

CLINICAL EXPERIENCE

Counseling and Wellness Group

Twinsburg, Ohio

November 2017 – Present

Founder and Therapist

- Founded private practice and expanded to a team of 9 clinicians
- Offer clinical supervision for LSW clinicians
- EMDR Consultation in Training status; offer EMDR Consultation to therapists at CWG and in the community
- Provide individual, couples and family psychotherapy in private practice setting
- Specialties: Eating Disorders, Perinatal Mental Health, Complex trauma, Addictions

Kent Psychological Associates

Kent, Ohio

January 2018 – Present

Therapist

- Provide individual, couples and family psychotherapy in private practice setting
- Specialties: Eating Disorders, Addiction, Perinatal Mood and Anxiety Disorders

The Emily Program, Residential

Cleveland Heights, Ohio

June 2015 – December 2017

Residential Therapist

- Provide individual, group, marriage and family therapy to adult patients with eating disorders and co-occurring disorders
- Conducted risk assessments for chronically suicidal and intermittently suicidal patients
- Developed and implemented Motivational Enhancement Therapy (Motivational Interviewing) group curriculum
- Developed and implemented bi-weekly Family and Friends Group curriculum
- Received training in CBT-E and Dialectical Behavioral Therapy; facilitated CBT and DBT psychotherapy groups
- Developed collaborative treatment and contingency management plans
- Developed therapy team training manual; trained new therapists on clinical team
- Provided eating disorder and addiction psychoeducation to patients and their support systems
- Led clinical consult meeting of current cases as well as incoming residential cases
- Conduct insurance utilization reviews on an as needed basis

New Directions

Cleveland, Ohio

May 2012- June 2015

Therapist, Intern, & Associate Therapist in Female Residential and Male Residential Dual Diagnosis units

- Provide quality treatment to chemically dependent adolescents dealing with emotional and behavioral needs through individual and group therapy
- Facilitate individual trauma therapy
- Create therapeutic art interventions to assist youth in positively expressing emotions
- Co-facilitate multi-family group therapy, mental health group therapy, AOD group therapy
- Facilitate individual family group, individual mental health and AOD therapy

- Conduct diagnostic assessments
- Work from a 12-step recovery model to help youth understand and gain skills to maintain sobriety
- Conduct case management and treatment planning
- Participate in clinical reviews and crisis intervention

Oakview Behavioral Health Center/ Southwest General Hospital

Middleburg Heights, Ohio

September 2011- May 2012

Adolescent AOD IOP Intern & Emergency Department Rapid Psych Assessment Social Worker

- Triage emergency room psych cases with social work team, attending physicians and psychiatrist
- Co-facilitated female adolescent group therapy
- Integrated art therapy into chemical dependency psycho-educational groups
- Facilitated Parent Education lecture series and multi-family group therapy
- Conducted adolescent substance abuse biopsychosocial evaluations
- Participated in weekly clinical staffing and developed case presentation skills
- Conducted daily symptom monitoring with adult mental health partial hospitalization program patients
- Facilitated Dialectical Behavioral Therapy groups with adult mental health patients in PHP setting

OTHER WORK EXPERIENCE

K – 12 Art Teacher

Prince of Peace School; Milwaukee, Wisconsin, June 2009 – August 2010

Brookfield Central High School; Brookfield, Wisconsin, September 2008 – June 2009

Liberty Pointe Elementary School; Atlanta, Georgia, August 2007 – June 2008

- Created and executed art curriculum, behavioral plans and art assessments
- Wrote and secured \$2,700 in art related grants
- Led numerous cross-functional teams in a variety of academic disciplines
- Facilitated student-mediation after conflict
- Utilized art therapy techniques in the art classroom to allow for students to non-verbally express emotions after hurricane Katrina
- Assisted in developing anger management techniques and preventative plans for students with behavioral difficulties

EDUCATION

2011- 2013

Case Western Reserve University

MSSA and LSW May 2013

Mandel School of Applied Social Sciences, Dean's Scholar
Cleveland, Ohio

Relevant Coursework

2003- 2007

Ohio University, Athens, Ohio

Bachelor of Arts in Art Education and Art History