

CURRICULUM VITAE

RENÉE PITTS

33 N. Bentley Ave.

Niles, OH 44446

(330) 507-8542

evenstar2164@sbcglobal.net

Blue Star Family Counseling Services, Inc.

www.bluestarfamilycounseling.com

(330) 282-4301

renee@bluestarfamilycounseling.com

Youngstown State University

rapitts@ysu.edu

EDUCATION

M.S.Ed. 2015 Community Counseling. (CACREP Approved) Youngstown State University, Youngstown, OH. GPA 4.00

B.S. 2002 Biology. Youngstown State University. Youngstown, OH. GPA 3.95/4.00

CLINICAL/COUNSELING/TEACHING EXPERIENCE

Counseling Intern/Counselor-In-Training/Licensed Professional Counselor / Licensed Professional Clinical Counselor-Supervisor/Chemical Dependency Counselor Assistant/ Mind-Body Integrative Wellness Provider

Blue Star Family Counseling Services, Inc.

(5/2014 – present)

- Assess, evaluate and diagnose mental and emotional disorders with adults, adolescents, and children
- Assess and evaluate sleep patterns, nutritional issues, and exercise patterns contributing to mental health symptomology
- Provide mental health/drug and alcohol counseling
- Provide Individual and family counseling primarily related to trauma/PTSD (Post Traumatic Stress Disorder), sexual, emotional and physical abuse and drug and alcohol counseling with adults, adolescents, and children
- Provide psychoeducation regarding sleep, nutrition, and exercise to improve mental health
- Utilize Eye Movement Desensitization and Reprocessing (EMDR) Therapy
- Teach mindfulness and meditation concepts and practices

Counseling Intern/Counselor-In-Training/Contract Therapist. Hopewell (5/2014 – 8/2017)

- Assessed, evaluated and diagnosed mental and emotional disorders with adults
- Provided Individual counseling primarily related to trauma/PTSD (Post Traumatic Stress Disorder), sexual, emotional and physical abuse and drug and alcohol counseling with adults
- Utilized Eye Movement Desensitization and Reprocessing (EMDR) Therapy
- Taught mindfulness and meditation concepts and practices

EMDRIA Certified EMDR Therapist/Consult

- Provide consultation to Level I and II trainees trained in EMDR Therapy through the Institute for Creative Mindfulness
- Provide consultation to EMDR trained therapists working on becoming certified in EMDR Therapy

Instructor – Mindfulness and Meditation Classes/Courses

- Monthly Meditation Group at Blue Star Family Counseling Services, Inc. (2015 – Present)
- Green Tara Practice, an ancient Tibetan practice on compassion taught retreat style at Blue Star Family Counseling Services, Inc. (3/26/2021 -3/28/2021)
- Weekly Mindfulness and Meditation Group at Youngstown State University, Recreational Center (2015 – 2018)
- Trauma-Sensitive Yoga and Meditation at Blue Star Family Counseling Services, Inc., 4 week course (10/2017)
- Weekly Mindfulness and Meditation Group at Hopewell (2014 – 2017)

- Blending Modern Day Science with Ancient Tibetan Buddhism, 8 week course, Blue Star Family Counseling Services, Inc. (10/2016 – 12/2016)
- Mindfulness-Based Relapse Prevention for Addictive Behaviors (MBRP), Blue Star Family Counseling Services, Inc., 8 week course (2/2016 – 4/2016)
- Periodic Mindfulness and Meditation class at Akron Children’s Hospital (2015 – 2017)
- Weekly Mindfulness and Meditation Group, volunteer, Meridian Healthcare (5/2013 – 5/2014)
- Blending Modern Day Science with Ancient Tibetan Buddhism, Blue Star Family Counseling Services, Inc., 8 week course (10/2014 – 12/2014)
- Blending Modern Day Science with Ancient Tibetan Buddhism, 8 week course, The Yoga Room (6/2014 – 8/2014)
- Mindfulness and Meditation, Basic Concepts of Mindfulness and Meditation, The Yoga Room, 8 week course (5/2013 – 7/2013)

PRESENTATIONS, TRAININGS, WORKSHOPS

- EMDRIA approved EMDR Basic Trainings – Part I and Part II (2017 – present)
- Ethics and Supervision: The Trauma of It. Sponsored by Amber Stiles-Bodnar Consulting and Mahoning County Mental Health and Recovery Board (4/28/2021, 10/27/2021)
- EMDR Therapy Refresher: Because You Don’t Know What You Forgot. Sponsored by Amber Stiles-Bodnar Consulting and The Institute for Creative Mindfulness (11/6/2020, 12/8/2021)
- Break the Cycle: Understanding and Treating Generational Trauma. Sponsored by Center for Innovative Practices, Begun Center for Violence Prevention Research and Education, Case Western Reserve University (6/25/2020, 7/24/2020, 4/19/2021, 8/6/2021, 8/30/2021)
- Trauma & Grief: How We Experience It and What We Can Do About It. Sponsored by Mahoning County Health and Recovery Board (2/26/2020)
- An Overview of EMDR Therapy: Intersections of Mindfulness and the Development of Resiliency Through Post Traumatic Growth. Sponsored by Family and Child First of Trumbull County (1/10/2020)
- Facilitated Panel for Making Sense of Sensory Processing Disorders, Adoption Awareness Coalition Learning Community Workshop. Sponsored by Trumbull County Children Services (10/2019)
- Using a Trauma-Informed Approach with Customers. Trumbull County Public Library (10/2019)
- The Aging Veteran: What They Battle, What They Need and What to Do. Sponsored by Balley Counseling Services (3/2019)
- How to Recover Your Hijacked Brain: Calming Your Triggered Nervous System. Sponsored by Alliance for Substance Abuse Prevention (5/2019)
- Crisis Intervention Response and Treatment: When Every Moment Counts. Sponsored by Ohio Psychological Association (10/2018)
- CIT: Suicide Risks Warning Signs and Prevention. Presented at the annual Crisis Intervention Training. Provided to Trumbull County Police, Fire, EMS and 911 Personnel sponsored by the Trumbull County Mental Health and Recovery Board (10/2018)
- Principles of Mindfulness Based Treatment for The Strengths Perspective in Behavioral Health at Youngstown State University (11/2017)
- Understanding Trauma and Effective Trauma Informed Care and Treatment: The Impact of ACEs and the Utilization of Mindfulness Based Practices and Dialectical Behavioral Therapy at El Dorado County Health and Human Services, CA (8/2017)
- EMDR Therapy & Mindfulness Syracuse, Buffalo, and Rochester, NY (2016)

LICENSES AND CERTIFICATIONS

Licensed Professional Clinical Counselor - Supervisor (License E.1700219-SUPV) Issued by: State of Ohio Counselor, Social Worker, Marriage & Family Therapist Board. Expires 6/28/2025.

Chemical Dependency Counselor Assistant (License CDCA 163195) Issue by: Ohio Chemical Dependency Professionals Board. Expires 3/14/2025.

EMDR Certified Therapist & Approved Consultant – Issued by: EMDRIA (EMDR International Association). Expires: 5/31/2025.

SELECTED PROFESSIONAL DEVELOPMENT

- 2015 – EMDRIA approved Level II training in EMDR (Eye Movement Desensitization and Reprocessing) Sponsored by Institute for Creative Mindfulness
- 2016 – EMDRIA approved Level I training in EMDR (Eye Movement Desensitization and Reprocessing) Sponsored by Institute for Creative Mindfulness
- 2018 - Course in Nutritional and Integrative Medicine for Mental Health Professionals, Sponsored by PESI
- 2021 - Tibetan Medicine and the Yuthok Nyingthig Cycle

PROFESSIONAL AFFILIATIONS AND MEMBERSHIPS

- American Counseling Association – Prior Member
- Chi Sigma Iota International, Eta Tau Alpha Chapter – Prior Member
- Golden Key International Honor Society – Prior Member

ACCADEMIC AWARDS

- Recognized by the Clarence P. Gould Society as a certified member for high rank in scholarship in the liberal arts and sciences at Youngstown State University