conducting more specialized evaluations

The Psychiatric-Mental Health Nurse Practitioner Certification Review Manual Raymond Zakhari, 2020-03-12 This review manual prepares students to successfully pass the ANCC Psychiatric Mental Health Nurse Practitioner board certification examination It encompasses all of the essential knowledge required uses a succinct outline format that highlights critical detail and systematically follows the test blueprint so that those taking the exam will be optimally prepared The Psychiatric Mental Health Nurse Practitioner Certification Review Manual begins with an overview of the certification examination self care and test tips the role of the

psychiatric mental health nurse practitioner scope of practice and regulations and the theoretical foundations of care Other topics examined include the neuroanatomy and physiology of mental illness psychopharmacology and physical assessment diagnostic tests and differential diagnosis A wide range of psychiatric disorders as organized in the DSM 5 are also reviewed Each of the chapters include learning objectives and end of chapter review questions The review manual concludes with a 150 question practice test KEY FEATURES Reflects the latest ANCC test blueprint Includes test taking strategies and tips for preparing for the big day scope of practice and theoretical foundations of care Covers a wide range of psychiatric disorders as organized in the DSM 5 Includes end of chapter review questions and rationales PLUS a valuable 150 question practice test with rationales more than 400 questions in total

Mental Health of Athletes Christine L. B. Selby, 2025-09-04 Sports can boost mood reduce stress and build confidence but pressure to win and injuries can also lead to anxiety eating disorders and depression among athletes Part of Bloomsbury's Health and Medical Issues Today series Mental Health of Athletes is divided into three sections Part I explores different aspects of the complex relationship between athletics and mental health This includes both the positive and negative mental health impacts sports can have on athletes as well as how different biological and social factors can influence an athlete's health This section also examines the role that age has on mental health from youth sports to senior athletes as well as the unique mental health challenges faced by disenfranchised groups such as disabled and LGBTQ athletes Part II features coverage of several high interest issues in this field including the risk of suicide among athletes and the impact of the Covid 19 pandemic on athlete mental health Part III provides a variety of useful materials including illuminating case studies a glossary and a directory of resources

Genital Gender Affirming Surgery Maurice Garcia, 2024-12-23 This book is structured to enhance the techniques of reconstructive surgeons of multiple different specialties who seek to develop a program in Genital Gender Affirming Surgery gGAS It also furthers the understanding and development of quality of life issues such as reproductive and sexual health At the present time there is no consensus regarding correct surgical technique for these procedures Different approaches are made by different surgeons with differing specialties of surgery This book fills a gap in identifying experienced surgeons and clinicians who share their knowledge of comparative anatomy and surgical technique with surgeons of other disciplines The unique nature of this text will allow the surgeon to understand each step of these complex genital operations in both schematic detail and in real time Additionally this text will focus on up to date important factors in allied care to surgery This will include preoperative post operative care and other very important quality of life issues such as fertility preservation sexuality and psychological management

Start a Business With Just Words: Content-Driven Wealth for Experts Explained Ahmed Musa, 2025-05-25 Forget products Forget investors Forget begging friends to support your hustle Start a Business With Just Words Content Driven Wealth for Experts Explained is your blunt force blueprint to turn your ideas insights and opinions into cold hard cash using nothing but your mouth your mind and a keyboard Inside this no BS guide you'll learn How to turn free content into

paid demand Why your story is more valuable than your resume The Cashflow Content Engine that prints money without selling your soul How to build trust at scale so people ask to pay you The exact type of content that makes you money and what s just digital noise You don t need an app You don t need a warehouse You don t even need a fancy funnel You need words that work If you can type teach or talk this book shows you how to monetize your message and build a business that grows every time you hit post The Madness of Our Lives Penny Gray,2006-04-06 This book consists of transcribed interviews with people who have had a mental breakdown and come out the other side Those interviewed recount painful experiences of being misunderstood derided bullied abused in their personal and professional lives but also during treatment by unsympathetic or negligent GPs and mental health practitioners *Modern Community Mental Health* Kenneth Yeager,David Cutler,Dale Svendsen,Grayce M. Sills,2013-02-05 Landmark events such as the 50th anniversary of the Eisenhower Commission Report and the same anniversary of the Community Mental Health Act helped launch the community mental health movement The Rehabilitation Act of 1973 and the President s New Freedom Commission have continued this work by establishing funding sources and highlighting the importance of recovery and excellence in care Modern Community Mental Health An Interdisciplinary Approach integrates each of the key concepts contained within the presidential reports and landmark legislation into the context of today s community service delivery system This pathfinding textbook promises to revolutionize community mental health training by responding to the realities of modern health care delivery systems presenting an integrated interdisciplinary paradigm of care Extraordinarily broad in coverage it will open a door of possibilities to those caring for the mentally ill in the community Recognizing that community based services must be truly collaborative in order to be effective and efficient the editors have assembled a cast of contributors from among the brightest lights in community practice Chapter authors who are currently doing interdisciplinary work successfully on a daily basis will collaborate on writing teams to offer their insight into the problems and triumphs that are part of this approach They will cover not only macro issues such as the economics of behavioral healthcare reimbursement models and quality improvement but the specific skills necessary for competent practice such as treatment planning clinical documentation risk management and partnering with members of a team that may include social workers psychiatrists psychologists and nurses Twenty additional chapters will provide detailed roadmaps to practices and programs that have been shown to be effective when delivered in a community setting such as supported employment assertive community treatment ACT teams crisis intervention training CIT family psychoeducation and supported housing and will be grounded in educational benchmarks healthcare reform opportunities and cultural competencies By definition community mental health practice is never static As communities change the profession changes and in recent years changes in funding have drastically impacted the system of care We need empirically supported interventions to include the voice of the consumers and their families and have a way to educate current and future professionals so that we all truly work together Integrating Telemental Health Practice Into

Counselor Education Training Heather C. Robertson, 2025-03-11 Counselor educators and instructors need impactful and concise strategies to successfully integrate telemental health TMH concepts into an already demanding counseling curriculum As TMH counseling continues to expand in a post pandemic era counselor educators and instructors are charged with the responsibility of training the next generation of professional counselors in ethical and effective TMH counseling Utilizing the CACREP general curriculum and specialization standards as a framework Integrating Telemental Health Practice into Counselor Education Training provides counselor educators doctoral students and instructors with creative ideas as well as concrete strategies to infuse content on TMH into their existing courses and curriculum Readers will benefit from suggested TMH content for each CACREP standard as well as TMH teaching tips and sample lessons from contributing authors Lessons include variations for in person and online instruction This book provides the counselor educator or doctoral student with a foundational knowledge of TMH who needs ideas and activities to seamlessly infuse TMH concepts into their counseling courses and curricula

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