



## Dilki Kandangamuwa

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“Thushara”, Millawitiya, Kuruwita

### EDUCATION

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#### University of West London

Msc. in Clinical and Health Psychology (Reading)

From Feb 2025

#### University of Peradeniya, Sri Lanka

Nov 2017 – May 2022

Bachelor of Arts in Psychology

GPA: 3.898 (Out of 4.0) - First Class Honours

#### Ferguson High School, Ratnapura, Sri Lanka

Jan 2008 – Aug 2016

High school education

G. C. E. Advanced Level Examination - 2 ‘A’ s with 1 ‘B’ pass

G. C. E. Ordinary Level Examination – 9 ‘A’ passes

#### Convent of the Child Jesus, Ratnapura, Sri Lanka

Jan 2003 – Dec 2007

Primary school education

### OTHER EDUCATIONAL QUALIFICATIONS

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#### Diploma in Clinical Psychology – Institute of Mental Health (IMH), Colombo, Sri Lanka - 2023

- I was awarded a full scholarship called ‘The Lightner Witmer Memorial Scholarship’ for the highest academic qualifications. It is an ACCPH (Accredited Counsellors, Coaches, Psychotherapists and Hypnotherapists) accredited course taught by Prof. Romesh Jayasinghe.
- Covered the modules including Introduction to Clinical Psychology, Cultural & Ethical Issues in Clinical Psychology, Diagnosis & Classification Issues, Clinical Interview, Intellectual Assessment, Personality & Behavioral Assessment

Issues in Psychotherapy and Psychodynamic/ Humanistic/ Behavioural/ Cognitive Psychotherapy

**Advanced Certificate Course in Psychology & Basic Counselling Skills – Department of Psychology, University of Peradeniya, Sri Lanka – 2021**

Followed modules in Humanistic Approach, Psychological therapies including CBT, DBT & REBT, Counselling skills/ Process/ Evaluation & Follow ups and Addiction Counselling

**Involved with a ‘Child Psychology’ workshop conducted by Mr. K.I Widyaratne; a professional Counsellor & Hypnotherapist and the Director of Ceylon Clinical Counselling and Psychology Association, Sri Lanka – 2021**

Covered the content including mental disorders & mental problems in childhood, attention & brain development activities and ABC behaviour chart

## **CLINICAL/ COUNSELLING WORK EXPERIENCE**

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**Registered member of Sri Lanka National Association of Counsellors (SRILNAC) :**  
Membership No: 2024/276

**School Counsellor, Musaeus College, Colombo 7, Sri Lanka (July 2023- September 2023))**

- I am assigned for the Primary section and mostly dealing with the cases like parental issues, family related concerns, exam fears, hyperactive and slow learner issues etc.

**Volunteering for Sri Lanka Sumithrayo, Colombo Outreach Branch, Sri Lanka (Jan 2023 – September 2023)**

- Sumithrayo is a place that follows a method called ‘Befriending’, especially for people who have been victims of suicide, marital issues, psychotic disorders, domestic violence, addictions etc.
- I work there as a volunteer in shift system for the clients who meet us via hotline or face to face.

**Practical training in Child Psychology, ‘Sound Minds Academy’, Sri Lanka - Under the supervision of Clinical Psychologist; Mrs. Beenuka Wickramathunga (May 2023 – July 2023)**

This training is intended to cover these things;

- Introduction to childhood psychological disorders
- Behavioural & educational therapies for kids with Autism, ADHD/ ADD, LD, Down Syndrome etc.
- Planning therapies and designing activities
- Development of skills required to work with children

**Intern at ADIC Sri Lanka (Alcohol & Drug Information Centre), Colombo, Sri Lanka (March 2023 – May 2023)**

- We have been provided counselling trainings on alcohol and drug addiction
- I participated schools for awareness programs in alcohol and drug prevention

**Intern at 'Shanthi Maargam', Colombo, Sri Lanka (Nov 2022 – Jan 2023) [Internship]**

- It was consisted of learning skills of child and youth engagement through observation and working with the children who visited the youth centre
- The training covered the topics such as basic counselling skills such as Active listening, Empathy, Paraphrasing, Summarising, Strength Highlighting & Empowering, Problem solving & goal setting,
- Practised protocol training including Suicide & self- harm prevention, LGBTQI, HIV/AIDS, Child protection, Domestic violence, Anxiety & panic attacks
- Other trainings were on Psychological first aid, Cognitive Behavioural Therapy, Bipolar & Borderline Personality disorder, Dialectical Behavioural Therapy, Drama therapy, People with disabilities, Trauma & Counselling etc
- I attended roleplays and 4 continuous counselling sessions with a mock client
- I attended external sessions facilitated by National Institute of Mental Health (NIMH) & Alcohol & Drug Information Centre (ADIC)
- We conducted a session on 'Self Awareness' at Ikra International School, Colombo

**Trainee Counsellor at 'Life Centre'; a private clinic owned to Psychiatrist Dr. N. Kumaranayaka (Nov 2022 – Dec 2022)**

- There I was trained to take client histories, conduct clinical interviews and diagnosis assessments

**Trainee in Clinical Psychology, Psychiatric Unit, Teaching Hospital, Kandy, Sri Lanka (Nov 2021 – Feb 2022) [Internship]**

- As a trainee, I participated for ward rounds with the respective Psychiatrists and got to know how to diagnose different mental conditions with the right assessment techniques
- I had an opportunity to join with lectures conducted for medical students by the Consultant Psychiatrists, thereby I was given a chance to explore more about psychological disorders
- I could take part in mental awareness programmes for drug addicts, organized by the mental health care clinic
- I was given the opportunity to talk and assess the residential patients individually, during their hospitalised period

**Trainee in Counselling, Alcohol Rehabilitation Centre, Mampitiya Divisional Hospital, Kandy, Sri Lanka (Nov 2021- Feb 2022) [Internship]**

- As a trainee, I conducted individual, group & family counselling sessions for the residential alcohol addicts
- Trained them for some breathing and relaxation techniques, and assisted for rehabilitation process & for goal setting objectives
- Maintained individual client reports for the follow up purposes

**Mental Health Advisor, 'Yeheli' project, powered by 'Dialog' and 'Without Borders', Sri Lanka (Nov 2021 – Jun 2022)**

- 'Yeheli' was a digital platform dedicated to assist women's health and well being which covers a range of topics including abuse, sexual health, contraceptives, relationship issues, domestic violence etc.
- It was a free anonymous trilingual messaging platform that connects users with experts within 24 hours, so I was trained there to provide accurate, well structured and ethical responses to queries posted by the users
- And, during the probation period, I was given the opportunity to take part in awareness programmes and group discussions on the topics like, suicide prevention, reproductive health, mental disorders etc.

**'Peer Supporter' training programme, 'Robarosiya' Club, University of Peradeniya, Sri Lanka (Aug 2021 – Nov 2021)**

- Covered the modules related to Psychological Counselling through case studies

## **TEACHING EXPERIENCES**

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**Assistant Lecturer (Temporary) – Full time, Department of Psychology, Faculty of Arts, University of Peradeniya, Sri Lanka (17<sup>th</sup> October 2023 – Present)**

**Visiting Lecturer in Psychology at Human Resource Management Institute (HRMI), Colombo, Sri Lanka (Feb 2023 – September 2023)**

**Level: BSc in Psychology**

- Module: Developmental Psychology
- Covering the topics including Theoretical Perspectives in Developmental Psychology, Prenatal Development, Child Birth, Motor/ Sensory/ Perceptual/ Language/ Cognitive Development in Infancy, Physical & Sexual/ Cognitive/ Gender Role Development in Adolescence & Adulthood

**Level: Professional Diploma in HRM with Psychology & Counselling**

- Module: Industrial Psychology
- Covering the topics including Introduction to Industrial Psychology, Workplace Diversity, Power & Politics and Conflicts & Negotiation.

**Level: Professional Diploma in HRM with Psychology & Counselling**

- Module: Psychology & Counselling II
- Covering the topics including Counselling techniques & underpinning theories, Counselling skills, Ethical Behaviour of a Counsellor, Counselling to enhance productivity, Counselling to enhance employee satisfaction & engagement

- **Level: BSc in Psychology**

- Module: Introduction to Counselling
- Covered the topics including History & theoretical approaches in Psychological Counselling, Counselling skills & qualities, The process of counselling, Counselling assessment, The role of a counsellor, Counselling ethics, Life span development models & its relevance to Counselling Psychology

**Visiting Lecturer in Psychology at National Institute of Business Management (NIBM), Kandy, Sri Lanka (March 2023 – July 2023)**

- **Level: Advanced Diploma in Psychology & Counselling**

- Module: Human Development I
- Covering the topics related to Physical/ Cognitive/ Perceptual/ Psychosocial development from infancy to early adolescence

## **PUBLICATIONS**

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Kandangamuwa, K.P.D.S. (2022, May 31). The Role of Self- Esteem on Social Anxiety among Adolescents [English]. In *Undergraduate Research Congress, Faculty of Arts (URCFA): Vol. V*. University of Peradeniya.

## **PRESENTATIONS**

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**The Role of Self- Esteem on Social Anxiety among Adolescents**

An oral presentation on undergraduate research project at the, Undergraduate Research Congress, Faculty of Arts (URCFA) organized by University of Peradeniya, Sri Lanka in 2022

## PARTICIPATION IN CONFERENCES/ WORKSHOPS

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- Participation in 6<sup>th</sup> CIPM (Chartered Institute of Personal Management) International Research Symposium 2022, themed on 'Glocalization of HRM Practises for Business Resilience'
- Participation in IMUN (International Model United Nations) conference in 2021
- Conference Assistant at 5<sup>th</sup> International Pali Conference, organized by the Department of Pali and Buddhist Studies, University of Peradeniya - 2020
- Participation in the field practise and career guidance workshop titled 'Personal Responsibility' organized by Coordination Unit of Internships, Volunteering and Community Outreach (CIVCO), University of Peradeniya – 2022
- Participation in Career Progression webinar series; 'Momentum'. Organized by 'Perabeats'; the Official Media Partner of University of Peradeniya – 2021
- Participation in 'Path to Yourself with Robarosiya'; Personality Development workshop series organized by Robarosiya Society, University of Peradeniya – 2021
- Participation in the workshop on 'Motivation, Guidance & Talent Development' organized by the Career Guidance & Counselling Unit, University of Peradeniya – 2018

## AWARDS AND ACHIEVEMENTS

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- The Peradeniya University Gold Medal, Faculty of Arts for Excellence in Scholastic and Extra- mural Excellence
- Professor B.D.D. Pathirana Memorial Gold Medal for Excellence in Psychology- University of Peradeniya
- University Prize for Academic Excellence
- Peradeniya University Alumina Association of New South Wales (Puaan) Scholarship for 'Best Performance at the first examination'
- Delduwe Dhammaratana Prize – Subject Prize (University of Peradeniya)
- D. P. Wijewardana Prize – Subject Prize (University of Peradeniya)
- Scholarship given for the children of expatriate employees, awarded by Sri Lanka Bureau of Foreign Employment, for the performance at the G.C.E. Ordinary Level Examination – 2013

## SKILLS

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Leadership and Teamwork, Data Analysis in SPSS / Research Methodology, Computer Skills (Microsoft Word, Excel, PowerPoint, Access), Academic/ Creative Writing Skills, English proficiency

## WEB LINKS

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LinkedIn:

<https://www.linkedin.com/in/dilki-kandangamuwa-584133212/?originalSubdomain=lk>

## NON- RELATED REFEREES

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1. Dr. Asanka Bulathwatta  
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2. Dr. Ramila Usoof Thowfeek  
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I hereby state that the information given above are true and correct for the best of my knowledge

2025. 02. 25

Date



K.P.D.S. Kandangamuwa