PROFILE

Suthasinee Chaolertseree, Ph.D. (Foam)

Founder at **ALRISE** | Counseling Psychologist | Certified Performance Coach and Mentor | Mental Health Trainer and Consultant | MBTI Certified Practitioner | HRD Consultant



About

With nearly two decades of expertise in Human Resources and Organizational Development, I have been providing comprehensive mental health services to a global clientele since 2020. My practice is built on the synergy between evidence-based psychological principles and practical business applications. I specialize in fostering mental strength and personal excellence, providing clients with expert-led interventions that bridge the gap between professional psychological standards and the evolving needs of the modern corporate landscape.

Personal Information

☎️ 099-336-5626
📩 suthasinee.c@alrisecenter.com
🌐www.linkedin.com/in/suthasineec
📍Bangkok, Thailand

Education

2016-2020	**Ph.D.-M.A. Counseling Psychology**, Faculty of Psychology Chulalongkorn University (BKK, Thailand)
2010-2012	**M.A. Transpersonal Psychology** (Specialization in Spiritual Psychology) Institute of Transpersonal Psychology (USA)
2003-2007	**B.S. Psychology** (Industrial & Organizational Psychology), Faculty of Psychology, Chulalongkorn University (BKK, Thailand) [First-class honors]

Skill

- Professional counseling and psychotherapy
- Performance coaching and mentoring
- MBTI (Psychometric assessment)
- Learning Design/Instructional Design
- Training/Facilitation (Mental Health Care/Human Resources Development)
- Psychometry
- Project Management

Relevant certification

08.2023	**Faculty of Psychology, Chulalongkorn University** Dialectical Behavior Therapy Skills for Emotional Dysregulation: Theory and Practice of DBT Skills
11.2020	**University of Colorado Boulder (Coursera)** Communicating business analytics results
07.2020	**ITD World** Certified coaching and mentoring program (program certified by ICF)
04.2020	**American Counseling Association** Private practice owner's guide to business protocols and human resources practices
03.2020	**John Hopkins University (Coursera)** Psychological first aid
07.2019	**Faculty of Psychology, Chulalongkorn University** Preventing harm, promoting health: LGBTQ Acceptance
10.2016	**Faculty of Psychology, Chulalongkorn University** Introduction to Rational Emotive Behavior Therapy (REBT)
04.2015	**Faculty of Psychology, Chulalongkorn University** Cognitive Behavioral Therapy for Depression
05.2013	**Potentia (Thailand)** Myers-Briggs Type Indicator (MBTI) certified practitioner

Work Experience

2024 - Present	**DDI-Asia/Pacific International** (HRD Consulting Firm) Senior Consultant
2020 - Present	**ALRISE** (Mental Health Service) Founder & Psychologist
2020 - 2024	**Thai Counseling Psychology Association** (Professional Association) Committee
2014-2020	**SEAC** (HROD consulting firm, formerly APMGroup) Consultant, learning architect, project manager, trainer, facilitator, psychometric assessor
2008-2010	**Marriott Sathorn Vista Bangkok** (Hospitality) Human Resources officer
2007-2008	**Siam Ocean World Bangkok** (Hospitality) Human Resources Development Officer
2006	**Siam Cement Group** (Conglomerate) Human Resources Intern

Experiences as Speaker, Trainer & Facilitator in mental health topics

06.2025	**Department of Intellectual Property, Ministry of Commerce (Government Office)** Mental health care 101 for government officers
04.2025	**Faculty of Psychology, Chulalongkorn University** Guest Lecturer, Organizational Development for I/O Psychology Graduate Class
09.2024	**Faculty of Psychology, Chulalongkorn University x Mindful Leadership** Psychology for Effective Management

05.2024	**The Standard Bangkok x Love Frankie** (Non-profit organization) Intention to Actions: Mindful Self-care Planning
03.2024	**We're Being: A Mental Health Festival by the NOOK** (Non-profit organization) Adaptive Mindfulness Techniques
02.2024	**Ajinomoto (Food & Beverage)** Mental health care 101 for workers
12.2023	**SkillLane for Business** (educational institute) Mind Makeover: New Year Recharge
11.2023	**Psyche CU Alumni, Chulalongkorn University** (educational institute) PsyTech Talk: It's a break! พักยังไงให้ใจกลับมาแข็งแรง
09.2023	**Food and Drug Administration** (government office) Being a high performer with a strong mind
09.2023	**Inchcape** (automobile company) Workplace Mental Health Care 101
08.2023	**Qarbon Aerospace** (aviation and aerospace component manufacturing) Workplace Mental Health Care 101
08.2023	**SkillLane for Business** (educational institute) Prioritizing Mental Well-being in the Workplace
07.2023-08.2023	**Hill & Knowlton Strategies** (international public relations company) Mental Health Skills for Leaders
07.2023	**Social Innovation Foundation** (NGO) Thriving to the Fullest: Mental Health Care for Young Adult with Disabilities
05.2023 - 06.2023	**OCSC** (Government Office) Preparation Workshops for the Graduate Scholarship Granted

05.2023	**The British Chamber of Commerce Thailand** Mind matters: Prioritising mental health in the workplace (English-spoken session)
03.2023	**Faculty of Psychology, Chulalongkorn University** (Educational institute) First jobber 101: How to get a job in the post-pandemic era
12.2022	**True Corporation** (Telecommunications company) How to heal ourselves during the weak period
12.2022	**CP Foundation** (Private foundation) Career Guide Toolkit
11.2022	**Energy Complex** (Energy company) Mental health care 101 for workers
10.2022	**SME Development Bank of Thailand** (Financial institute) Post-pandemic mental well-being toolkit Watch recorded Facebook Live
09.2022 - 10.2022	**Samitivej** (Healthcare) Mental health skills for leaders
09.2022	**Covestro** (Chemical manufacturing company) Refreshing your mental well-being (English-spoken session)
07.2022	**Thailand Institute of Justice** (Government office) Emotional wellness program (co-facilitator)
06.2022	**Facullty of criminology and justice administration, Rangsit University** (Educational institute) Mental health care 101 for university students
06.2022	**Office of the civil service commission** (Government Office) Restrong resilience (a part of Preparation Workshops for the Graduate Scholarship Granted)
04.2022	**Faculty of Psychology, Chulalongkorn University** (Educational institute) First jobber 101: How to get a job in the midst of pandemic
03.2022	**Entravision by MediaDonuts** (Online advertising and technology company) Getting connected and staying fresh during pandemic for remote workers

02.2022	**Central Digital** (technology company) Strengthen relationships with yourself and others
12.2021	**Faculty of Arts, Silpakorn University** (Educational institute) Wealthy healthy program - Mental support skills
11.2021	**UOB - United Oversees Bank** (Commercial banking company) Sparkle me in 2022
08.2021	**Department of Juvenile observation and prevention, Ministry of Justice** (Government office) Mind survival kit for the COVID-19
08.2021	**Sephora (Thailand)** (Retail company) Mind survival kit for the COVID-19
08.2021	**DKSH (Thailand)** (Market expansion company) Mind survival kit for the COVID-19
11.2020	**Faculty of liberal arts, Thammasat University** (Educational institute) Career workshop at IAC Career Path 2020
11.2020	**Innowhale x Thai Health Promotion Foundation** (non-profit organization) Mental health media workshop (co-facilitator)
02.2020	**Faculty of Psychology, Chulalongkorn University** (Educational institute) **Career guidance**

Publication & On Press

09.2023	**Kasetsart Journal of Social Sciences** [Academic article] Chaolertseree, S., & Taephant, N. (2023). Meaningful work of Thai workers in urban society: A grounded theory. Kasetsart Journal of Social Sciences, 44(3), 759-768.
07.2022	**The Center for Educational Technology, Ministry of Education** [Youtube] CHECKLIST สุขภาพจิต (mental health) Ep.1 Ep.2 Ep.3 Ep.4 Ep.5

08.2021	**Wattana Wittaya Academy Parents and Teachers Association** [Blog] “Vitamin M(Mind) to you during COVID-19”
08.2021	**The Journal of Behavioral Science** [Academic article] Chaolertseree, S., & Taephant, N. (2020). Outcomes of meaningful work with a focus on Asia: A systematic review. The Journal of Behavioral Science, 15(3), 101-116.
08.2021	**Faculty of Psychology, Chulalongkorn University** [Book] “Live Learn Change Grow” by faculty and alumni
11.2020	**Prachachart newspaper** [Newspaper article] Talents can choose … really?
02.2020	**Post Today newspaper** [Online Newspaper article] My colleagues’ drama, my drama

Award

2016-2020	**Graduate School, Chulalongkorn University** Full scholarship with a stipend for dual degrees (Ph.D.-M.A.)
2014	**APMGroup** (currently SEAC) New Employee Award
2007	**Faculty of Psychology, Chulalongkorn University** First-class honors (undergraduate level)

Other recent work experiences

03.2023	**Thai Honda Co, Ltd.** Assessor (Assessment Center)
07-10.2022	**Family Health International 360** (Non-profit organization) Mental health consultation and training for organizations

12.2021	**GIZ (Thai-German cooperation)** Leadership development session (TGCP-Water and Risk-NAP teams)
03.2021	**The Dawn Wellness Centre and Rehab Thailand** Companywide job description revision
2019	**Undergraduate Program, Faculty of Psychology, Chulalongkorn University** Poster presentation judge for undergraduate senior project
2018	**Wattana Wittaya Academy school** Secondary-school student interview

Professional membership

2020 - Present	**American Psychological Association (APA)** Member ID: C2002264611
2020 - Present	**American Counseling Association (ACA)** Member ID: 6623440
2021 - Present	**Thai Counseling Psychology Association (TCPA)** Association committee | Member ID: A210008
2013 - Present	**The Association for Transpersonal Psychology (ATP)**

---------- Updated as of June 2025 ----------