



MONICA L. HILDEBRAND

LICENSED PROFESSIONAL COUNSELOR #84311

📍 SAN ANTONIO, TEXAS

✉️ MONICA@JOURNEYTOFLOURISHING.COM

☎️ 214.937.9672

PROFESSIONAL SUMMARY & CORE QUALIFICATIONS

Trauma-Informed Counselor who has demonstrated consistent growth, enthusiasm, and effort to develop professional identity and counseling skills. Adept at establishing trust, building rapport, and developing collaborative relationships with diverse populations. Flexible, patient, and culturally competent professional.

- **Counseling Ability:** Clinical areas of counseling specialties include grief and loss, trauma, Alzheimer's and elderly issues and spirituality utilizing a variety of interventions.
- **Communication:** Develops excellent rapport with children, adolescents, teens, adults, couples, and medical professionals, maintaining positive professional demeanor in stressful situations.
- **Documentation:** Accurately records session reports, observation forms, assessments, diagnoses, and treatment plans through electronic filing systems.

EDUCATION

MASTER OF SCIENCE, COUNSELING, CLINICAL MENTAL HEALTH

Divine Mercy University

MASTER OF BUSINESS ADMINISTRATION, INTERNATIONAL MANAGEMENT

University of Dallas

BACHELOR OF JOURNALISM, PUBLIC RELATIONS

University of Texas at Austin

LICENSURE & CERTIFICATIONS

LICENSED PROFESSIONAL COUNSELOR ASSOCIATE TEXAS LICENSE #84311

CERTIFICATION

- Telehealth for Mental Health Professionals
- Acceptance & Commitment Therapy
- Accelerated Resolution Therapy
- Child & Adolescent Trauma
- Treating Traumatized Families
- Disaster Trauma (Field Traumatologist)
- Compassion Stress Management
- Compassion Fatigue Therapist
- Grief and Loss
- Psychological First Aid
- Domestic Violence & Abuse Prevention
- Certified Spiritual Director

PROFESSIONAL EXPERIENCE

TELETHERAPIST, TEXAS

OWNER, JOURNEY TO FLOURISHING | November 2022 to Present

Provide telehealth therapy for individuals, couples, and families across Texas with focus on helping clients to develop life-long coping skills to solve problems, improve quality of life and learn good mental health habits.

- Provide clients with insight and tools to grow psychologically, emotionally, spiritually, and socially in a virtual environment that embodies empathy, compassion, acceptance, respect, non-judgment, and confidentiality.

VIRTUAL CONTRACT CLINICIAN, SAN ANTONIO, TEXAS

MODERN WELLNESS COUNSELING | July 2022 to Present

Provide telehealth counseling sessions for individuals and couples across Texas with focus on providing high quality mental health services.

- Develop treatment plans that focus on accurate diagnosis and behavioral treatment of problems.
- Provide clients with online tools to thrive with areas of specialty including anxiety, depression, relationship issues, life transitions, infidelity, trauma and low self-esteem.

REMOTE THERAPIST, SAN ANTONIO, TEXAS

REJOICE COUNSELING APOSTOLATE | January 2022 to December 2022

Provide virtual counseling sessions for individuals, couples and families in Houston and San Antonio, Texas. Chart and record information in electronic client files. Effectively manage time and caseloads for all clients.

- Conduct intakes and document all client information including treatment plans and progress notes.
- Psychoeducate clients with skills and tools to provide meaningful growth and change including distress tolerance, coping skills, stress management, time management, impulse control and functional living.

THERAPIST PRN, SAN ANTONIO, TEXAS

LAUREL RIDGE TREATMENT CENTER | April 2021 to October 2022

Provide psychotherapeutic services for military and civilian patients in partial hospitalization program and intensive outpatient program in psychiatric facility. Work with patients to develop better cognitive skills and emotional skills, reduce symptoms of mental illness and build resiliency to cope with various life challenges.

- Deliver group and individual therapies documenting patients' response to interventions.
- Provide excellent clinical and didactic skills and understanding of group dynamics.
- Work cooperatively as a member of a multidisciplinary team to achieve quality patient care.

RESPONSIVE SERVICES COUNSELOR, SAN ANTONIO, TEXAS

ARCHDIOCESE OF SAN ANTONIO | August 2021 to June 2022

Provide social-emotional individual counseling, small group, and crisis counseling support for students from Pre-K to high school to promote optimal student academic, behavioral, social, emotional, and spiritual well-being development. Serve as a resource and consultant for campus administrators, parents, and teachers.

- Implement individual counseling, small group counseling, and crisis counseling.
- Provide consultation services to students, parents, and school faculties.
- Establish strong working relationships with students, parents, and campus administrators to facilitate effective collaboration and shared leadership.

LICENSED PROFESSIONAL COUNSELOR INTERN, SAN ANTONIO, TEXAS

ALAMO AREA RAPE CRISIS CENTER | October 2020 to December 2020

Provided counseling services for sexual abuse survivors and crisis care for clients who were suicidal. Delivered specialized and trauma-informed counseling services to clients.

- Provided telehealth trauma-informed care and demonstrated competence in working with people of all races, national origins, gender identities, sexual orientations, and abilities.
- Developed and delivered training on topics related to sexual assault, trauma-informed care, confidentiality, HIPAA compliance, mental disorders, and vicarious trauma and self-care.