

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

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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	Faculty 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 Overseas 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.	TJBS <small>The Journal of Behavioral Science</small>
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?	ประชาชาติธุรกิจ
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	APMGroup 
2007	Faculty of Psychology, Chulalongkorn University First-class honors (undergraduate level)	

Other recent work experiences

03.2023	Thai Honda Co, Ltd. Assessor (Assessment Center)	HONDA
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 -----