

Licensed Mental Health Counselor | Play Therapy Certified

Highly skilled and compassionate professional with a reputation for creating a positive environment, developing innovative treatment strategies to reach children, and building the self-esteem and social skills of clients, including children, teens, and adults. Proven ability to effectively assess the needs and struggles of clients and leverage creative thinking and counseling skills to formulate customized treatment plans which influence growth. Trained and certified in a wide-range of techniques, including play therapy, children’s yoga, & emotional regulatory healing.

Kids | Teens | Parents | Divorce | Trauma | Adoptions | Abuse
ADHD | Asperger’s | Self-Esteem and Social Skills Development

PROFESSIONAL EXPERIENCE

Licensed Mental Health Counselor / Certified Play Therapist Collaborative Therapeutic Services, LLC	2011 - Present Tampa, Florida
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Deliver therapeutic services for a diverse population of clients in a private practice setting; conduct client assessments, develop and implement new treatment plans to support each client’s needs and requirements, and monitor progress as necessary. Foster a positive, supportive, caring, and trusting environment for clients.

- Lead play therapy sessions for children and develop a teen girl support group which has been instrumental in child and adolescent development; strengthen self-esteem and social skills of clients

Therapeutic Family Development Specialist / Therapist The Children’s Home, Inc.	2006 - 2011 Tampa, Florida
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Provided individual, family, and group counseling; applied evidence-based practices in residential facility, therapeutic foster homes, adoptive placement, and community facilities. Worked closely with children, teens, adults, or families in the child welfare system with a wide-range of mental health issues; create custom plans.

- Created training programs for parents, including *“The Birds, The Bees and STDs: Talking to Teens about Sex”*, *“Amy and Mr. Hippo in the O.C.: Using Story Telling to Explain Trauma Effects on Brain to Children”*, and *“Understanding and Parenting an Attachment Challenged Child”*; delivered programs
- Provided expert support and behavior management to foster families, including children requiring supportive and therapeutic levels of care; served as an advocate for the children and managed cases
- Designed and delivered psycho-educational groups for adolescents in residential treatment facilities
- Worked closely with families throughout the licensing process to become foster parents; completed home studies, presented recommendations and solutions, and produced comprehensive documents
- Supervised, coached, mentored, and evaluated interns and facilitated training programs to maximize potential and strengths; oversaw counseling sessions of interns and provided feedback and guidance
- Oversaw internal communication and foster parent retention programs; authored and distributed newsletters, developed key incentive programs, and create and delivered monthly training programs
- Instrumental in the development of a Foster Parent Recruitment Plan; conducted comprehensive research, compiled and assessed demographic information, and developed strategic marketing plans

EDUCATION AND CREDENTIALS

Master of Arts in Guidance, Counseling: Mental Health
University of South Florida - Master’s degree completed
Graduated *Summa Cum Laude*, Honors Society Member

Bachelor of Arts in Theatre Arts & Public Relations
University of South Florida – Bachelor’s completed
Theatre Production, Design, Mass Communications

Professional Certifications and Training: Play Therapy Certification | Adoption Competency for Professionals Working with Children | Emotional Regulatory Healing and Trauma Informed Care Certification | Trauma-Focused Cognitive Behavioral Therapy (CBT) Certification | Children's Yoga Instructor Training / Professional Development Program and Certification | Licensed Mental Health Counselor in the State of Florida #MH10684 (Active Licensure)