

Licensed Mental Health Counselor

Empathic and seasoned professional with a history of delivering compassionate and expert-level support to diverse client bases. Demonstrated ability to foster a positive and supportive environment, build relationships, and influence positive change. Proven ability to develop clinical diagnoses and therapeutic treatment plans for families, couples, and individuals; leverages expertise to create client-centered and rapid resolution strategies which support each client’s individual needs and requirements. Effectively responds to complex challenges and conflicts.

Trauma | Mood Disorders | Lesbian, Gay, Bisexual and Transgender (LGBT) Issues
Therapist Mistreatment | Works well with Children, Adolescents and Adults

PROFESSIONAL EXPERIENCE

Counseling Psychologist / Licensed Mental Health Counselor	2010 - Present
Collaborative Therapeutic Services, LLC	St. Petersburg, Florida

Develop comprehensive therapeutic treatment plans and provide clinical diagnoses for children, adolescents, families, couples, and individual adults; maintain a focus on trauma. Provide integrated family companion animal facilitated treatment to support each client’s personal development. Fostered a positive environment.

- Apply client-centered and rapid resolution strategies, including Eye Movement Desensitization and Reprocessing (EMDR) treatment and protocol; integrates customized strategies to meet client needs
- Provide clinical supervision of Registered Mental Health Counselor interns; deliver training, guidance and support, provide influential leadership, coaching, and mentorship, and delegates all assignments

Clinical Coordinator	2010 (2009) - Present
Carlton Manor, Inc.	St. Petersburg, Florida

Provide clinical supervision for all agency and clinical staff and coordinate group clinical supervision; serve as an influential leader, mentor, and coach for staff and graduate student interns, facilitate effective training programs to maximize potential and strengths, delegate assignments and foster a positive work environment.

- Serves as a Qualified Clinical Supervisor for Registered Mental Health Counselor interns; delivers expert-level guidance, education, and support, respond to intern needs, and create custom programs

Counseling Psychologist / Licensed Mental Health Counselor	2009 - 2010
Carlton Manor, Inc.	St. Petersburg, Florida

Lead in-home, community, and in-residence-based evaluations, diagnosis, and therapeutic treatment for children, adolescents, and their supportive foster parents, guardians, or caregivers; foster a positive, trusting, supportive, and caring environment which accelerates the personal growth and developments of each client.

- Develop trauma-focused treatments using client-centered Cognitive Behavioral Therapy (CBT) and rapid resolution strategies including EMDR treatment and protocol; create plans to meet client needs
- Conduct comprehensive assessments of complex trauma and mental health issues for appropriate residential and/or therapeutic foster home placement; monitor progress and modify plans as needed
- Work in collaboration with community professionals critical to successful treatment outcomes for clients; coordinates community resources and develops and implements multidisciplinary care plans

Licensed Mental Health Counselor
Family Service Centers, Inc. - SAFE Center

2003 - 2009
Clearwater, Florida

Evaluated, diagnosed, and counseled children, adolescents, adults, and geriatric survivors of sexual / trauma with co-current moderate to severe mental health and substance abuse issues in community and office-based locations. Conducted group therapy sessions for adolescents or adults. Qualified as an Expert Witness.

- Provided trauma-focused treatment utilizing client-centered, Cognitive Behavioral Therapy (CBT), and rapid resolution strategies, including EMDR treatment and protocol; developed individual plans
- Established productive partnerships with community professionals to support client treatment needs
- Supervised, coached, mentored, and evaluated junior staff in all aspects of clinical practice, including all documentation, HIPAA regulations, DSM-IV-TR interpretations and assessments, and ICD-9 coding

Program Counselor and Coordinator
Center for Abuse and Rape Emergencies

2000 - 2003
Punta Gorda, Florida

Assessed and counseled children, adolescents, adults, and geriatric survivors of domestic and sexual trauma; developed trauma-focused treatment plans utilizing client-centered, CBT, and rapid resolution strategies. Conducted individual or group counseling. Collaborate with community professionals to support client needs.

- Designed individualized treatment plans and conducted progress reviews according to client and/or family needs; modified treatment plans as necessary to support client needs and influenced growth
- Coordinated, supervised, and maintained a 24/7 volunteer emergency hospital response team for sexual assault survivors; staffed the whole response team and monitored the success of the initiative

Senior Psychiatric Case Manager, Riverside Behavioral Center (1998-2000): Designed an innovative case management infrastructure for multi-disciplinary medical / mental health teams serving an in and outpatient psychiatric hospital unit. Conducted individual and groups counseling and maintained regulatory compliance.

EDUCATION AND CREDENTIALS

Doctor of Education in Counseling Psychology
Argosy University – Ed.D degree completed

Master of Arts in Mental Health Counseling
University of Sarasota – Degree completed

Bachelor of Arts degree with a major in Psychology
Saint Leo University – Graduated *Magna Cum Laude*

Professional Certifications / Training: Licensed Mental Health Counselor (LMHC) | Certified Master and Field Traumatologist | Certified Child Sexual Abuse Trauma Specialist | Qualified Clinical Supervisor | Certified Sexual Offender Treatment Specialist | Certified Compassion Fatigue Specialist | Certified Adoption Specialist Competent Professional | EMDR Level I and II – TFT, EFT, TF / CBT | Critical Incident Responder, Green Cross and FEMA Certified | Certified Crisis Prevention Intervention (CPI) | Managing Aggressive Behavior | CPR Certified & Trainings