


RUTH ABEN WALTER

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Jammu & Kashmir, India 

Post Graduate Certificate in Counselling
Studies & Health Communication Professional |
{Level 7}

SUMMARY

A Dedicated and empathetic psychology student with a strong interest in promoting emotional well-being and effective healthcare communication, while also harboring a sincere passion for social work. Possessing a solid foundation in counseling theories and techniques, coupled with a profound understanding of the significance of compassionate communication in healthcare settings.

Driven to further cultivate my knowledge and skills through coursework, internships, and research endeavors, all while maintaining a deep commitment to supporting individuals in achieving holistic well-being.

EDUCATION

- Sep 2022 – 2023
Post Graduated Certificate in Counselling Studies and Health Communication, Ulster University, Belfast, UK
- July 2018 – Dec 2021
Bachelor of Art -Honors with Psychology , D.A.V. College for Girls, Kurukshetra University, Haryana, India
- April 2016 – 2018
Senior Secondary, Kendriya Vidyalaya No.2, Udampur, India

SKILLS

- Emotional resilience in the face of distressing situations
- Critical Thinking and Problem Solving Skills
- Adaptability
- Good personal boundaries
- Personal management skills
- Empathy, interpersonal and listening skills
- Supporting and helping with healthcare needs.
- Ability to work cooperatively with other disciplines

PROFESSIONAL EXPERIENCE

Care Assistant at Beaumont Care Homes , Belfast, UK

December 2022 – September 2023

- Provided training and supervision for junior care staff to ensure the provision of safe and efficient nursing care.
- Worked closely with fellow care providers, including physicians and nurses, to ensure patients received the optimal care.
- Maintained comprehensive patient care records and treatment plans to ensure a seamless continuum of care.
- Instructed individuals on preventive measures, available treatment choices, and post-treatment aftercare.
- Created and executed patient-focused care plans encompassing both immediate and future care and treatment goals.
- Worked in partnership with multidisciplinary teams to streamline patient care, leading to enhanced care continuity.
- Collaborated with healthcare experts to deliver comprehensive and uninterrupted care.

Councilor at IIDA, Noida

October 2021 – January 2022

- My primary duties involved offering counseling to on-site patients for tobacco cessation and individuals who tested positive during oral and breast cancer screening assessments.
- Additionally, I conducted mental health awareness sessions during camps and contributed to an upcoming mental health campaign by our affiliated organization, the IIDA-India International Development Alliance.

CERTIFICATIONS & ACHIEVEMENTS

- National webinar on self - reliant, adolescents: need of hour at Department of home signs in collaboration with director-general higher education, Panchkula, Haryana
2021
- Webinar on introduction to civil service organization by equal opportunities at Civil service organization, Haryana
2021
- Anemia quiz competition at Station, Medical Center, Air Force Station, Srinagar
2015
- Regional level youth Parliament competition at Kendriya Vidyalaya, Punjab
2015
- Mountaineering and winter sport at Jawahar Institute of mountaineering and winter sports, special adventure course - 297, Srinagar
2013
- Interschool competition in self introduction at Kendriya Vidyalaya, Srinagar
2013
- Sub-regional, social science exhibition at Kendriya Vidyalaya, Jammu
2009
- State-level painting competition under national campaign on energy conservation at Kendriya Vidyalaya
2008

EXTRA- CURRICULUM ACTIVITIES

- Reading groups and debating clubs
- Poetry Club
- Photography
- Church Chorus/Choir
- Hiking

Volunteer at Aradhana- A Ray of Hope, Jammu

December 2021 – September 2022

- Created and executed a volunteer satisfaction survey, leading to enhanced volunteer contentment and increased retention rates.
- Teamed up with community partners to conceive and execute a community service initiative that tackled a pertinent local issue.
- Conducted regular weekly meetings with volunteers, offering guidance and assistance to ensure the successful culmination of projects.
- Greeted individuals in a warm and professional manner, fostering a welcoming atmosphere.
- Collaborated with project managers to formulate and implement cost-effective strategies and resource optimization techniques.
- Acknowledged and addressed the unique needs and learning styles of students.

RESEARCH PAPERS

- Critically analyses the application of counselling psychology in a case study, including method critique, theoretical justification and alternative suggestions
2022- 2023
- Choose a personal life experience related to a life event, transition, the stage and reflect on its significance, impacts , coping mechanism and its potential influence on your perspective as a practitioner
2022- 2023
- How can you assess and treat a fictional client presenting various issues within 12 session of CBT framework .
2022- 2023
Evaluate the importance of therapeutic relationships, identify challenges, and critically analyse the appropriateness of CBT as an intervention.
- Drawing on humanistic and person centred concept of personality development, critically reflect on how you may have become, who you are today, and consider the implications for your effective interactions with others
2022- 2023
- Research and analyze an arts and health project/initiative from one of the websites provided (<https://www.cultureforhealth.eu/>, <https://www.artsandhealth.ie/>, or <https://feel-lab.org/>). Discuss its relevance to psychosocial studies, highlighting the importance of psychoanalysis in the field, and explore key themes or concepts within the chosen project. Conclude with insights and reflections on the project's impact and your own perspective
2022- 2023
- Select a particular research approach considered within the module. Explain the approach and how it may be used to address a practical research issue. Demonstrate your understanding of the approach's conceptual basis and its limitations. Consider the ethical issues that may be of concern.
2022- 2023