

GABRIEL BALLESTERO

C O U N S E L L O R - C O N S U L T A N T

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PROFILE

CPCA registered professional counsellor with 14 years of experience supporting adults, children and youth. 6 Years of educational cultural campaign development with expertise in teamwork and diversity.

SKILLS

Psychotherapy & Counselling Crisis Intervention | Contextual Therapy | Psychological Assessments | Individual & Group Counselling | Confidentiality | Mental & Emotional Disorders | Contextual Functional Analysis | Acceptance Commitment Therapy (ACT) | Motivation & Goal Orientation

Consulting & Project Management Project PME (Planning, Monitoring, & Evaluation) | Audience Engagement Dynamics | Experiential Learning Methods (Lego Serious Play) | Team Production Leadership (Adaptability, Resilience, & Time Management)

Languages English | Spanish | French

Software Microsoft Office 365 | Q-Light | LMMS | Adobe Systems | Adobe Illustrator | SPSS

LICENSE

Registered Professional Counsellor (RPC) - #4798 | Canadian Professional Counsellor's Association **2024**

Licensed Psychologist - #7753 | College of Professionals in Psychology of Costa Rica **2011**

PROFESSIONAL EXPERIENCE

Psychotherapist | Contextual Therapies Costa Rica | San José, Costa Rica **Jun 2022 - Present**
Renowned counselling centre comprised of eight licensed counsellors that offers comprehensive counselling services for individuals, families, and children.

- Promoted visibility of male mental health needs and provided tailored attention to male population
- Supported a diversity of ongoing cases (adults, children and youth) whilst providing talks and workshops
- Developed skills in Contextual Functional Analysis and Acceptance Commitment Therapy

Consultant | Ministry of Justice and Peace | San José, Costa Rica **Sept 2022 - Present**
Government ministry for promoting peace and the prevention of violence that supports the Ministry of Public Safety with regards to gun control, jail services, and alternative conflict resolution.

- Successfully implemented 4 training modules at Civic Centres for Peace and trained 50 facilitators on positive masculinity work with adolescents for Violence Prevention Civil Security Programs
- Achieved 95% of completion rate for a total of 8 sessions, in 4, 16-hour workshops and other deliverables such as bibliography, and Ebooklets.
- Improved workshop dynamics on the spot to suit the needs of participants at Civic Centres for Peace, incorporating performance evaluation feedback into each workshop progressively

Creative Consultant | Natural Team Building | San José, Costa Rica

Jan 2017 - Present

Experiential learning expert consulting in play-focused team building experiences.

- Improved the design, production, hosting, and facilitation of over 30 immersive creative team building experiences in natural settings (parks, beaches, forests) and online

Creative Well-being Facilitator | Kazzum Arts | London, U.K.

Feb 2019 - July 2019

Kazzum Arts uses creativity to enable children and young people who have been impacted by trauma and adversity to feel seen, heard and valued.

- Promoted self-regulatory-play dynamics at 3 art workshops for 80 young refugees with stress and trauma, assessing intervention needs in crisis situations through a trauma informed lens
- Developed group facilitation design, planning and techniques, through a more comprehensive approach whilst promoting a physically and emotionally safe environment
- Improved workshop flow and dynamics on-the-spot for needs of diverse youth refugee groups

Teaching Assistant | Bridge School | London, U.K

Sept 2019 - Nov 2019

Special Needs Education high school for children with disabilities and mental disorders.

- Instructed learning dynamics in classrooms and on recreational outings maintaining safety
- Developed key soft skills like tolerance, empathy and flexibility with children, teenagers, and colleagues

Psychologist | Wem Institute of Masculinity | San José, Costa Rica

Oct 2009 - 2023

Non-government organizations dedicated to processes of group therapy, education and training with males, on the topics of masculinity, sexuality and violence prevention.

- Provided crucial mental health support to over 700 clients through 1500+ group therapy session hours to groups of 10-60 men, 300 individual 1-hour sessions, and 28 8-hour workshops for diverse groups
- Founded a solid 5-year campaign and secured funding for the mobilizing of 2000 men, commemorating the “White Ribbon – Men Against Gender Violence– Campaign” lobbied with the Legislative Assembly
- Created 35+ artistic, cultural-educational events for 2000+ attendees (20-400) per event; designed and managed events & staff, handled uncertainty and maintained a positive attitude under great pressure

Research Assistant | University of Costa Rica | San José, Costa Rica

2008 – 2011

- Streamlined psychological working memory and DNA test protocols
- Directed an evaluation of the university teaching staff at the School of Psychology
- Authored statistical data production using Amos statistical software and G-power statistical software

Sampling Team Coordinator | Bac and Associates | San José, Costa Rica

2008 - 2009

- Promoted team communication, training and coordination to reach goals and deadlines
- Developed instruments to streamline the process and provide better results with ease

EDUCATION & TRAINING

Master’s Degree in Acting | University of East London | London, England

2019

Licentiate* and Bachelor’s in Psychology | University of Costa Rica | Costa Rica

2011

**Thesis Project: “Parenting/Co-Parenting Styles’ relation to executive functioning endophenotypes associated with ADHD symptoms in children between 6 – 12 years of age”*

Standard First Aid with CPR-C and AED

2024

Prevention and Management of Violence and Aggression | CST Comprehensive Security Training

2019