

# Heather Parlmer, LMSW

heather@haptherapy.com | 1005 Parchment SE Grand Rapids, MI 49546 | 616-200-8320

---

## EDUCATION

### **Master of Social Work, Western Michigan University**

**August 2016-June 2019**

Kalamazoo/Grand Rapids, MI

#### Internships-Grand Rapids, MI

- *Spectrum Health Hospice* August 2017-May 2018
- *Mary Free Bed Rehabilitation Hospital, Outpatient Clinic* September 2018-May 2019

Course Highlights: Individual Therapy, Group Therapy, Policy, Sexual Trauma, Psychopathology, Human Development

### **Bachelor of Arts, Franciscan University**

**August 1987-May 1989**

Steubenville, OH

Major: Psychology; Minor: Theology; Graduated Cum Laude

Research Project: Prevalence of Eating Disorders within Student Population at Franciscan University; significant results found on certain parameters investigated

#### Clinical Experiences

- *Volunteer at a women's crisis shelter*  
*Steubenville, OH* September-May 1988
- *Shadow/intern with David Hanley, LMSW*  
*Pine Rest Christian Hospital, Grand Rapids, MI* December 1988-January 1989

Student Employment: Admissions Assistant, Franciscan University Jan 1988-Jan 1989

Course Highlights: Psychological Testing, Experimental Psychology, Interpersonal Study, Theology of the Body, Christian Marriage

### **Associate of Arts, Grand Rapids Community College**

**August 1985-May 1987**

Grand Rapids, MI

Liberal Arts course of study

Student Journalist/Opinion Columnist student news publication

Course Highlights: Abnormal Psychology, Art Appreciation, Short Story Fiction, Zoology

## EMPLOYMENT AND EXPERIENCE

### **HAP Therapy LLC, Therapist**

Grand Rapids, MI

**August 2023-present**

- Provide therapy to adult individual clients
- Manage administrative duties of the practice
- Participate in monthly paid clinical supervision with LMSW associate

# Heather Parlmer, LMSW

heather@haptherapy.com | 1005 Parchment SE Grand Rapids, MI 49546 | 616-200-8320

---

## **Corewell Health-Hospice, Clinical Social Worker**

Grand Rapids, MI

*February 2021-present*

- Assist with admissions and assessments
- Provide counseling related to adjustment and loss for patients and family members
- Collaborate with multidisciplinary team members
- Support caregivers and families by connecting them to necessary resources

## **Corewell Health-Emergency Departments, Clinical Social Worker**

Grand Rapids, MI

*October 2019-present*

- Conduct mental health and suicide assessments
- Recommend patients for next level of care and provide resources
- Respond to medical traumas to support to patient/family and medical team
- Collaborate with multidisciplinary team for continuity of care

## **Franciscan Life Processing Center, Staff Therapist**

Lowell, MI

*May 2022-August 2023*

- Provide counseling/therapy services to older teen and adult clients
- Participate in team meetings and group supervision
- Maintain electronic records for client sessions
- Retain outside clinical supervision to review cases for professional growth

## **Corewell Health-Continuing Care, Care Transition Specialist**

Grand Rapids, MI

*June 2020-March 2022*

- Work remotely processing referrals to Rehab and Nursing Care facilities
- Analyze available clinical information to determine eligibility for placement
- Communicate with care managers, intake, medical staff, administrators and care transition team
- Discuss expectations and answer questions with patients, families and caregivers

## **Corewell Health-Hospice, Volunteer**

Grand Rapids, MI

*June 2018-January 2021*

- Provide caregiver relief and/or engage with patient and family as “friendly visitor”
- Assist with bereavement needs through follow up phone calls

## **St. Robert Newminster Parish-Caregiver Support Group, Volunteer**

Ada, MI

*April 2019-September 2019*

- Assist with group facilitation
- Provide support and assess for resource needs

# Heather Parlmer, LMSW

heather@haptherapy.com | 1005 Parchment SE Grand Rapids, MI 49546 | 616-200-8320

---

## **Mary Free Bed Rehabilitation Hospital, Volunteer**

Grand Rapids, MI

*August 2016-August 2018*

- Greet and assist patient in wayfinding for appointments or visits to patients
- Train new volunteers for greeting/wayfinding

## **Our Lady of Grace Church, Director of Religious Education**

Muskegon, MI

*December 1990-August 1995*

- Provide leadership and train catechists to meet the education needs of the parish
- Teach faith formation classes to children and teens
- Lead groups of adults and teenagers addressing spiritual topics

## **Hope Network, Case Worker**

Grand Rapids, MI

*1990-1991*

- Monitor adult clients with developmental challenges
- Develop care plans and document progress
- Transport clients to and from group homes

## **Project Rehab, Residential Treatment Worker**

Grand Rapids, MI

*1989-1990*

- Supervise adolescents in short-term residential substance abuse treatment
- Plan and facilitate groups/activities
- Engage with a diverse group of clients and staff

## **LICENSE**

Licensed Master Social Worker, Clinical, State of Michigan  
Number 6801114198

*March 4, 2022-March 4, 2025*

## **PROFESSIONAL DEVELOPMENT**

- 2024 Caring for the Caregiver
- 2023 ACT Bootcamp, Denver, CO; Workshops/CE: Unconscious Bias, ASD and ABA, Eating Disorders in Children, Human Trafficking, Domestic Violence, Intro to ECT and TMS, COVID Long Haul, School Social Worker Roles, Intro to Somatic Oriented Therapy, Understanding the SOS of Breath, LGBTQIA+Care,
- 2022 Human Trafficking Awareness-Continuing Education, GVSU
- 2021 How to Talk About Advanced Directives-online workshop
- 2020 Association for Blind and Visually Impaired-learning partnership
- 2018-2019 Mental Health at the End of Life, Caregiver Support, Aging and Intimacy, Brain Cancer and Rehab, Stroke, Spinal Cord Injury, Limb Loss, TF-CBT Online Training Modules, Medical University of South Carolina  
ASIST Suicide Prevention