

EDUCATION

Master's in Social Work. School of Social Service Administration. University of Chicago. Chicago, IL

Bachelor of Arts in Applied Psychology/Human Development, Minor in Sociology.
Boston College. Chestnut Hill, MA

Outpatient Therapy Experience

Turning Point Behavioral Health Center

Full Time Outpatient Therapist.

- Provided outpatient therapy to individuals with a diverse range of persistent mental health struggles utilizing a client centered, trauma informed approach
- Utilized Motivational Interviewing, DBT, and ACT interventions based on collaborative goals
- Facilitated and built curriculum for Mindfulness and Movement, Improving Your Relationships, Making Connections, and Women's Art groups
- Collaborated with clients to complete IMCANS assessments, treatment plans, and SI/HI risk assessments in addition to session progress notes
- Founding member of trauma informed care clinical case consultation group and committee aimed to adapt policies and practices at agency to be more anti-oppressive and more inclusive to marginalized groups

GRADUATE LEVEL INTERNSHIPS

Center for Contextual Change

Graduate Level Therapist Intern.

- Provided individual, family, and group therapy with diverse individuals with histories of trauma and abuse utilizing the Collaborative Change Model, a relational model for treating complex trauma
- Co-Facilitated a Dialectical Behavioral Therapy Skills Group and conducted DBT skills coaching
- Collaborated in weekly team consultations including Body Integration Team, Child and Family Team, DBT Team, Specialized Treatment Team, and Case Consultation Small-Group

Children's Home + Aid Rice Child and Family Center.

Clinical Social Work Graduate Intern.

- Collaborated with a multidisciplinary team serving children and adolescents in the child welfare system within a residential treatment setting using the ARC framework
- Plan, lead, and document milieu group therapy to allow safe space to practice and learn emotional regulation, cognitive flexibility, executive functioning, and social skills
- Conducted Collaborative Problem Solving (CPS) in the therapeutic day school's Reflection Room and functioned as the liaison between the school and the milieu
- Increased implementation of trauma-informed interventions and reduced punitive behavioral practices as part of the Program Development Committee

BEHAVIORAL HEALTH /CRISIS EXPERIENCE

Youth Villages Germaine Lawrence Residential Home

Behavioral Youth Counselor.

- Provided milieu counseling for 9-21 year olds in the child welfare system with histories of interpersonal violence and externalizing behaviors in residential treatment
- Planned and lead milieu group activities based in art and recreational therapy

- Advocated for adapted dorm rules to better support trauma- informed collaborative practices, increase youth's engagement in the community, and decrease punitive restrictions
- Conducted proactive crisis intervention, processed with clients post-crisis, and created crisis prevention plans collaboratively with client

UNDERGRADUATE INTERNSHIPS

Boston Medical Center: SPARK Center .

Clinical Psychology Fieldwork Undergraduate Intern.

- Implemented behavioral support and recreational therapy for children ages 3-5 with medical, emotional, and/or behavioral challenges
- Improved consistency and communication between teacher and clinical team by functioning as a liaison
- Evaluated children during classroom time and contribute observations during multidisciplinary team meetings and case review

Middlesex DA Domestic Violence Unit.

Victim Witness Advocate Intern.

- Directed individuals through the Restraining Order and Harassment Prevention Order application paperwork and process
- Provided emotional and psychological support to survivors through their testimonies and trials
- Collaborated with Victim Witness Advocates and Legal team to make application process more trauma-informed
- Safety planned with survivors and communicated information to Victim Witness Advocate

RESEARCH EXPERIENCE

Dr. Lisa Goodman Trauma Informed Practice Study.

Undergraduate Research Assistant.

- Assisted with data entry and cleaning for Trauma Informed Practice Scale Study
- Synthesized themes and organized qualitative data from domestic violence survivors
- Collaborated with research team during meetings in regards to the Trauma Informed Practice Scale (TIP Scale) they produced

RELEVANT COURSEWORK

Trauma: Child and Adolescent Trauma, Abusive Family Systems, Interpersonal Violence, Violence Prevention Seminar

Clinical Skills: Motivational Interviewing, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Family Systems, Clinical Interventions with Socially Vulnerable Population

Substance Use: Harm Reduction

Gender and Sexuality: Trans*Forming Social Work, Sexuality Across The Lifespan

Program Development: Quality Improvement in Social Services

TRAININGS

Basic Principles of Somatic Experiencing. SE Trauma Institute

Collaborative Change Model. Center for Contextual Change

EMDR Part 1. Maiberger Institute

Transformative Insight Imagery. Center for Contextual Change

Trauma Informed Care Series . University of Chicago

Collaborative Problem Solving Tier 1 Training. Think:Kids Massachusetts General Hospital.

Tending To Racial Trauma During Crisis. Inclusive Therapists

Motivational Interviewing. 30 hour course with MINT Certified Trainer

PROFESSIONAL SUMMARY

Trauma-Informed Care. Client Centered, Relational Therapy. Mindfulness. ACT. DBT. Motivational Interviewing. Collaborative Problem Solving. Multi-cultural humility. Transformative Justice. Anti-Oppressive/Empowerment Based Practice.
*Completed EMDR part 1 training, in current consultation and training program working towards certification”