

Qualifications

Licensed Professional Counselor since November 2020 and Licensed Mental Health Counselor since September 2020. Experienced Therapist with a demonstrated history of working in the mental health care industry. Skilled in Adolescent Therapy, Family Conflict, Case Management, Communication, Public Speaking, and Relational Issues; Strong healthcare services professional with a Master of Arts focused in Counseling Psychology from The Seattle School of Theology and Psychology; Experience with Autism Spectrum disorder, Depression, Anxiety, grief, PTSD, trauma, interpersonal conflicts and family dynamics. 3+ consecutive years working in clinical settings and connecting with other professionals about client care, as well as, using interventions from evidence based theories to successfully complete treatment with clients.

Experience

- Problem solving with youth
- Case management
- ABA therapy
- Client centered therapy
- Clinical Psychology
- Multisystemic Therapy (MST)
- Collaborating with coworkers and youth on creative activities
- Suicide prevention planning
- CBT/TF-CBT
- Building a therapeutic relationship
- Conflict management

Education

Master of Arts in Counseling Psychology June 2017
The Seattle School of Theology and Psychology (Seattle, WA)

Bachelor of Arts in Psychology March, 2012
Western Washington University (Bellingham, WA)

Work Experience

Therapist at Denver Mental Health Collective December 2020 - Present
Conducted outpatient care to a variety of patients using client centered therapy, CBT, relational psychodynamics and other modalities. Created treatment goals and kept up to date progress notes.

MST-PSB Therapist at Savio House August 2019 - December 2020
Offered comprehensive services that strengthen families and prevent child abuse, neglect and youth delinquency; performed in-home counseling and crisis intervention services, to therapeutic foster care, temporary residential treatment and alternative schools. Produced progress notes and individual treatment plans within a timely manner.

Therapist at Lemolo Counseling March 2018 - Present
Started a private practice working with individuals one on one using talk therapy, client centered therapy, relational and other modalities in order to help clients grow in self awareness, self care and a better understanding and acceptance of who they are; created treatment goals; worked on getting clients connected to various programs within their community.

Psychotherapist at Sandbox Therapy Group August 2017 - June 2018
Worked with youth and adults in therapeutic situations; Helped build self awareness and acceptance of oneself within professional and personal relationships; Use of relational psychology, psychoeducation, CBT and play therapy with youth that helped create coping skills, self awareness and mental wellbeing.

Therapy Intern at North West School of Innovative Learning September 2016 – June 2017

Developed counseling skills with a variety of adolescents with mental disorders; worked on and developed identification of emotions, emotional regulation, suicide safety planning and body awareness using CBT, play therapy, and relational skills.