**Paula M Rao**

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| **Summary and Objectives** |
| * Empathetic and motivated learner; I bring an innovative approach to counseling, based on personal experiences and knowledge of multicultural values. * Foreign Language Skills: Hindi, Bengali, Kannada, Urdu, Russian (limited/working knowledge). Currently learning Spanish. * Areas of Interest: Adolescents issues, Individual and Couples Counseling, Personality Disorders, Mood disorders, Addictions, and Mindfulness-based Stress Reduction. |
| **Education**  **Master of Arts in Counseling (Clinical Mental Health), GPA 4.0** Wake Forest University (expected graduation date-Fall2017) |
| **Bachelors of Science, Psychology, GPA 3.94 (Honors)**  University Of Phoenix, 2014  Bachelor of Arts  Calcutta University, India, 1990 **Work History and Related Experience** **Graduate Student/Intern (Completed Practicum & Internship)**   * West Houston Counseling Center, Katy, TX Aug 2016 to Present   **Residency I and Residency II (Clinical Mental Health Counseling)**   * Wake Forest University, NC Aug 2015 & 2016   **Substitute Teacher and In-Class Support in High School/Middle School**   * Katy Independent School District, TX 2014 to 2016   **Volunteer**  Katy Heritage Center (Memory Care Facility) 2014 - 2015   * Client interaction, communication, emotional support for clients in the memory care unit * Art Therapy, Movement therapy for clients with Alzheimer’s, Parkinsons, and dementia to daily functioning, cognition, well-being through hands on activities   **Junior Achievement Liaison**  JA coordinator, Shafer Elementary, TX 2012-2014   * Delivered and coordinated Junior Achievement content for grades K-5 * Worked with JA volunteers/parents * Communicated with Instructional coordinators, teachers, and district personal to facilitate Junior Achievement K-5 grades   **Assistant Montessori Teacher**  Katy Montessori, TX 2009-2010   * Worked with pre-school students in a Montessori setting * Created interactive solutions to facilitate learning   **Freelance Graphic Designer**  Syncom Marketing and Advertising- Houston, TX 1999 -2002   * Developed presentations, documents, and other communication  materials for clients in the Oil and Gas industry  **Honors/Related Skills**  * Chi Sigma Iota, Internal Counseling Honor Society (2016-present) * Student speaker (Undergraduate) for the graduating class of 2014 * Knowledge and understanding of cultural diversity and ethnicity * Graphic Design/Desktop Publishing Skills * Community & elementary school volunteer |