

# Rameya (Ramalaxmi) Shanmugavelayutham, MSW, LCSW

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## COMMUNITY-BASED CLINICAL SOCIAL WORKER AND EDUCATOR

anti-racist and decolonial commitment | diverse pedagogical approaches | collaborative

Empathic and analytical clinical social worker and educator using a relational, intersectional, psychodynamic and community-based approach to mental health through therapeutic interventions that center relationality, surface, and build on client strengths while supporting the healing of clients within their specific intersectional identities. Possesses a deep knowledge of: infant and early childhood mental health; attachment and early family systems; decolonial therapy and approaches that center Black, Indigenous and people of color (BIPOC); anti-racist therapeutic interventions; and non-directive play therapy. Experienced supervisor, field instructor, and university educator for graduate social work students, offering intentional and reflective supervision, classroom instruction, and case consultation. Strong communicator through writing, presentations, and public speaking, as well as a visionary educator and training facilitator. *Core competencies include:*

syllabus & training design | reflective case consultation & supervision  
anti-racist & decolonizing approaches | organizational change & strategy  
team leader | intercultural communication | Spanish language fluency

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### HIGHLIGHTED EXPERIENCE

#### **HARTFORD INTERNATIONAL UNIVERSITY FOR RELIGION AND PEACE**

**HARTFORD, CT**

Re-conceptualizing and delivering a core course on Healing Trauma from the Inside Out

*Faculty Member*

*July 2022-present*

- Revamping core trauma course to be delivered to a diverse group of international students
- Building syllabi to facilitate student understanding of neurobiology of trauma and its impacts on behavior and relationships
- Facilitating space for students to reflect and grapple with their own experiences of trauma in order to utilize a trauma-informed lens for peacebuilding and chaplaincy work
- Serving as a thesis advisor for students in the Global Peacemaking Master's Program

#### **UNIVERSITY OF CHICAGO, CROWN FAMILY SCHOOL OF SOCIAL WORK**

**CHICAGO, IL**

Designing and delivering a new course on decolonizing social work practice, while engaging graduate students in field study instruction and supervision

*Faculty Member*

*September 2021-present*

- Designing and delivering a new, weekly, 2.5-hour, graduate seminar on "Decolonizing Clinical Social Work Practice," with an emphasis on global social development
- Mounting and delivering weekend intensive course on "Clinical Practice with 1st and 2nd Generation Immigrants"
- Fostering a learning environment that supports critical conversation and dialogue while promoting student self-reflection, growth, and development
- Undertaking "ungrading" contracts to center self-designed student learning goals, objectives, and practices, while curating an inclusive and inquisitive classroom culture

*Field Instructor*

*July 2017-present*

- Training Crown graduate students in the field to advance principles underpinning the Social Work

Code of Ethics, while promoting students' core competencies in ethical and professional behavior, diversity, human rights, social/economic/environmental justice, practice-informed research, and client/family engagement

- Co-developing collaborative learning contracts and providing clear, consistent, and careful feedback on strengths and growth domains using pre-existing assessment tools
- Facilitating student integration of theoretical, research, and practice-oriented instruction
- Reinforcing effective methods and techniques, via a person-in-environment framework, for managing caseloads consisting primarily of African-American youth in urban school settings

### **JUVENILE PROTECTIVE ASSOCIATION**

**CHICAGO, IL**

Pioneered a new model of mental health consultation involving weekly consultation, social emotional classroom lessons and parent education groups, while supporting program development and data collection, management and analysis

#### Director, Connect 2 Kids Program

July 2020-March 2021

- Led a team of clinicians providing mental health consultation in Chicago schools; held weekly team meetings and mentored clinicians through regular administrative and clinical supervision
- Managed 18 partnerships between community agency and school administrators, while developing policies and responding to feedback from stakeholders including clinicians, school staff, administrators and community members
- Oversaw strategic planning, program development/execution, data collection and communications with funders and school partners, while coordinating with outside consultants to develop evaluation criteria and programmatic data collection procedures Collaborated with senior leadership to determine and execute agency-wide goals

#### Intern Supervisor and Field Instructor

July 2019-July 2021

- Supported Master's-Level Social Work interns to develop clinical and administrative skills, including: assessment, documentation, intervention, termination and reflective skills
- Facilitated a weekly reflective group supervision for interns to process clinical encounters and practice clinical skills, while providing one-on-one weekly reflective supervision and case consultation for individual interns

#### Mental Health Consultant

August 2017-July 2021

- Established and sustained strong rapport as the ambassador of several new school partnerships around Chicago through: conducting informal needs assessments at 18 schools to understand culture, climate and focus of support and providing weekly, reflective consultation to teachers to promote the development of a trauma-informed developmental lens for educators
- Built relationships with teachers and individualized ongoing support, feedback, guidance and resources with the goal of supporting positive teacher-child interactions and relationships
- Developed and created innovative student support plans with psychoeducational knowledge and strategies for teacher implementation
- Facilitated 8 monthly school-based parent workshops and support groups at 4 school sites on topics like early child development and parenting, tailored to each school's family demographics
- Developed and implemented highly engaging and developmentally appropriate school-based, social-emotional lessons and activities for kindergarten students

#### Diversity, Equity and Inclusion (DEI) Facilitator

April 2020-March 2021

- Partnered with agency administration and employee steering committee to evaluate agency's commitment to and application of DEI values
- Designed, administered and reflected on all-staff survey for 30 employees annually

- Collaborated with DEI Steering Committee members to develop and facilitate weekly all-staff DEI activities including educational curriculum, small group and large group dialogues, while gathering regular feedback and integrated it into ongoing program planning

*New Light Psychotherapist**December 2018-present*

- Providing high-quality individual outpatient therapy to adults, young adults and children using various modalities (psychodynamic, early family systems, CBT, motivational interviewing, etc.)
- Carrying a caseload of weekly and bi-weekly outpatient therapy and teletherapy clients; conducting thoughtful and attuned intakes and therapy, tailored for individual treatment goals and preferences; and developing individualized treatment plans, reflective of client's cultural context and diverse identities
- Maintaining clinical and billing records and necessary statistics of psychotherapeutic and other client contacts; providing referrals, related case coordination and crisis response/intervention

**ADDITIONAL EXPERIENCE****UNIVERSITY OF MICHIGAN, DEPARTMENT OF PSYCHIATRY****ANN ARBOR, MI**

Partnered with infant mental health clinicians and families receiving clinical services to execute a statewide evaluation of infant mental health services across rural and urban communities in Michigan

*Lead Evaluator**December 2015-July 2017*

- Conducted hundreds of data-collection home visits with BIPOC and at-risk mothers, fathers and infants, balancing warmth, empathy, flexibility and understanding with task completion and time management while conducting risk assessments to ensure participant safety and judiciously connecting participants to resources; maintained exceptional rapport with families, resulting in a participant retention rate of 94%
- Led data collection in audiotaped clinical parental interviews, verbally administered self-report questionnaires, videotaped parent/child interactions; ensured study protocols complied with HIPAA and the University of Michigan/ the State of Michigan's Institutional Review Boards
- Provided training for, fostered the growth and development of and offered reflective supervision to research assistants in administration, database management, clinical interview transcription and home visit procedures; hired and trained 6 video coders
- Presented preliminary study findings at two national infant mental health conferences

**INNER-CITY MUSLIM ACTION NETWORK****CHICAGO, IL**

Providing leadership, coordination, training and supervision to behavioral health clinicians working in an interdisciplinary health and wellness center

*Lead Behavioral Health Specialist and Intern Supervisor**March 2021-January 2022*

- Carried a caseload of individual and family therapy clients across diverse identities, including: age, ethnic/racial identities, immigration status, legal/incarceration involvement, sexual orientation and gender
- Provided individual reflective supervision for Master's-level social work and counseling practicum students, and supporting them to develop cross-cultural competency and decolonial approaches to therapeutic intervention
- Guided practicum students and budding clinicians in case formulation, assessments and treatment plans, clinical notes and other documentation through group case consultation and designing and executing clinical primers
- Collaborated with senior leadership around long-term strategic goals and timelines

Green Re-Entry and Weekend Warrior Program Facilitator March 2021-January 2022

- Facilitated weekly groups of 11-15 formerly incarcerated/street-involved men
- Collaborated with co-facilitators to lead group curriculum development efforts
- Evaluated efficacy of groups through focus group feedback and one-on-one conversations

**MADEINA WELLNESS****CHICAGO, IL**

Founding and operating a private practice aimed at providing decolonial therapeutic support and intervention to BIPOC, as well as other folx of historically marginalized identities

Founder December 2020-present

- Specializing in care coordination for women of color aged 14-35
- Using decolonial approaches to wellness that center client as the expert of their own life experience; weaving ancestral cultural and spiritual practices into client healing journeys
- Developing and growing an ethical, social justice-oriented clinical practice
- Maintaining clinical and billing records and necessary statistics of psychotherapeutic and other client contacts; providing referrals, related case coordination and crisis response/intervention

**SOUTHWEST COUNSELING SOLUTIONS****DETROIT, MI**

Utilized Michigan Model for home-based infant mental health therapy with a diverse caseload of both English- and Spanish-speaking, parent/child dyads

Early Childhood/Infant Mental Health Clinician-in-Training January 2015-December 2015

- Developed and executed culturally-tailored educational presentations in English and Spanish to parents and community stakeholders on themes related to healthy child development
- Observed Early Head Start classrooms and provided technical feedback to instructors regarding best practices for fostering social-emotional learning
- Provided in-home dyadic therapy with parents and children using the Michigan Model of care
- Administered growth assessments such as: Ages and Stages Questionnaire, Devereux Early Childhood Assessment, and Preschool and Early Childhood Functioning Assessment Scale
- Provided case management services, including connecting clients to resources and community services, while centering professional growth through reflective supervision and consultation

**REPRESENTATIVE CONFERENCES AND PRESENTATIONS**

- 2020 S. Buddhe, **R. Shanmugavelayutham**, and K. Gleason, "Connect 2 Kids: Equipping Teachers (and At-Home Teachers) with Relationship Strategies to Reduce Children's Emotional and Behavioral Barriers to Learning," *Intrapsychic Humanism Society Conference*
- 2017 R. Waddell, E. Alfara, **R. Shanmugavelayutham**, K. Roseblum, and M. Muzik, "Integrating Mindfulness & Diversity in Practice Nurturing Authentic Relationships with Infants, Young Children & Families," *Michigan Association for Infant Mental Health Biennial Conference*
- 2017 J. Jester, E. Alfara, J. Lawler, M. Julian, R. Waddell, N. Miller, **R. Shanmugavelayutham**, M. Muzk, and K. Rosenblum, "Predicting Retention in Infant Mental Health Home Visiting Services," *Society for Prevention Research Annual Meeting*

**EDUCATION**

**ERIKSON INSTITUTE**

Infant Mental Health Certificate

**CHICAGO, IL**

December 2019

**UNIVERSITY OF MICHIGAN**

Master of Social Work, Interpersonal Practice and Mental Health

Clinical Scholar's Program

Interim Teaching Certificate, Spanish K-12 and Elementary Education

**ANN ARBOR, MI**

December 2015

August 2012

**LOYOLA UNIVERSITY CHICAGO**

Bachelor of Arts, Spanish Language and Literature

Minor: Communication Studies

Bachelor of Arts, International Studies

Minor: Islamic World Studies

**CHICAGO, IL**

May 2012

May 2012

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***\*\*References available upon request\*\****