

5750 Bou Ave, Unit 901
MD 20852, Rockville

Paula Bamgbose-Martins, M.S.Ed, MPhil

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301-549-939385

EDUCATION

University of Pennsylvania, Graduate School of Education, Philadelphia, PA
Master of Philosophy in Education, Professional Counseling **May 2018**

University of Pennsylvania, Graduate School of Education, Philadelphia PA
Master of Science in Education, Counseling and Mental Health Services **May 2017**

University of Sheffield, Sheffield, UK
Bachelor of Science in Psychology **June 2015**

CLINICAL WORK EXPERIENCE

YouthBuild Philadelphia Charter High School **Philadelphia, PA**
Counselor **September 2017-May 2018**

- Providing individual therapy to clients presenting with mental health issues, drug and/or alcohol addiction, diversity/racial issues, substance abuse issues, intimate partner violence, depression, anxiety, stress, anger management and trauma
- Conducting emergency assessments/ intake evaluation sessions
- Co-facilitating psychoeducational groups
- Providing information regarding community resources and referrals in cooperation with case managers

University of the Arts Counseling Centre **Philadelphia, PA**
Counseling Intern **September 2016 - May 2017**

- Conducted triage/ intake assessments on a client case load of 8-10 students weekly
- Managed cases, scheduled appointments with therapists, psychiatrists and registered new clients using titanium software

Olusola Lanre Coaching Academy (O.L.C.A) **Lagos, Nigeria**
Psychology Intern/Research Assistant **November 2015 - August 2016**

- Reviewed cases bi-monthly, developed treatment plans and assisted with conducting depression and anxiety assessments
- Investigated relationship deal breakers for married Nigerian couples using a quantitative methods survey
- Produced a radio program engaging the public on various mental health related topics
- Wrote mental health related articles for the company's websites

OTHER RELEVANT EXPERIENCE

United Nations Department of Public Information (UN DPI) **New York, U.S.A**
NGO Youth Representative **January 2017 - Present**

- Promoting and taking part in programs and initiatives for Youth Representatives at the UN Headquarters
- Developing innovative means of advocating and striving for development in the "Health and Education" section of the UN sustainable development goals

Been, Aware, Going Through It (BAGit), Online Mental Health Awareness Platform

Founder **November 2016- Present**

- Created an online media platform aimed to generate a safe and open medium for Nigerians to share personal experiences with mental health and illness
- Developed a followership of approximately 500 people mainly located across Nigeria

LEADERSHIP & VOLUNTEER EXPERIENCE

Counseling & Mental Health Services Mentorship Program

Philadelphia, PA

Student Mentor

August 2017- Present

- Supporting two 1st year master's students with academic and personal needs

Strategy for Mentoring Initiative & Leadership Empowerment (S.M.I.L.E)

Lagos, Nigeria

Youth Mentor

January 2016-June 2016

- Mentored in the Young Leadership Mentoring Program (YLMP) for public high school students in the 10th and 11th grades and collaborated with the students to work on activities to help their community and schools

United Nations Information Center (U.N.I.C)

Lagos, Nigeria

International Youth Day 2015

August 2015

- Planned with a committee to assist in registration and photograph the event.

Robert Wood Johnson Foundation

Philadelphia, PA

Forward Promise: Promoting the Health of Boys and Young Men of Colour

March 2017

- Volunteered as an Usher

University of Sheffield

Sheffield, UK

Psychology Course/Student Representative

September 2013-September 2015

- Represented views of students both through formal and informal structures while liaising with the University Staff in order to help strengthen communication with students.

University of Sheffield

Sheffield, UK

Psychology, Faculty of Science Representative

September 2013-September 2015

- Liaised with students and staff with the aim of improving student experience in the faculty of science

RESEARCH PRESENTATION

Engaging, Managing and Bonding Through Race (EMBRACE), Racial Empowerment Collaborative

Graduate Research Assistant & Clinician

September 2017- Present

- Conducting therapeutic family interventions centred on racial socialization practices and familial bonding.
- Facilitate conversations among family dyads around racial socialization messages, racial stress and trauma, and racial self-efficacy

Students Talking About Relationships (STAR) Project

Graduate Research Assistant

September 2016-July 2017

- Analysed data on an "Educational Prevention Action" on teen dating violence in a Philadelphia high school
- Reported findings of the data from the surveys handed to the students during the group therapy process

LANGUAGE & SKILLS

- Languages: English, Yoruba
- Computer Proficiency: Microsoft Word, PowerPoint and Excel, SPSS software

PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS

- Member of the British Psychology Society (BPS) September, 2012
- National Certified Counselor (NCC), through the National Board of Certified Counselors (NBCC) April, 2018