

ABOUT

I am a qualified and passionate leader. Strong creative and analytical skills. Team player with an eye for detail. School counselor with experience in clinical counseling, student outreach, and education.

EDUCATION

MA IN COUNSELING, PPS, LPCC

School Counseling K-12

Chapman University

2020 - 2022

BACHELORS DEGREE

Psychology, Cognitive Science

University of California, Irvine

SKILLS

Solution Focused

Restorative Conflict Resolution

Inspirational Leader

Organized and Efficient

Collaborative team player

Aeries

Titanium

Jupiter Ed

Canva

Google Suite

HONORS

Co-President/Assoc. of School Counselors
Chapman University
2021-2022

HSF Scholar
Hispanic Scholarship Fund
2021-2022

SCHOOL COUNSELING EXPERIENCE

SANTA ANA HIGH SCHOOL/SANTA ANA UNIFIED SCHOOL DISTRICT School Counseling Internship / October 2021 - Present

- Provide individual counseling to referred students in need of extra academic support, college application guidance, information on A-G requirements, and write letters of recommendation
- Create and deliver Spring Advisory Council for ASCA RAMP application
- Attend SST, 504, and Reentry meetings
- Use individual, school, and district data such as grades, attendance, and behaviors to evaluate student needs and collaborate with parents, teachers, and students to implement improvement plans and provide additional support.

WARNER MIDDLE SCHOOL/WESTMINSTER SCHOOL DISTRICT School Counseling Internship / Sept 2021 - Present

- Create and coteach MTSS Tier 1 grade-wide social/emotional learning classroom lessons 6-8th grade to reach all students and equip them with tools for handling emotions
- Conduct suicide risk assessments, collaborate with Admin and caregivers to implement student safety plans, and attend Reentry meetings
- Utilize Restorative Practices in small group and peer to peer mediation, hold students accountable, and work towards resolution and prevention
- Facilitate small group counseling

MENTAL HEALTH SPECIALIST EXPERIENCE

LPCC SUPERVISED CLINICIAN/STUDENT PSYCHOLOGICAL COUNSELING SERVICES Chapman University / July 2021 - Present

- Administer intake screening and demographic sessions with prospective student clients to determine the best course of action and treatment plan.
- Provide in-person and telehealth, short-term individual and group therapy to undergraduate and graduate students currently attending Chapman University.
- Utilize treatment modalities such as Psychodynamic and Solution-Focused Brief psychotherapy to address issues of Depression, Anxiety, Acute Stress Disorder, Mood Disorders, Adjustment Disorder, Substance Use, and Suicide Prevention.
- Collaborate and consult with other professionals and community agencies.
- Participate in individual and group supervision case conceptualization to gain perspective and continue professional and personal development.

TRAINING & CERTIFICATIONS

- Diversity, Equity, & Inclusion Specialist, ASCA
- Mandated Reporter
- Critical Incident Stress Management Group and Individual, Certification, OCDE
- PREPaRE, NASP Training
- Cognitive Behavioral Intervention for Trauma in Schools, 3C Institue, ID 4202114036
- Psychodynamic Psychotherapy Certification
- PTSD & Trauma-focused Psychotherapy Certification