

Seeking employment as an independent contractor in the interest of enhancing my career and contributing to the overall excellence of the company with exceptional counseling skills and mental health support and outreach to the community. Qualified by:

- ❑ Certified Mental Health Counselor (NCE) and Licensed Professional Counselor with eight years of clinical experience and supervision; emphasis on outpatient therapy (anxiety, depression, and PTSD).
- ❑ Graduate and undergraduate degrees from regionally-accredited programs.
- ❑ Completion of advanced individualized Behavioral Health Specialist training with the US Army Reserves and certification awarded by the Surgeon General; Continuous monthly training and employment in a Behavioral Health Unit with focus on Combat Operational Stress Control.
- ❑ Successful employment in outpatient practice at LifeStance Health for two years including a year and half in role as Site Supervisor, giving quality supervision and clinical care to team of 6-10 providers in addition to having a full time caseload.

Core Competencies:

Leadership and Team Management | Productivity and Efficiency | Human Growth & Development | Social/Cultural Diversity | Counseling/Helping Relationships | Ethical Practice Outpatient Therapy | Individual/Group Counseling | Career Counseling | Assessment/Testing | Substance Abuse Treatment Planning | Research/Program Evaluation | Caseload Management | Court Advocacy | Documentation

Education

[FRANCISCAN UNIVERSITY OF STEUBENVILLE, Steubenville, OH](#)

Master's in Clinical Mental Health Counseling (cum laude) | 2017

Bachelor's in Clinical Psychology | 2015 | *Thesis: "The Gain of Loss; The Benefits of Suffering"*

Professional Experience

[LIFESTANCE HEALTH, Westminster, CO](#)

Site Supervisor | June 2022 to Present

Provided quality supervisory services to all supervisees; Managed a team of 8-10 providers while also managing a caseload of 20-30 clients/sessions per week; Attended monthly trainings and meetings surrounding supervisor growth, office culture and compliance and company policies and changes to be used to provide quality supervision; Managed and navigated process of building/suite upkeep and daily/weekly tasks geared toward success of the company at a building level; Supported FOC staff and consistently communicated with building management when necessary in a timely manner;

Mental Health Counselor, Master's Level/ LPC level | November 2021 to Present (LPC since 4/22) Provided quality counseling services to all clientele populations; Managed caseload of 20-30 clients/sessions per week; Attended weekly trainings and meetings surrounding counselor growth and implementation of progressive and developing techniques and interventions; Diagnosed and treated caseload of individuals 12 years and older weekly in therapeutic setting; Currently pursuing career advancement and role as clinical supervisor.

[US ARMY RESERVES, Aurora, CO](#)

Behavioral Health Specialist | November 2019 to Present

Held team leadership position which required the management of 20 individuals with regard to attendance, performance, uniformity and education in a military setting; Completed 692-hour training program, including Basic and Advanced Individualized Training with emphasis on mental health disorders, diagnosis, and interviewing for military patients;

Currently employed at a Reserve Unit specializing in Combat Operational Stress Control; Chosen to attend several Behavioral Health Missions throughout the state, country and within the unit as a mental health provider, consultant and leader in decision making in various matters of mental health triage.

[FOUNDATIONS COUNSELING, LLC, Loveland, CO](#)

Marriage and Family Counselor | December 2020 to November 2021

Provided quality counseling services to all clientele populations; Managed caseload of 20-30 clients/sessions per week; Attended weekly trainings and meetings surrounding counselor growth and implementation of progressive and developing techniques and interventions; Achieved 85% client retention rate in first quarter and on into second quarter.

[WESLEY FAMILY SERVICES, Pittsburgh, PA](#)

In-Home Therapist | October 2018 to October 2019

Provided counseling services for teenage and adolescent individuals assigned by Juvenile Court. Managed caseload of 20 clients. Advocated for clients in court hearings regarding probation or family reunification. Provided psycho-education for conditions of probation or outside mental health therapy. Coordinated with additional supportservices.

[SUMMIT PSYCHOLOGICAL SERVICES, Pittsburgh, PA](#)

Master's Level Mental Health Counselor | April 2018 to November 2019

Provided individual therapy for clients of all ages on evenings and weekends; managed caseload of 20 clients. Diagnosed mental health, emotional, and substance abuse disorders. Completed professional case notes for each session. Referred clients to other programs and community agencies. Started as Psychiatric/Medical Assistant & Front Office Staff | March 2017 to April 2018; devised and implemented a documentation system for charting patient calls and medication changes.

[ALLIANCE MEDICAL SERVICES, Pittsburgh, PA](#)

Assistant Counselor | May 2016 to February 2017

Provided individual and group counseling for clients suffering with substance abuse disorders in an outpatient setting. Maintained a caseload of 35 patients as a full time employee and full-time graduate student. Provided therapeutic counseling based on client-centered treatment plans. Diagnosed mental health, emotional, and substance abuse disorders.

[JEFFERSON BEHAVIORAL YOUTH DAY TREATMENT CENTER, Mingo Junction, OH](#)

Intern Counselor | January to May 2016

Organized treatment projects with focus on problem solving skills and creative thinking. Responded to crisis situations involving severe mental health and behavioral issues. Instructed clients on anger management techniques, relaxation skills, impulse control, social skills, emotional coping skills, and functional living skills.

ADDITIONAL:

- Volunteer Teacher/Intern | WEIRTON CHRISTIAN CENTER, Weirton, WV | Sept to Dec 2014
- Residential Program Worker | LAWRENCE COUNTY ARC, New Castle, PA | May to Aug 2014
- Camp Counselor | LAWRENCE COUNTY ARC, New Castle, PA | June to Aug 2013