

CAREER SUMMARY:

Florida Licensed Mental Health Counselor

Highly motivated and enthusiastic counselor who strives to assist others in creating positive change. Adept in information gathering, treating and advocating for clients of various ages and of different modalities. Strong background in psychology, communication and interpersonal awareness. Skills demonstrated include information finding, logical reasoning, problem solving and environmental awareness. Effectively assisted adolescents and adults during major life transitions. Extensive counseling experience that includes crisis intervention, working with special populations and at risk youth. Counselor adheres to aspirational ethics and continues to be involved in outreach programs and activities.

CAREER ACCOMPLISHMENTS:

Eight years of counseling as a student and professional with a variety of clients (children, adolescents, adults and senior population) of various multicultural backgrounds. Modalities included individuals, couples, families and group experience.

PROFESSIONAL EXPERIENCE:

UNIVERSITY OF CENTRAL FLORIDA – Orlando, Florida October 2013 to January 2015
Accessibility Consultant at Student Disability Services – Assisting students with accommodations for class. Supported students by leading a peer collaboration group and being involved with student activities such as advisory board and mentoring role. Liaison to Counseling and Psychological Services, Student Academic Resources, and UCF Regional campuses.

NEW HOPE FOR KIDS – Maitland, Florida November 2011 to March 2013
Grief Support Counselor – Facilitated groups for adults at the Center for Grieving Children. Counselor assists individuals coping with feelings of grief and loss after the death of a loved one. Grief education, therapeutic support and counseling interventions utilized as needed in a client centered, holistic setting.

LA AMISTAD BEHAVIORAL HEALTH – Maitland, Florida May 2012 to December 2012
Therapist – Responsible for conducting therapeutic services for adolescent residents. Counseling sessions include individual, family and group modalities. Therapist responsible for interviewing and developing the psychological history, assessing the therapeutic needs and developing appropriate treatment plan. Also therapist assists residents and families as a primary contact while resident is in program and is patient's advocate, attending weekly treatment team.

THE MENDING GROUP – Orlando, Florida November 2010 to August 2011
Registered Mental Health Counselor Intern – Provided counseling services to individuals who were experiencing emotional and/or psychological difficulties using a holistic model. Counselor worked with adults who sought help for trauma/abuse, grief and loss, relational concerns, anxiety and depression.

CHILL COUNSELING – Winter Park, Florida September 2010 to July 2011
Registered Mental Health Counselor Intern: Facilitated groups, individual and family sessions with Elementary school students. The CHILL program provides basic prevention such as helping students learn coping skills, social skills and other necessary life skills.

THE ACADEMIES, INC. – Tampa, Florida August 2009 to June 2010
Registered Mental Health Counselor Intern: Lead and sole therapist for this middle school. Provide creative arts in counseling for students with learning disabilities and learning related disabilities. Primarily, working with students with Autism, Asperger's Syndrome, ADHD and Dyslexia. Practice Cognitive Behavioral therapy and social skills training with students. Maintain client files in a professional and ethical manner.

UCF COMMUNITY CLINIC – Orlando, Florida**May 2008 to December 2008**

Student Counselor Intern, Mental Health: Conducted in-depth, comprehensive psychosocial assessments on adults and children. Provided counseling and assessment services to individuals, families, couples, and children. Counselor evaluated client needs using a variety of standardized assessments such as the OQ-45, CBCL, BDI, BAI, EDI-III and Mental Status Evaluations. Accurately applied multi-axial diagnoses when appropriate. Therapist responsible for formulating and employing comprehensive treatment plans in order to achieve therapeutic goals.

EDUCATION

December 2008 **University of Central Florida, Orlando, Florida**
Master of Arts in Mental Health Counseling

August 2004 **University of Central Florida, Orlando, Florida**
Bachelor of Arts, Psychology

PROFESSIONAL TRAINING

May 2014	Creative Writing and Writing Theory, UCF
April 2014	15th Annual Narrowing the Gulf Conference, for Underrepresented Students in Postsecondary Education
March 2014	Beyond the ADA: Inclusive Policy and Practice for Students with Disabilities in Higher Education
March 2014	MOOC: Exploring the Student Affairs in Higher Education Profession
March 2014	QPR Suicide Prevention Training
November 2013	UCF Cares Training; Students of Concern
February 2014	Title 2 Update: Direct Threat Protocol & Policies
January 2012	The Gottman Institute Level 1 Training
April 2011	Music in Counseling Workshop, UCF
March 2010	Reactive Attachment Disorder (RAD) Seminar
March 2010	The Motivation Breakthrough: 6 Secrets to Turning On the Tuned-Out Child Workshop
November 2009	Play Therapy Classes and Continuing Education, UCF
November 2009	Florida Counseling Association Convention
November 2008	Florida Counseling Association Convention
August 2008	Psychodrama 101
June 2008	ASERVIC Conference on Spirituality and Healing
March 2007	Grief/ Crisis Counseling Workshop
February 2006	Suicide Assessment, Prevention, and Intervention

COMMUNITY INVOLVEMENT

Feeding Children Everywhere	2018 to Current
Second Food Harvest Bank	2017 to Current
Support Our Scholars Mentor	2013 to Current
Mental Health Counselors of Central Florida	2010 to Current
ASGO: Autism Society of Greater Orlando	2010 to Current
The 3 B's: Backpacks, Blankets and Bottles	2010 to Current
Founder of this organization to distribute the three B's directly to the homeless.	