
Mateusz Biegala

Psychologist, Addiction Counsellor

MSSoc in Clinical Psychology

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Hong Kong

SKILLS & CHARACTER

General:

Professional | Engaging | Effective | Reliable | Hardworking | Willing to learn & improve | Flexible | Friendly | builds rapport easily | Enthusiastic

Work with Addictive Behaviours:

SMART Recovery Facilitator | CBT | REBT | Motivational Interviewing | Mindfulness | Abstinence & moderation based approaches

EXPERIENCE

St. John's Counselling Service, Hong Kong - *Counsellor*

MAY 2013 - MAR2017

- 1-to-1 counselling sessions for kids, teens and adults
- Spectrum: addictive behaviours (substances, technology, online porn), suicide ideation, bullying, mood, disorders etc.
- Clients: students from Hong Kong international schools, white collar professionals (CEOs, managers, bankers, teachers etc.)
- Regular monthly supervisions with Dr Mark Gandolfi and Dr Alex Li and trainings

CASMATI Adventure Limited, Hong Kong - *Director*

SEP 2012 - JAN 2017

- Matt Biegala Counselling & Coaching Private Practice
 - 1-to-1 sessions, workshops, lectures
 - mbiegala.com
- Love & Bond Photography:
 - B2B, admin, marketing, accounting
 - www.loveandbond.com

Fluent English, Beijing CBD, China - Education Counsellor

OCT 2011 - JUN 2012

- Counselling students with learning difficulties
- Teaching English

GBD Public Diplomacy Culture & Exchange Center, Beijing, China, -

Intern: Project Manager

SEP 2011 - FEB 2012

MKSport Outdoor Events, Poznan, Poland - Event Organizer, Outdoor trainer, translator

MAY 2009 - JUL 2011

- Employee of the month award (JUN2011)
- organized outdoor events (30 up to 1000 participants) for major companies like Strabag, Siemens, Skoda Auto, Volkswagen etc..
- Provided trainings in team building, leadership, analytical thinking, personal development, communication and negotiation skills trainings
- mentored and supervised new staff
- instructed in sport activities such as: paintball, shooting gallery, rock climbing etc.
- letter of reference available

Institute of Psychology, Adam Mickiewicz University, Poland - Intern

Post Grad. level

2007 - MONTH 2010

Internships in:

- 3 psychiatric units
- Clinic of pain
- 3 rehab units
- Diabetology Unit

Independence Homes Ltd. , Location - care worker

JUL 2007 - SEP 2007

- Supported young adults suffering from mild to severe epilepsy and autism, to start independent adult life.
- Administered meds, counselling, teaching of essential adult live skills

HEDCON, AIESEC, “Project Desert Life”, India - *intern*

JUL 2009 - AUG 2009

- Research project to understand and document the lives and conditions of the people of Rajasthan desert and mine workers

EDUCATION

Adam Mickiewicz University, Poznan, Poland - *Master in Clinical Psychology*

2005 - 2010

AWARDS

Official Polish Delegate of Youth Leaders for “EU-China Year of Youth” opening ceremony in Beijing

Ministry of National Education in Poland on behalf of European Commission

FEB 2011

- Represented Polish NGOs, networked with Chinese youth organisations, scientists, businessmen and European ambassadors
- Attended conferences and meetings with top Chinese officials
- Participated in discussion panels with China youth leaders and local authorities

ORGANISATIONS

Hong Kong Psychological Society - member from 10.2014

Hong Kong International Coaching Community - member from 2013

Society for Intercultural Education, Training and Research (SIETAR) - 5.2010-01.2012

**Cross-Cultural Psychology Scientific Student Club member
10.2008-10.2010, president 10.2009-10.2010**

European Student Association AEGEE - member 2003-2007

CERTIFICATES & TRAININGS

- SMART Recovery Facilitation Certificate - JAN 2017
- Certificate in Cognitive Behaviour Therapy - JUL 2013
- NLP Practitioner Certificate - JUL 2005
- Alpha Leadership
- Local Training Course "Basics of organisational work and project management - advanced level"
- "Interpersonal Communication Training"
- "Communication and Negotiations"
- "Main Coordinator - Training of project managers"
- "Needs analysis and trainer skills"
- "Whisper Your Demands: Unconventional Secrets from Great Business Mentors"
- "Care over aged persons" Training course in geriatrics

INTERESTS

Holistic healing, Mindfulness, Energy, Nature (nature therapy), CRV, PSI