

CAREER GOAL

I am strongly motivated to pursue a career in an organisation that aims to improve the quality of life for members of the community. I have a strong interest in the field of psychology, where I would be able to provide support to those members who require mental, emotional and/or physical assistance. I am interested in an employment opportunity that enables me to be challenged in many areas of the working environment, and to be actively engaged in the organisational culture and various team projects. I hope to facilitate growth within an organisation and contribute to positive organisational outcomes.

EMPLOYMENT HISTORY

April 2018 – Current

Crystal Clear Psychology Solutions – Business Owner/ Registered Psychologist

December 2017 – Current

Mental Illness Fellowship of Queensland (MIFQ), Way Back Support Service - Clinical Lead

Key Tasks:

- Provide encouragement and support to clients referred to the Way Back Support Service after an attempted suicide;
- Implement evidence-based clinical interventions for a 12-week period;
- Encourage uptake of hospital discharge plans;
- Safety planning and wellness planning;
- Facilitate linkage to medical and allied health appointments;
- Facilitate access to range of community support services and appropriate support networks.

January 2017 – December 2017

Artius Health - Provisional Psychologist

Key Tasks:

- Provide high quality psychology services to clients under the supervision of Clinical Educators that are evidence based and help clients reach their potential;
- Co-facilitate Substance Abuse Program at Correctional Facilities in Queensland;
- WorkCover Queensland rehabilitation and return to work support for clients;
- Facilitate Reach Your Potential Program to assist job seekers improve their motivation and confidence to return to work;
- Provide Low-Intensity Cognitive-Behavioural Therapy services to clients in the Brisbane South PHN;
- Provide psychological services to clients within the employment sector in the Brisbane North region.

April 2017 – December 2017

All For Kids Therapy - Provisional Psychologist

Key tasks:

- Co-facilitate group programs for children and adolescents to improve their overall health and wellbeing, include reduce anxiety, improve resilience levels, understanding negative emotions, and develop healthy coping strategies.

December 2015 – January 2017

IPAR - Vocational Rehabilitation Consultant/ Provisional Psychologist

Key Tasks:

- Queensland Professional Development Coordinator;
- Subject Matter Expert for Positivum Assessment for IPAR;
- Conduct initial and vocational assessments with injured individuals to obtain information regarding their injury history, treatment, prognosis, employment and training history, transferable skills, capacity

for work, return to work (RTW) barriers, strengths, and RTW goals, including contact with relevant treaters to obtain relevant medical information;

- Establish suitable job options for clients to be the focus of job seeking activities via the above assessments and via the completion of a comprehensive labour market analysis;
- Provide job seeking assistance services, including vocational counselling, skills coaching, barrier management, job seeking assistance and training, and candidate marketing.

2015

Work-Integrated Learning (WIL) Placement – Psychology

Royal Brisbane and Women’s Hospital (RBWH) - Community Mental Health Team

Psychology Student

2013 – 2015

Employment Services Queensland (ESQ)

Employment Advisor, Development Advisor, and Human Resource Management

2013

Woodridge State High School

Work Integrated Learning (WIL) Placement – Psychology

Guidance Counsellor

2009 – 2015

Australian Defence Force (ADF), Australian Army

Operator Movements Specialist

EDUCATIONAL BACKGROUND

2011 - 2015 Bachelor of Psychological Science (Honours)

Griffith University – Mt Gravatt Campus

Grade Point Average: 6.16 (Scale 1 – 7, with 7 the highest), Class IIA honours

Key Skills:

- An active concern for the welfare of others – an ability to be respectful, non-judgemental, and understanding of others within the working environment and the community;
- An understanding of diversity and ethical principles;
- Excellent written and oral communication skills;
- Work effectively as part of a productive team or independently;
- Highly developed analytical and research skills;
- Effective time management and organisational skills;
- Ability to plan and meet deadlines;
- Conduct interviews and provide counselling services.

2014

Mental Health First Aid (MHFA) Course, Australian Defence Force

The MHFA course teaches you how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis.

Applied Suicide Intervention Skills Training (ASIST) Course, Australian Defence Force, LivingWorks

The ASIST course is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.