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● Shingle Springs, CA 95682

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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)
- Certified ADHD-Clinical Services Provider (ADHD-CCSP 596001)
- Emotional Freedom Technique Level II (EFT)
- Neurolinguistic Programming (NLP)
- Hypnotherapy Practitioner
- Self-Hypnosis, Burnout, Meditation, Life Purpose Coaching, and Hospice