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| Elisabeth Zaragoza  8610 Canvas Back · 210-519-8219  ElisabethLPC@protonmail.com |
| I am seeking a position to work with individuals, families, couples in a counseling setting – either in person or through tele video. I seek to bring my experience to a new setting and assist individuals |

# Experience

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| February 2022 – presentTelehealth therapist, HeadwayI provided therapy to individuals in the state of Texas. I work with individuals and couples who are experiencing life transitions, grief, anxiety, depression, communication challenges etc.February 2022 – presentTelehealth therapist, Grow TherapyI provided therapy to individuals in the state of Texas. I work with individuals and couples who are experiencing life transitions, grief, anxiety, depression, communication challenges etcFebruary 2018 – December 2018THERAPIST, Christian therapists on demandI provided therapy to individuals in the state of Texas on secured messaging platform. **June 2016 – june 2017**  **Therapist,** talkspace I provided therapy to individuals in the state of Texas on secured messaging platform.August 2010 – April 2022Clinical Case manage, CVS-Aetna, Ins I work telephonically with members on dedicated accounts to assess their needs and complete an initial assessment. We develop plan goals and assess progress on subsequent calls. I work with high risk members and assess for safety. I staff with medical directors, present in audits, work with various teams for the members well- being. |
| January 2008 – july 2010Case Worker III, Center for Heath care services I provided face to face therapy to individuals who had mental health issues as well as medical conditions. I collaborated and consulted with medical doctors who provided referrals as well as with the Social Worker. I provided high risk assessments as needed to clients and patients in different medical clinics. November 2006– December 2007treatment counselor, south texas council of alcohol and drug abuse I provided counseling to individuals with dual diagnosis. I consulted and collaborated with case managers at the local MHMR center. I provided therapy to juvenile probationers, adult state and federal probationers. August 2004– September 2006Clinical therapist, youth and family counseling center I provided direct therapy to children, adolescents, families and couples in multiple offices in Brazoria County. |

# Education and professional license

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| Licensed professional counselor, Texas State Board of Examiners of Professinal Counselors60797May 2004MS in Counseling Psychology, Our lady of the lake university |
| may 1999BA in psychology, our lady of the lake university |

# Skills

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| * Maintain confidentiality of records * Collect information about clients through Motivational Interviewing, assessments * Guide clients to develop skills to manage the problems they are experiencing * Counsel clients individually or as a family unit * Give full attention to what individuals are saying * Being aware of other’s reactions and understand their reactions | * Perform crisis interventions with clients * Meet with probation officers (Juvenile, State and Federal) to exchange information during the treatment process * Collaborate with staff members and medical directors * Prepare and maintain documentation * Use Outlook to schedule and manage time * Encourage clients to express their feelings * Develop and maintain treatment plans |