

PURITY MUTHONI NG'ANG'A
MENTAL HEALTH ADVOCATE/ SCHOOL COUNSELLOR/ORGANIZATIONAL COUNSELLOR

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CAREER PROFILE SUMMARY

Counseling Psychologist with considerable experience seeking a position in which my knowledge and experience can be used to help people recover and regain their mental health. Extremely caring and compassionate towards people from all walks of life. Exceptional experience in counselling people of all ages. My key competencies include: Knowledge of all techniques and strategies of counselling; Understanding that what works for one may not work for others; Excellent communication skills, both orally and written; Organized and thorough in all reports and analyses and Ability to work with others, such as doctors, families, or other psychologist. Among the roles I have handled include: Scheduling client consultations; assessing patients and identifying their problems; Engaging in discussion with clients and making them feel comfortable; Implementing individualized treatment programs and evaluating client responses to treatment over time.

PROFESSIONAL AFFILIATION AND VOLUNTEERING

- Member, Rotaract Club of Mount Kenya University | MARCH 2022- PRESENT
- Engaged in various community service and volunteering initiatives.

CERTIFICATIONS

- Gender-based Violence (GBV) & Child Protection (CP) Case Management Steps.
- Mental Health and Psychosocial Wellbeing of Children, Adolescents and Youth.
- Principles of Psychological First Aid.
- Prevention of Sexual Exploitation and Abuse (PSEA).

EDUCATION AND PROFESSIONAL BACKGROUND

- **Bachelor of Counselling Psychology** | Mount Kenya University | MAY 2019 – JULY 2022

- **International Certificate of Digital Literacy (ICDL)** | ICDL AFRICA | JAN 2019– APRIL 2019
- **Kenya Certificate of Secondary Education (K.C.S.E)** | Mugoiri Girls' High School | 2015 – 2018

KEY SKILLS AND COMPETENCIES ACQUIRED

- **Interpersonal skills:** I know how to effectively deal with people and setting time aside to get to know team members on both a personal and professional level, through social activities or teambuilding training, while still maintaining professional boundaries.
- **Communication and motivation:** I have mastered all forms of communication including written, verbal and listening skills. Can liaise with a variety of people, from entry-level employees to heads of departments and CEOs, in a number of different ways - via email and social media, over the phone and in presentations, meetings and one-to-ones.
- **Organization and delegation:** Can juggle multiple responsibilities and manage workload, attend meetings and training sessions, carry out appraisals and review company policies.
- **Mental Health:** Provided consultation to adult rehabilitative mental health counseling staff in order to assist in meeting client's treatment needs and goals.
- **Crisis Intervention:** Provide diagnostic assessment, individual and group treatment intervention, as well as crisis intervention.
- **Psychological Services:** Performs comprehensive psychological evaluations; Provide comprehensive psychological evaluations and therapeutic interventions.
- **Client Population:** Develop evolving programmatic schedule to meet the needs of the client population while ensuring that client rights and responsibilities are maintained.
- **CONFIDENTIALITY:** Maintains confidentiality and upholds integrity in handling sensitive information.

WORKING EXPERIENCE

COUNSELOR Attaché | JAN 2022 – APRIL 2022 LIL MAGIC FOUNDATION/JFC MUNENE COLLEGE
Key contributions

- Providing counselling services to students.
- Providing psycho-education to the less vulnerable population on important issues.
- Organizing and executing psychosocial support programs.
- Mobilized my team during field work.
- Assisted in distributing various resources to the vulnerable communities.

- Collaborated with Community Health Volunteers (CHVs) to facilitate psychoeducational forums within local communities, fostering a platform for informative discussions and knowledge dissemination.

COUNSELING PSYCHOLOGIST | AUGUST 2022- PRESENT FREELANCE

Key Contributions

- Provides individual and group therapy sessions to clients.
- Helps clients identify negative patterns of behaviour, develop coping strategies, improve communication skills and build self-esteem.
- Works with clients to manage symptoms of mental health disorders such as trauma, anxiety or depression.

REFEREES

Available on request