**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.
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| **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, 2014Bachelor 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
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