



Dilki Kandangamuwa

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“Thushara”, Millawitiya, Kuruwita

EDUCATION

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

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

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 Boarders', 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

Assistant Lecturer (Temporary) – Full time, Department of Psychology, Faculty of Arts, University of Peradeniya, Sri Lanka (17th 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

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

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

- Participation in 6th CIPM (Charted 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 5th 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

- 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'
- Delduve 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

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

WEB LINKS

LinkedIn:

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

NON- RELATED REFEREES

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