

FORMAL EDUCATION

	Dates
Gordon-Conwell Theological Seminary; South Hamilton, MA Master of Arts in Counseling Cum Laude 93 credit hours	9/2000-8/2003
Grand Valley State University; Allendale, MI B.S. in Sociology	9/1996-8/2000

CREDENTIALS

- Member of Psi Chi, the National Honor Society in Psychology

TRAINING

- Human Sexuality: Issues and Ethics in the Ancient and Modern World, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Fall 2000
- Introduction to Counseling, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Fall 2000
- Advanced Developmental Psychology, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Fall 2000
- Family Systems Theory, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Spring 2001
- Psychopathology, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Spring 2001
- Integrative Seminar, 1.5 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Spring 2001
- Family Counseling, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Summer 2001
- Research Methods and Design, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Summer 2001
- Marital Therapy, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Fall 2001
- Clinical Practicum I & II, 6.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. 2001-Spring 2002

- Professional Practicum Seminar I, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Fall 2001
- Theories of Personality, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Spring 2002
- Integrative Seminar, 1.5 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Spring 2002
- Professional Practicum Seminar II, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Spring 2002
- Cross-Cultural Counseling, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Summer 2002
- Professional Standards, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Summer 2002
- Counseling the Adolescent, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Fall 2002
- Marriage and Family Clinical Internship, 6.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Fall 2002-Spring 2003
- Professional Internship Seminar, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Fall 2002
- Sociology of the Family, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Spring 2003
- Group Process, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Summer 2003
- Career Development and Lifestyle, 3.00 credits, Gordon-Conwell Theological Seminary, S. Hamilton, MA. Summer 2003
- Psychological Assessments II: Projective Techniques, 3.00 credits, Canyon College, Caldwell, ID. Spring 2005

Workshops/Seminars

June 4, 2003

Getting What Kids Need When Services are Scarce

Third Annual Essex County Youth At Risk Conference, Beverly, MA.

Introduction to area services and how to work with at risk youth

5 CEU's

September 12, 2003

Fostering Hope and Resilience in Ourselves and Others

Dr. Robert Brooks, Ph.D.

Resilience strategies for working with difficult adolescents

6 CEU's

April 2, 2004

Multi-cultural Counseling and Therapy: Competencies, Challenges, and Caveats

Maxine L. Rawlins, Ph.D. Clinical Psychologist

Increased sensitivity to all cultures for the counselor

6 CEU's

March 9, 2005

Counseling Couples: What Works, What Doesn't Work

Brenda Dozier, Ph.D., LMFT, LPC

Best practice in couples therapy

6 CEU's

Family Group Conferencing

Neal Michaels, MSP

Introduction to this new strengths based practice with families

6 CEU's

March 27, 2006

Substance Abuse 101

Beth Holden, LADC

Introduction to substance abuse diagnosis and treatment

3 CEU's

June 5, 2006

Motivational Interviewing

Beth Holden, LADC

Presentation regarding stages of change with substance abusers as well as techniques on how to move clients through these stages

3 CEU's

September 21, 2007

When Bad Things Happen to Good Counselors-ethics training

William Cote

6 CEU's

October 15, 2007

Addressing the Consequences of Trauma

Michael White

Introduction to Narrative Therapy

6 CEU's

April 14, 2008

Evidence Based Practice

Win Turner and Jody Kamon

Presentation about ways to incorporate practices that have been shown to have the best results for various diagnosis

6 CEU's

June 6-7, 2008

Self-Harming Behaviors

Harvard Medical School

This training included various experts in the profession who discussed how to help those to self-injury in the areas of assessment and treatment.

14 CEU's

EXPERIENCE IN THE PRACTICE OF PSYCHOTHERAPY

Mental Health Practicum

North Shore Emergency Services, Beverly, MA

Psychiatric Assessment Clinician

September 2001-September 2002, part-time

Supervised by Colleen Babson, LMHC, LMFT

Mental Health Internship

South Bay Mental Health, Lawrence, MA

Home and Clinic based therapist

October 2002-May 2003, part-time

Supervised by Alyson Eckholt, LMHC

Staff Therapist/Clinic Director

South Bay Mental Health, Lawrence, MA

June 2003-November 2005, full-time

Supervised by Alyson Eckholt, LMHC

Mental Health and Substance Abuse Clinician

Centerpoint Adolescent Treatment Services, S. Burlington, VT

December 2005-June 2007

Supervised by Mitch Baron, LCSW

Psychotherapist

Azimuth Counseling and Therapeutic Services, Essex, VT

November 2006-present

Supervised by Christine Wilkens

SCOPE OF PRACTICE

- Theoretical Orientation:

Eclectic-systems based treatment, also utilizing cognitive-behavioral, motivational-interviewing strategies

- Areas of specialization:

Family therapy, adolescents and families in a group context, adolescents individually, substance abuse, parenting skills training

- Treatment methods:

Psychoeducation, bibliotherapy, motivational interviewing, cognitive-behavioral intervention, desensitization techniques, collaboration with other providers to provide continuity of care, genograms, strengths