

Hard working and experienced professional with proven knowledge of case work, community outreach, and counseling.

Experience

MAY '15 to PRESENT

Licensed Marriage and Family Therapist | Christina G. Duffy, Shingle Springs, CA

- Active LMFT license in California.
- Employee Assistance Program referrals since 2015.
- Experience with practicing with evidence-based psychotherapies (e.g., CBT, DBT, ACT, MBCT, TLDP, IPT, EFT, MI...).
- Experience providing teletherapy since 2008.
- Incorporate clinical diagnostic and assessment instruments (e.g., PHQ-9, ORS, SRS) to monitor client progress and treatment outcomes.
- Knowledgeable of and maintain HIPAA standards of privacy and confidentiality.
- Accurately complete and maintain progress notes and other documentation within the timelines and in compliance.
- Adhere to policy, procedures, and professional code of ethics.
- Provide exceptional care to clients in a secure and confidential space over HIPAA compliant platforms.
- Provide psychotherapy services to a diverse client population with varying needs.
- Collaborate with other mental health professionals to provide comprehensive care to patients.
- Provide crisis intervention services in emergency situations.
- Work closely with physicians, psychiatrists, psychologists, social workers, and other healthcare professionals.
- Develop and implement successful treatment plans for individuals, couples, and families.
- Engage in on-going professional development activities including attending conferences and workshops.

MAY '15 to PRESENT

President, Board of Directors | River Rock Counseling, Fair Oaks, CA

- Develop strategic plans to advance the organization's mission and goals.
- Coordinate special projects related to community outreach initiatives.
- Recruit new board members based on desired skill sets and qualifications.
- Maintain records related to board meetings including meeting minutes.
- Manage budgeting and financial operations for the organization.
- Create policies and procedures to ensure compliance with applicable laws.
- Identify opportunities for improvement with the organization.
- Create vision and strategic priorities that align with goals and visions of organization.

MAR '08 – MAY '15

Marriage and Family Therapist Intern

River Rock Counseling, Fair Oaks, CA

- Conducted crisis interventions for clients experiencing acute distress or suicidal ideation.
- Identified signs of domestic violence or child abuse within the home environment.
- Assisted clients in developing strategies for coping with stressors within the family system.
- Supported clients through life transitions such as divorce, separation, remarriage.
- Collaborated with other mental health professionals to ensure best practices are utilized when providing care.
- Provided consultation services to community agencies related to marriage and family therapy issues.
- Assessed client needs and developed individual treatment plans to meet those needs.
- Utilized various evidence-based therapies such as CBT, DBT, SFT, and NT.
- Provided therapeutic services to individuals, couples, and families in a clinical setting.
- Engaged in weekly supervision meetings with clinical supervisor to discuss case load and receive guidance regarding treatment approaches.
- Demonstrated cultural competence when working with diverse populations from different backgrounds.
- Conducted assessments of the client's mental health status to determine appropriate interventions for marital and family problems.
- Maintained case files that included activities, progress notes, evaluations, and recommendations.
- Assisted clients in identifying goals for their marriages or relationships and developing strategies for achieving them effectively.

Education

JUN '10

Master of Arts (M.A.) in Clinical Psychology, with an emphasis in Marriage and Family Therapy

Chapman University, Orange, CA

Magna Cum Laude Society

MAY '04

Bachelor of Arts (B.A.) in Psychology

California State University, Sacramento, CA

Cum Laude Society

Certifications

- Certified Autism Spectrum Clinical Specialist Intensive Training (ASDCS 154909, 2023)
- Certified ADHD-Clinical Services Provider (ADHD-CCSP 596001, 2023)
- Emotional Freedom Technique Level II (EFT)
- Neurolinguistic Programming (NLP)
- Hypnotherapy Practitioner
- Self-Hypnosis, Burnout, Meditation, Life Purpose Coaching, and Hospice