

## Counseling Experience

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### **Mindsolutions** | Colorado

- **Telehealth (2021-present)**
  - Provide OP behavioral health counseling for adolescents and adults utilizing an array of interventions

### **Behavioral Health and Wellness** | Grand Junction, CO

- **Integrated Behavioral Clinician (2020-2021)**
  - See below for list of duties and responsibilities (same as fellowship)
- **Outpatient Behavioral Health Clinician (2020-2021)**
  - Provide OP behavioral health counseling for adolescents and adults utilizing an array of interventions
  - Administer ADHD and neuropsychological testing
  - Engage in and complete treatment planning

### **Primary Care Partners** | Grand Junction, CO

- **Integrated Behavioral Clinician Fellow (2018-2020)**
  - Provide brief therapeutic interventions for clients of all ages
  - Engage in collaborative care with medical providers, nurses, and care coordinators
  - Assist clients in enhancing their coping skills and reaching health goals
  - Assist in minimizing inappropriate over-utilization of health care system

### **Mind Springs Health/West Springs Hospital** | Grand Junction, CO

- **Crisis Clinician (2017-2020)**
  - Complete safety assessments for individuals in crisis and refer them to appropriate level of care
  - Aid clients in problem solving
  - Provide support over the phone and in-person for those in crisis
  - Provide linkage/referrals to community resources
  - Assess clients' medical risk while intoxicated or under the influence of substances in a safe environment
- **Clinician II IP (2017-2019)**
  - Provide individual and family therapy in the IP psychiatric unit
  - Complete treatment plans and coordinate with multidisciplinary care teams
- **Case Manager (2014-2018)**
  - Aid in ensuring a safe disposition and access to needed resources
  - Completed necessary legal documents
  - Worked as a liaison between the hospital and client's family
  - Coordinated efforts with probation officers, parole officers, primary care physicians, specialty physicians, and mental health OP providers
  - Inform clients about resources in the community
- **Clinician I (2014-2017)**
  - Aid in providing a safe and therapeutic environment for inpatient clients
  - Attend to daily needs and lead daily programming

## Leadership and Activities

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### **Palisade High School** | Palisade, CO

- **Head Girls' Freshman Basketball Coach (2016-2018)**
  - Create practice schedule for 6 days a week and design practice structure/drills
  - Assist players in maintaining academic eligibility
  - Provide a safe, energetic, learning environment for players
  - Transport players to and from away games
  - Coordinate with head coach, athletic directors, and parents

## Specialized Training

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- Collaborative Assessment and Management of Suicidality (2016)
- Psychological First Aid Training (2018)
- DBT Workshop (2018)
- Eye Movement Desensitization Reprocessing EMDR Certification (2019)
- Brief Hypnosis Training (2019)
- Brief Neurosequential Model of Therapeutics training (2021)

## Education

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### **Colorado Mesa University | Grand Junction, CO**

Bachelor of Psychology (2012-2014)

### **University of Southern California | Los Angeles, CA**

Master of Social Work (2015-2017)

*References available upon request*