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| Elisabeth Zaragoza8610 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 Therapy I 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,** talkspaceI provided therapy to individuals in the state of Texas on secured messaging platform.August 2010 – April 2022Clinical Case manage, CVS-Aetna, InsI 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 servicesI 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 abuseI 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 centerI 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
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