

CURRICULUM VITAE

PERSONAL INFORMATION

Name: Alaba Racheal Alele

Phone: 0770531576/ 0702032076

NIN: CF01092103XAJG

Email: alabarachealalele@gmail.com

Nationality: Uganda

PROFESSIONAL PROFILE

A compassionate and dedicated counsellor with experience in counselling, psychosocial support and HIV/AIDS care services. Experienced in providing emotional support, conducting counselling sessions and supporting individuals in mental health and ART clinic settings. Knowledgeable about promoting mental health and constructive behavioral change in communities, healthcare facilities and educational institutions.

EDUCATIONAL BACKGROUND

2021 – 2023: Lira University — Bachelor of Science in Community Psychology and Psychotherapy

2018 – 2019: Ikwera Girls' Secondary School — Uganda Advanced Certificate of Education (UACE)

2014 – 2017: Dara Christian High School — Uganda Certificate of Education (UCE)

2007 – 2013: Fountain Primary School — Primary Leaving Examination (PLE)

WORK EXPERIENCE

Assistant Counsellor — Lira University (2025 – Present)

- Provide counselling and psychosocial support to students and staff through individual and group counselling sessions
- Monitor progress of all individuals enrolled for counselling.
- Organize and participate in mental health awareness programs, sensitizations, workshops and seminars.
- Collaborate with academic and administrative units to ensure mental wellbeing of students.

Volunteer Counsellor (ART Clinic) — Aduku Health Center IV (2023 – 2025)

- Provided counselling services to HIV/AIDS clients.
- Supported patients with treatment adherence.
- Offered psychosocial support to patients and families.

Internship – Counsellor — Lira Regional Referral Hospital (June – August 2022)

- Assisted in counselling patients in the mental health unit.
- Participated in HIV/AIDS education and support programs.

Trainings and certifications

- Training in Management, Prevention and Care of Post COVID-19, HIV/AIDS, STDs and Drug Abuse — Lira University (2021)
- Training in HIV/AIDS Care and Treatment — Lira University (2021–2022)
- Affiliate Member — Uganda Counselling Association (2024 – Present)

SKILLS

- Counselling and interpersonal communication
- Psychosocial support
- Computer literacy
- Community mobilization and teamwork
- Adaptability and ability to work with minimal supervision

LANGUAGES

English — Very Good (Written & Spoken)

Luo — Good Written, Very Good Spoken