

Olivia Carr

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Professional Summary

Olivia Carr graduated *summa cum laude* from Azusa Pacific University with a Master of Arts in Clinical Psychology, Emphasis in Marriage and Family Therapy. She is an applicant with the BBS for registrations as an Associate Marriage and Family Therapist and an Associate Professional Clinical Counselor. Her clinical work thus far has centered on working with children, adolescents, families, and a few adults with a variety of presenting problems. Olivia's clinical interests include early childhood attachment, trauma work, perinatal mental health, and relational issues. Olivia hopes to specialize in psychodynamic psychotherapy.

Education

Azusa Pacific University, Azusa, CA

Conferred July 1, 2023

Master of Arts in Clinical Psychology, Emphasis in Marriage and Family Therapy, *summa cum laude*

Relevant Course Work: *Theories of Psychotherapy; Psychopathology; Advanced Developmental Psychology; Child and Adolescent Therapy; Attachment Theory & the Church; Research Methodology; Crisis and Trauma in Community Mental Health; Psychotherapy & Cultural Diversity; Legal, Ethical, and Moral Issues in Psychotherapy*

Franciscan University of Steubenville, Steubenville, OH

Conferred May 9, 2020

Bachelor of Arts in Political Science, Minor in Human Life Studies, *summa cum laude*

Relevant Course Work: *Life Issues, Marriage, and the Family; Human Embryology; Philosophy of the Human Person; Foundations of Ethics; Metaphysics; Cultural Anthropology; Linguistics; Historical Research Methods; Political Philosophy I and II*

Clinical Experience

Incoming Associate Psychotherapist, Irvine Family Counseling

Expected Start: 9/30/23

- Will provide individual, couple, and family psychotherapy from a psychodynamic framework to diverse clients ages 3+
- Will assess, diagnose, and treat a variety of presenting issues including but not limited to anxiety, depression, trauma, OCD and BFRB, grief and loss, relational issues, mental health issues related to clients' faith, phase of life issues, family of origin issues, neurodevelopmental disorders, parenting issues, couples issues, identity issues, suicidal and homicidal ideation
- Will receive 4x weekly individual supervision from supervisor who is trained in psychoanalysis and is a candidate at NPI

Marriage and Family Therapist Trainee, California Youth Services/SEEDS Christian Counseling

May 2022-Aug 2023

- Provided individual, family, and group psychotherapy from a variety of theoretical frameworks (psychodynamic, attachment, family systems, IFS, CBT, DBT, play therapy, and more) to diverse clients ages 4-35 in school-based, community-based, and telehealth settings
- Assessed, diagnosed, and treated a variety of presenting issues including but not limited to anxiety, depression, trauma, OCD and BFRB, grief and loss, coping with parental divorce and family of origin issues, adjustment disorders, relational issues, ADHD, ODD, attachment injuries, parenting, suicidal and homicidal ideation, co-occurring medical conditions, anger management, stress management, low self-esteem, and identity issues
- Created and implemented treatment plans from an attachment framework based on client's unique needs and goals
- Completed progress notes, treatment plans, and other chart notes in a timely manner
- Collaborated with treatment teams to provide comprehensive care to clients
- Utilized a variety of clinical soft skills such as empathic understanding, attunement, and active and reflective listening to facilitate clients' psychosocial healing and growth
- Experienced with Therapy Notes and Apricot EHR systems
- Upheld legal and ethical standards within clinical practice, including making necessary reports to CPS
- Received weekly group supervision (2hr/week) and weekly individual supervision (1-2hr/week) from a psychodynamic and attachment-based supervisor

Support Group Facilitator, Hope Recovery, Clinton, IN

Aug 2020-Aug 2021

- Facilitated a dynamic group process via weekly virtual support groups for female survivors of abuse and trauma, ages 18+
- Chose and implemented group topics relevant to the specific experiences and challenges faced by group participants
- Connected survivors with additional resources and support services
- Participated in monthly trainings for ongoing education

Additional Work and Volunteer Experience

Office Manager and Client Coordinator, Irvine Family Counseling, Irvine, CA

Feb 2022-Present

- Support current clients and clinicians in both logistical and clinical areas, as related to administrative needs
- Manage client paperwork, appointments, and payments
- Book new client appointments and forward prospective client inquiries to the clinician best suited to their needs
- Coordinate and manage clinicians' schedules, payroll services, and general office forms
- Collaborative with outside services such as payroll, banks, and Simple Practice to facilitate smooth office operations
- Manage referral network, in-house resources for clinicians, and company forms
- Oversee and assist in hiring process
- Create in-house training resources

Client and Administrative Coordinator, Irvine Family Counseling, Irvine, CA

July 2021-Feb 2022

- Attended to prospective clients' concerns while booking them with the clinician best suited to their needs
- Supported current clients and clinicians in both logistical and clinical areas as related to administrative needs
- Coordinated and managed clinicians' schedules on SimplePractice, payroll services, and general office forms
- Collaborated with outside services such as payroll, banks, and SimplePractice to facilitate smooth office operations
- Managed client paperwork, appointments, and payments
- Proficient in Simple Practice EHR system

Childcare Provider, Private Residence, Irvine, CA

Aug 2020-Aug 2021

- Provided full-time care and supervision for a toddler with temporary selective mutism
- Utilized Montessori techniques to foster the child's care for self and environment
- Practiced gentle and development-informed discipline to aid the child's healthy emotional, social, and behavioral development

Teaching Assistant Volunteer, Mary Seat of Wisdom Montessori School, Steubenville, OH

Oct 2019-Nov 2019

- Facilitated student-led learning by guiding students ages 3-6 in Montessori-based activities
- Fostered age-appropriate developmental and emotional skills in students

Honors and Awards

Alpha Chi National College Honor Society, Franciscan University of Steubenville

March 2020

For high academic achievement as demonstrated by being in the top ten percent of graduating class

Junior Class Award, Franciscan University of Steubenville

2018-2019

Granted to two selected students in the junior class for high overall academic achievement, and demonstrated leadership and involvement on campus

Additional Trainings

Externship in Emotionally Focused Therapy, CEEFT in conjunction with TRI EFT Alliant

Completed Feb 2023

Gottman Method Couples Therapy, Level I Training, Gottman Institute

Completed Nov 2022

Play Therapy Training, PESI

Completed July 2022

Sand Tray Training, SEEDS Christian Counseling

Completed July 2022

Therapy with Children Workshop, Azusa Pacific University and Susan Reedy, LMFT

Completed Sept 2021

Licenses and Certifications

California Registered Associated Marriage and Family Therapist, Number-Pending

Applied July 10, 2023

California Registered Associate Professional Clinical Counselor, Number-Pending

Applied July 10, 2023

CPR/AED/First Aid Training and Certification, American Red Cross

Renewed Aug 2020

Professional Associations

California Association of Marriage and Family Therapists, Member

Aug 2021-Present

Catholic Psychotherapy Association, Member

Sept 2022-Present

Professional References

Monica Huston, MA, MA, LMFT

Owner and Founder, Irvine Family Counseling

(949) 354-4905 | monica@hustontherapyinirvine.com

Knows Applicant in professional and clinical capacities

Sophia Sandoval-Meyer, MSW, LCSW

Supervisor, SEEDS Christian Counseling

(949) 466-4989 | sophia@seedstherapy.org

Knows Applicant in professional and clinical capacities

Meghan Williams, MA, LMFT

Program Director of the MFT Program at Azusa Pacific University, Orange Campus

(714) 935-0260 | mlwilliams@apu.edu

Knows Applicant in academic and clinical capacities

Rebecca Kindreich, MSW, LCSW

Founder and Executive Director, SEEDS Christian Counseling

(949) 243-7600 | rebecca@seedstherapy.org

Knows Applicant in professional and clinical capacities