



LERATO MERCIA MOKGETHI

DIRECTOR: SM PSYCHOLOGY AND WELLNESS GROUP



“ BEING ABLE TO BE YOUR TRUE SELF IS ONE OF THE STRONGEST COMPONENTS OF GOOD MENTAL HEALTH.” - DR.LAUREN FOGEL MERSY

I am a Counselling Psychologist with 14 years of experience in providing evidence-based therapy to diverse populations. I am competent in conducting thorough assessments, developing tailored treatment plans, and collaborating with interdisciplinary teams. I am skilled in delivering individual and group therapy. I am committed to helping individuals, families and group lead more fulfilling lives through personalized mental healthcare.

EDUCATION AND TRAINING

2022: Medical Impairment Evaluation, FPD
2020: Introduction to Neuropsychology, NEUROPSYC
2015: Higher Certificate in Management, FPD (cum laude)
2014: Certificate in Occupational Health and Safety, UNISA (with distinction)
2010: MA Degree in Counselling Psychology, NMMU
2007: BA Honours in Psychology, UNISA
2005: BA Degree, WITS University

RELEVANT WORK EXPERIENCE

Position: Director
Employer: SM Psychology and Wellness Group
Duration: September 2020-to date
Responsibilities: Management of Psychologists, Registered counsellors and Social works offering therapy services for children, adolescents, couples, and families to enhance overall wellbeing.

Position: Associate Psychologist
Employer: LEENUT Assessment Centre
Duration: February 2021 -to date
Responsibilities: Neuro-psychological assessments and report writing.

Position: Counselling Psychologist
Employer: LDM Psychological Services
Duration: April 2019-August 2020
Responsibilities: Neuropsychological Assessments and report writing

Position: Deputy Director: Psychological Services
Employer: South African Police Services (SAPS)
Duration: August 2016-March 2019
Responsibilities: Manage Psychological Interventions in Head office Divisions; Stakeholder engagement; Management of monthly statistics; Performance management; Supervision of Psychologists/ Registered Counsellors and Psychometrists; Development of proactive programs; financial management, Human resource management, Strategic management, Project management; Program and Policy development. Implementation of Psychometric assessment in the organisation.

Position: Chief Psychologist
Employer: South African Police Services (SAPS)
Duration: March 2012-July 2016
Responsibilities: Psychotherapeutic services, Research, Stakeholder engagement, Project management; Program development; Employee health and wellness presentations, Trauma debriefing and Suicide prevention initiatives, Psychometric assessment, Organisational Diagnosis, Assessment Centres and Teambuilding.

Position: EAP Practitioner
Employer: ICAS (Employee wellness)
Duration: April 2010-February 2012
Responsibilities: Providing Employee Assistance services to client companies, Critical Incident Stress Debriefing, Crisis management, and Psychotherapeutic services.

Position: Student Counsellor
Employer: Student Counselling Career and Development Centre (SCCDC)- NMMU
Duration: 12 month contract (2009)
Responsibilities: Counselling and therapy for students; mentoring, designing and facilitating workshops and training; employee wellness

Position: Community Developer
Employer: SANCA Eastern Gauteng
Duration: 3 yrs (2005-2007)
Responsibilities: Counselling individuals and families; Referral for rehabilitation; Networking and stakeholder relations. Supervision and mentoring of volunteers; community interventions. Presentation of program. Teambuilding and training.

PERSONAL PHILOSOPHY



Mental health problems don't define who you are. They are something you experience. You walk in the rain and you feel the rain, but you are not the rain." — Matt Haig

SKILLS

Brain working recursive therapy
Cognitive behavioural therapy
Treatment planning
Interdisciplinary collaboration
Neurocognitive assessment
Individual, Couple and Group Therapy

MEMBERSHIP AND SOCIETIES

Health Professions Council of South Africa: Registered Counselling Psychologist
South African Institute of Health Care Managers
Psychological Society of South Africa (PSYSSA)
Gift of the Givers