

ARVELLA MEDINA ALBAY

(+63) 956-430-8602

amalbay2921@gmail.com • <https://www.linkedin.com/in/arvella-albay-037b2937/>

PUROK 4 QAQUI 1 , LUNA LA UNION, Philippines

PROFESSIONAL SUMMARY

Licensed Psychometrician, a practicing Mental Health First Responder, trained First Aider, and a Researcher with 17 years of experience teaching psychology particularly in the field of assessment, psychological statistics, and research, skilled in counseling at-risk students, couples, and marriage psychotherapy. Developed and conducted training programs on personality development for 30+ Prison Officials and staff; trained 25 public school heads and principals, and 100+ students on leadership and team building development; supervised 74 faculty members and the sub-head for Research Ethics; monitor and evaluate researches of 20+ faculty members in the University. As a mental health advocate, volunteered as a Psychological First-Aid Provider to the traumatized victims of the Taal Volcano eruption in Batangas City, Philippines. Research practitioner focusing on child and adolescents resiliency with diverse psychological backgrounds such as depression and traumatic experiences. Graduated with Ph.D in Psychology from Manuel Luis Quezon University, Manila, Philippines. Author of the newly developed Filipino Resiliency Scale for Youth.

Objective: Seeking a Continuing Care Assistant, Child and Family Support Worker, and/or a Behavior Support or any position in which I can utilized and enhance my skills in providing support and assistance to individuals with behavioral challenges and to promote positive behavior, improve personal skills, and enhance the overall quality of life for individuals with behavioral needs.

WORK EXPERIENCE

ASSOCIATE PROFESSOR

Jan 2007 - PRESENT

DON MARIANO MARCOS MEMORIAL STATE UNIVERSITY MID LA UNION CAMPUS • SAN FERNANDO CITY LA UNION, Philippines

- Teach and supervise 60+ students in their academic endeavors with various fields of specialization per year.
- Handles 5 psychology major subjects such as Psychological Statistics, Abnormal Psychology, Clinical Psychology, Dynamic Psychology, and Research in Psychology.
- Conducted small group and individual activities based on differentiated learning needs.
- National Paper Presenter on her research with Filipino Resiliency Scale in the year 2019.
- Conducted training programs on personality development for 30+ Prison Officials and staff, trained 25 public school heads and principals and 100+ students on leadership and team building development.
- Conducted student counseling and mentoring to several groups of students at -risk.
- Conducted a by-appointment couple and marriage counseling and psychotherapy in a private clinic.

RESEARCH ETHICS COMMITTEE

Aug 2019 - Present

DON MARIANO MARCOS MEMORIAL STATE UNIVERSITY MID LA UNION CAMPUS • SAN FERNANDO CITY LA UNION, Philippines

- Designated to evaluate 15 research proposals and other researchers in the areas of the social sciences.
- Review ethical considerations for each approved research proposals with human subjects.
- Endorse approved research to the university research directors to proceed with the research undertakings.
- Developed and implemented policies on the Ethics Review Board on the Campus.

- Peer Reviewer in the APA Journal of Psychological Assessment (Web of Science ResearcherID: T-2514-2018) peer-reviewed 5 psychological assessment types of research from International Authors such as Sweden, Portugal, and others.

DEPARTMENT HEAD/CHAIRPERSON

Jun 2016 - Jul 2017

DON MARIANO MARCOS MEMORIL STATE UNIVERSITY MID LA UNION CAMPUS • SAN FERNANDO CITY LA UNION, Philippines

- Supervised 74 faculty members in the Humanities and Social Sciences Department.
- Implemented duly approved policies, rules and regulations affecting the operations of the Humanities and Social Sciences Department
- Prepared academic workload, schedule and performance evaluation reports of faculty and staff.
- Performed such other functions as may be assigned by the Dean or higher authorities.

COLLEGE RESEARCH FACILITATOR

Nov 2015 - May 2016

DON MARIANO MARCOS MEMORIL STATE UNIVERSITY MID LA UNION CAMPUS • SAN FERNANDO CITY LA UNION, Philippines

- Monthly monitoring of 25 faculty researchers on their proposals, on-going, and completed research.
- Conducted training for faculty researchers on research proposal writing.
- Supervised faculty researchers in working on publishable research.
- Conducted university-funded research on Filipino Resiliency Scale nationwide.

EDUCATION

Master of Arts in Clinical Psychology

University of Santo Tomas, Manila, Philippines
Specialized in Marriage and Family Therapy and Child development

August 2019 - present

Ph.D. in Psychology

Manuel Luis Quezon University • Quiapo Manila, Philippines

Conducted dissertation on the Construction and Validation of the Filipino Youth Resiliency Framework and its Initial Psychometric Properties. Concentration on Assessment, clinical psychology, and research.

Oct 2012 - Mar 2016

Master of Arts: Guidance and Counseling

Don Mariano Marcos Memorial State University SLUC • Agoo La Union, Philippines

Master's Thesis: Services and Activities of the MLUC Guidance Counselors on the Maladaptive Behaviors of College Students: Basis for a Guidance and Counseling Intervention Program

Oct 2006 - Mar 2010

Bachelor of Science: Psychology

Don Mariano Marcos Memorial State University SLUC • Agoo La Union, Philippines

Graduated with Honors (Cum Laude) **CSC Eligibility: PD 907 – Honor Graduate**

Consistent academic scholar

Student Organizational Leadership Thesis: Psychological Profile and the Coping Mechanisms of a Sexually-abused Child: A Case Study

Jun 2001 - Mar 2005

SKILLS

- Personal and life skills management
- Assessment of child and adolescents development (physical, emotional, psychosocial, psychosexual, cognitive , moral aspects)
- Effective interpersonal skills
- Research and development: developed psychological test instruments.

- Administrative and office activities
- Excel in neuropsychological evaluations for professionals, land-based and sea-based workers, security guards, and personnel.
- Psychological assessment: administration, scoring, and interpretations
- Training and development on teambuilding, leadership and other life skills training for individuals, family, students, and professionals
- Statistical analysis in social sciences research
- Counseling and psychotherapy for depression, posttraumatic and suicidal clients
- Mental health first responder, first aider - CPR with AED
- Computer literate
- Housekeeping activities
- Food preparation
- Driving skills

PROFESSIONAL CREDENTIALS

Licensed Psychometrician
 Mental Health First Responder
 Psychological First-Aid Provider
 First Aider with Basic Life Support - CPR with AED Training
 Driving NC II

VOLUNTEER WORK

Psychometrician

Jan 2013 - Sep 201

LLN Medical Diagnostic Clinic • Malate, Manila, Philippines

Acting as the HR officer of the hospital with 20 employees for personnel management, recruitment, and screening of applicants

Conducted neuropsychological evaluations for overseas Filipino workers for seaboard and land-based, professionals such as security guards, police officers, and teachers

Member for the quality assurance accreditation of the clinic.

Psychometrician

Oct 2014 - Mar 2015

Monte Zion Diagnostic Center • Quezon City, Philippines

Conducted neuropsychological evaluations for 20+ overseas Filipino workers bound to Canada, Australia, and New Zealand as priority clients per day

Acting as Human Resources development officer of the hospital with 15 employees.

Collaborated with a licensed psychologist for the psychological report.

Psychological First-Aid Provider

Jan 2020 - Jan 2020

Simbahayan Community Development • Manila City

Provide counseling to at least 30 victims of Taal Volcano eruption.

Conducted Critical Incident Stress Debriefing to the victims.

Provided psychotrauma therapy to the depressed and traumatized victims.

TRAININGS AND SEMINARS ATTENDED

- Standard First Aid and Basic Life Support - CPR with AED Training, Red Cross of the Philippines, La Union Chapter, September 25-28, 2023.

- Introduction to Caregiving, Technical Education and Skills Development Authority (TESDA) National Institute for Technical Education and Skills Development, East Service Road, South Luzon Expressway (SLEX), Fort Bonifacio, Taguig City, Manila, Philippines, March 20, 2023
- Specialized Training on Ethics for Public and Private HEIS, Philippine Social Science Council, Inc, September 7, 14, & 21, 2021.
- International Webinar on The Future of the Counseling Profession: An Interview with the American Counseling Association, The ACA Program, American Counseling Association, Alexandria, VA, April 23, 2021
- Screening, Brief Intervention, and Referral to Treatment (SBIRT) for Substance Misuse, American Counseling Association, Certificate of Continuing Education, 6101 Stevenson Avenue Suite 600 A. Virginia, April 6, 2020.
- Creative Counseling for Couples: Using the Integrative Model, Part I, American Counseling Association, Certificate of Continuing Education, 6101 Stevenson Avenue Suite 600 A. Virginia, April 6, 2020
- Private Practice Owner's Guide to Business Protocols and Human Resources Practices, American Counseling Association, Certificate of Continuing Education, 6101 Stevenson Avenue Suite 600 A. Virginia, April 5, 2020
- Training-Workshop on Scientific Writing for Qualitative and Quantitative Studies: ISI and Scopus Standards, May 7 - 10, 2019 at Castle Peak Hotel, Cebu City, Philippines.
- Interactive Tools for Teaching Abnormal Psychology & Undergraduate Clinical Psychology. Psychological Association of the Philippines, De La Salle University, Taft Manila Philippines, September 22, 2018
- Training on Conducting Field Interview Surveys and Focus Group Discussions and Their Analysis, International Association of Scholarly Publishers, Editors, & Reviewers Inc., February 25-28, 2018 Wyndham Mall of Asia, Pasay City, Manila, Philippines.
- One-day Training on Advanced Statistical Modeling (Multi-level Modeling using SPSS + Multi-Group Analysis in SEM using SmartPLS, 2017 National Training Series on Research and Statistics, Philippine Association of Researchers and Statistical Software Users, December 22, 2017, Manila Grand Opera Hotel.
- Three-day Training on Structural Equation Modeling using AMOS, National Training Series on Research and Statistics, Philippine Association of Researchers and Statistical Software Users, April 1-3, 2017, Manila Grand Opera Hotel
- Workshop on Developing and Validating Research Instruments, Educational Media Center Conference Hall, Central Philippine University, Iloilo City, January 15-16, 2016.

REFERENCES

RAHFIE C. NULLAR

Head, Human Resource Management

Don Mariano Marcos Memorial State University- Mid-La Union Campus

Mobile: (+63) 9176867009

rahfie.nullar@dmmmsu.edu.ph

HARTWELL NORMAN M. MERZA

Dean, College of Arts and Sciences

Don Mariano Marcos Memorial State University- Mid-La Union Campus

hmerza@dmmmsu.edu.ph

RENZ ARVIN C. DUMAGUIN

Chairperson, Bachelor of Science in Psychology Department

Don Mariano Marcos Memorial State University- Mid-La Union Campus

radumaguin@dmmmsu.edu.ph