

Elizabeth Selden

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Current Professional Licensure:

Licensed Independent Clinical Social Worker (LICSW), Massachusetts.

Other Certification:

Solution Focused Brief Therapy, 2018, Mt. Tom Center for Mental Health and Recovery, training, experience and extended consultation.

Professional Work History:

Solo Online Therapy Practice Owner: May 2019 to Present. Using a variety of mainstream and faith based methods to serve adult individuals, online via videoconferencing.

Clinician: Mt. Tom Center for Mental Health and Recovery, Holyoke, MA. May, 2014 – December 2019. Provided psychotherapy to people of all ages, with a wide variety of mental health and substance use disorders, communicated with family and other providers, made referrals and completed all documentation associated with services.

Guitar teacher: March 2007 – March 2009. Teaching guitar to people of all ages, in my home.

Statistical Analyst: Health New England, Inc., Springfield, MA, September, 1990 - June, 1996. Teaching quality improvement methods to associates, facilitating and participating in process quality improvement teams. Analyzing healthcare utilization data and reporting information to management and government agencies.

Home Health Aid: Through various home health care agencies in the Wakefield area from June 1987 to August 1989. Provided care and companionship to elderly individuals and couples in private residences.

Certified Geriatric Aid: Catholic Memorial Home, Fall River, MA, November 1984 – June 1987. Assisting the elderly with activities of daily living.

Volunteer and Internship History:

Student Intern: Mt. Tom Center for Mental Health and Recovery, August, 2013 – May, 2014. Providing psychotherapy to people of all ages, with a wide range of mental health disorders, communicating with family and other providers, making referrals and completing all documentation associated with services.

Facilitator: Rick's Place, Inc., Wilbraham, Massachusetts, September, 2012 – May 2013
Planning and running a group for grieving children, using art, writing, sharing, games and other activities.

Student Intern: River Valley Counseling Center, Day Treatment Program, Holyoke, Massachusetts. September 2011 – May 2012. Ran a women's trauma recovery group and a non-violent communication group. Filled in, for other clinicians, running many other groups, including dialectical, cognitive behavioral, and expressive art and music groups.

Patient Advocate: Baystate Health Systems, Springfield, Massachusetts. October 2009 – August 2010. In the emergency room, assisting nursing staff, managing the flow of visitors, assisting with communication and providing comfort to a diverse population of patients and visitors.

Playspace Activity Leader: Horizons for Homeless Children, July 2010 – August 2010.
Providing fun activities and supervision for very young children living with their young moms, at the Holyoke Teen Transitional Living Program, Holyoke, Massachusetts.

Hospice Worker: Hospice Life Care, Holyoke, Massachusetts, October 2005 – February 2007.
Providing companionship, transportation and advocacy for clients with life ending diagnoses, in their homes and in various facilities.

Adolescent Counselor: Runaway Adolescent Program, Springfield, Massachusetts, 1990.
Supervised and spent time recreationally at a temporary housing facility for kids who were between homes, who often had other mental health and behavioral issues.

Education:

Master of Social Work: Westfield State University, 2014.

B.S. Applied Mathematics: University of Rhode Island, 1989.