

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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Yi-Tong Ma



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