

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

Mental Health Tips Resume Template Compare

Karin Nielsen-Saines



Mental Health Tips Resume Template Compare:

Fundamentals of Mental Health Nursing Victoria Clarke, Andrew Walsh, 2009-02-05 This is a case based service user centred textbook for mental health nursing students to use throughout their pre registration studies The essential theory required for nursing care is explored alongside real service users views and fictional cases providing excellent transferable skills for practice

Community series in mental health promotion and protection, volume II Naseem Akhtar Qureshi, Harshavardhan Sampath, Samrat Singh Bhandari, 2023-10-30 *Digital health equity* Karen Fortuna, Adrian Aguilera, Terika McCall, Joanne Nicholson, 2023-05-29

Johnson's Psychiatric-mental Health Nursing Wanda K. Mohr, 2003 This comprehensive revised text discusses psychiatric nursing through an adaptation and growth framework integrating the nursing process This edition emphasizes psychiatric mental health nursing more from in patient care to community based care Major disorders are addressed as well as treatments and psychiatric topics throughout the lifespan Other features include its visual and readable presentation and numerous pedagogical tools such as learning objectives and therapeutic dialogues New to this edition are clinical examples at the beginning of every disorder reflection and critical thinking questions nursing care plans historical capsule nursing practice implications key terms and more A Study Guide accompanies the text For more information visit <http://connection.lww.com/go/mohr>

A Manual of First Aid for Mental Health, in Childhood and Adolescence Sidney L. Green, Alan Baer Rothenberg, 1953

Advanced Psychology Christine Brain, 2001-10 The second of two books Advanced Psychology covers units 4 to 6 for the second year at Advanced Level Filled with practical activities and advice and with its accessible format and interesting examples these textbooks will also be useful to those studying subjects such as child care health and education

The Eclectic Magazine John Holmes Agnew, Walter Hilliard Bidwell, 1890 *The Eclectic Magazine of Foreign Literature, Science, and Art*, 1890 *Eclectic Magazine* John Holmes Agnew, Walter Hilliard Bidwell, Henry T. Steele, 1890

The Eclectic Magazine, 1890 *Canadian Journal of Community Mental Health*, 1989 *The American Journal of Psychiatry*, 1998

Principles and Practice of Psychiatric Nursing Gail Wiscarz Stuart, Sandra J. Sundeen, 1987 Principles and Practice of Psychiatric Nursing 8th Edition provides comprehensive coverage of psychiatric nursing Beginning with fundamental coverage of all key psychiatric nursing principles it goes on to address the complete continuum of care including mental health promotion and illness prevention crisis intervention and psychiatric rehabilitation and recovery The book then applies psychiatric nursing principles to specific clinical disorders based on adaptive maladaptive coping responses the six step nursing process and DSM IV TR and NANDA diagnoses Subsequent chapters describe various modalities of treatment psychopharmacology somatic therapies cognitive and behavioral therapies managing aggressive behavior and more hospital based and community based care and treatment of special populations

Psychiatric/mental Health Nursing Loretta M. Birckhead, 1989 A clinically focused textbook which explains the etiology and manifestations of mental illness and the appropriate nursing interventions using a conceptual model

that includes therapeutic use of self systems theory and levels of prevention within a nursing process framework **Medical Journal and Record** ,1926 Forecast ,1925 The Saturday Evening Post ,1907 The Journal of Mental Science ,1884
Vol 77 includes Yearbook of the Association 1931 **Advanced Practice Nursing in Psychiatric and Mental Health Care** American Psychiatric Nurses Association,1999 Discover how the psychiatric nursing profession must evolve to meet the opportunities and challenges of the next century This forward thinking book prepares psychiatric nurses for emerging advanced practice roles as clinicians managers educators consultants policy makers researchers and leaders This joint effort between Mosby and the American Psychiatric Nurses Association APNA critically examines the current knowledge base clinical practice roles and issues that will continue to have a major impact on the specialty of psychiatric nursing The book presents the latest information in science and research relevant concepts and models technology and informatics role development ethical and legal considerations and policy implications affecting advanced practice psychiatric nurses An official publication of the American Psychiatric Nurses Association APNA Covers all major aspects of advanced practice mental health nursing Contributed by experts from APNA other psychiatric nursing associations and consumer groups Lists web sites and other available resources in a special Resources and Connections section in each chapter Provides policy statements standards listing of graduate programs and resources in helpful appendixes **Nursing Times, Nursing Mirror** ,2005

The Top Books of the Year Mental Health Tips Resume Template Compare The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have captivated audiences this year. Mental Health Tips Resume Template Compare : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Mental Health Tips Resume Template Compare : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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Mental Health Tips Resume Template Compare Introduction

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