

# 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

I have been operating my private center of mental health services for corporate and individual clients in Bangkok, Thailand, and those from remote locations across continents since October 2020, driven by a strong passion for helping people enhance their lives through mental strength and personal growth. By integrating my experiences in the HROD field for over 18 years, I believe that mental health services provided for corporate clients are interwoven with a good balance between business focus and professional standards in psychological practice from 'real' experts from both worlds.

## Personal Information

 099-336-5626  
 [suthasinee.c@alrisecenter.com](mailto:suthasinee.c@alrisecenter.com)  
 [www.linkedin.com/in/suthasineec](https://www.linkedin.com/in/suthasineec)  
 Bangkok, Thailand










## Education

2016-2020	<b>Ph.D.-M.A. Counseling Psychology</b> , Faculty of Psychology Chulalongkorn University (BKK, Thailand)
2010-2012	<b>M.A. Transpersonal Psychology</b> (Specialization in Spiritual Psychology) Institute of Transpersonal Psychology (USA)
2003-2007	<b>B.S. Psychology</b> (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	<b>Faculty of Psychology, Chulalongkorn University</b> <a href="#">Dialectical Behavior Therapy Skills for Emotional Dysregulation: Theory and Practice of DBT Skills</a>	
11.2020	<b>University of Colorado Boulder (Coursera)</b> <a href="#">Communicating business analytics results</a>	
07.2020	<b>ITD World</b> <a href="#">Certified coaching and mentoring program</a> (program certified by ICF)	
04.2020	<b>American Counseling Association</b> <a href="#">Private practice owner's guide to business protocols and human resources practices</a>	
03.2020	<b>John Hopkins University (Coursera)</b> <a href="#">Psychological first aid</a>	
07.2019	<b>Faculty of Psychology, Chulalongkorn University</b> <a href="#">Preventing harm, promoting health: LGBTQ Acceptance</a>	
10.2016	<b>Faculty of Psychology, Chulalongkorn University</b> <a href="#">Introduction to Rational Emotive Behavior Therapy (REBT)</a>	
04.2015	<b>Faculty of Psychology, Chulalongkorn University</b> <a href="#">Cognitive Behavioral Therapy for Depression</a>	
05.2013	<b>Potentia (Thailand)</b> <a href="#">Myers-Briggs Type Indicator (MBTI) certified practitioner</a>	

## Work Experience

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

## Experiences as Speaker, Trainer & Facilitator in mental health topics










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

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








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






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

## Publication & On Press



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

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

## Award

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

## Other recent work experiences

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

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




## Professional membership

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



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