

LAURA SEIGEL, LCSW

(786) 966-0299

laura@tpsw.org

SUMMARY

Self-motivated, driven and efficient multitasker with a diverse background, impeccable communication, interpersonal, and creative/writing/presentation skills who is dedicated to the pursuit of helping others on a macro level with enormous attention to detail

SKILLS

Analytical | Articulate | Capable | Caring | Compassionate | Dedicated | Doer | Empathic | Flexible | Independent | Insightful | Intelligent | Motivated | Organized | Professional | Problem Solver | Reliable | Resourceful | Reasonable | Sensitive | Trustworthy

PRIMARY THERAPIST

BEACON RECOVERY CENTER - Pompano Beach, FL December 2024 to Present

- Provide full-time primary therapist services at a detox and residential facility for adults with substance use disorder and mental health issues which involves using cross-functional team collaboration skills in a constantly changing mission-focused high-intensity working environment
- Maintain strong client engagement by implementing individualized treatment plans, resulting in consistently high satisfaction scores and outcomes
- Impart immediate support during crises, facilitating connections to resources and ensuring patient safety
- Collaborate with psychiatrist, physicians, specialists, and ancillary services to address medical and behavioral health access issues, ensuring a holistic approach to patient care as needed

BANYAN TREATMENT CENTERS - Pompano Beach, FL June 2023 to December 2024

- Provided full-time primary therapist services for adults at a partial hospitalization program with dual diagnosis substance use disorder and mental health issues using evidence-based practices to enhance recovery outcomes
- Rendered immediate support during crises, facilitating connections to resources and ensuring patient safety
- Delivered therapeutic support to clients with substance use and mental health disorders, utilizing evidence-based practices, to enhance recovery outcomes
- Informed patients and their families about chronic medical and behavioral health conditions to improve health literacy and promote adherence to treatment plans.

PART-TIME THERAPIST FOR ADULTS AND CHILDREN

IT'S ALL GRIEF, LLC - Fort Lauderdale, FL October 2022 to July 2023

- Provided part-time therapy to adults and children who are experiencing anxiety, grief and/or loss using evidence-based practices to achieve individualized goals

ABLE TO DREAM INC. - Fort Lauderdale, FL May 2022 to July 2023

- Provided part-time therapy to adults with developmental and/or intellectual disabilities using evidence-based practices to achieve the best possible outcome

PROFESSIONAL EXPERIENCE

- CENTERS PLAN FOR HEALTHY LIVING** - Margate, FL October 2021 to March 2023
- Provided Transition of Care Specialist/Social Worker duties for Managed Long-Term Care Insurance Plan for patients' transition from a New York hospital to the next level of care in coordination with the patient and their family

EDUCATION

Master in Social Work - Children and Families Concentration with Macro Specialization in Administration and Supervision (Honors and Public Administration courses)
FLORIDA INTERNATIONAL UNIVERSITY - North Miami, FL

Bachelor of Science in Social Work
FLORIDA INTERNATIONAL UNIVERSITY - Miami, FL

CERTIFICATES AND TRAININGS

09/2024 Certificates on 28 topics (Bayside CEU.com)
06/2024 Accelerated Resolution Training (A.R.T.) (currently working on certification)
07/2023 Certificates on 7 topics (Psych/Armor)
07/2023 Certificate on HIPAA Training (DCF Education & Training)
07/2023 Certificate on Security Awareness Basics (DCF Education & Training)
06/2023 Accessing Medical Care with Telehealth Certificate (CE Broker)
06/2023 Telehealth for Healthcare Providers (Alison)
01/2023 EMDR training with EMDRIA (currently working on certification)
04/2023 CPR/AED (National CPR Foundation) (expires 05/2025)
11/2022 Youth Mental Health First Aid Certificate
09/2022 CPT Certificate of Completion
09/2022 TF-CBT Certificate of Completion

BUSINESS EXPERIENCE

- SONN & MITTELMAN P.A.** - Aventura, FL August 2020 to October 2021
- Served as paralegal/assistant to support residential and commercial real estate sole practitioner attorney

- AKERMAN LLP**, Miami, FL June 2010 to May 2020
- Provided telephone coverage for national help desk
 - Performed as Word Processor by prioritizing and handling heavy emails, deciphered very difficult handwriting and making welcome corrections to attorney work product
 - Revised/input corporate documents, including SEC filings, Wills, Trusts, et cetera using Microsoft Suite (Microsoft Word with numerous tables, automatic numbering, PowerPoint, Excel, Publisher and Outlook) Visio, Nuance, Adobe Pro, WordPerfect and other software
 - Served as United Way's Employee Campaign Manager, Blood Drive Coordinator for One Blood, trainer/Legal Secretary and United Community Options (formerly United Cerebral Palsy) Fundraiser Campaign Coordinator | wrote technical training manual materials | organized numerous other fundraising events

COMMUNITY SERVICE

UNITED COMMUNITY OPTIONS - Miami, FL
(formerly United Cerebral Palsy of South FL)

June 2003 to present

- Served as Board Member by attending board meetings, responding to emails and garnering needed support

AYUDA INC. – Miami Beach, FL

December 2012 to January 2023

(Adults & Youth with Unmet needs Deserve Attention)

- Served as Board Member by attending monthly board meetings to support the agency to receive needed support

TEEN JOB CORPS - Miami Beach, FL

February 2013 to June 2018

- Served as Board Member to assist with children in the Miami Beach area

COURT APPOINTED SPECIAL ADVOCATES - Miami, FL

July 2014 to January 2017

- Served as Guardian Ad Litem to represent the best interests of children in court proceedings

LINK

tpsw.org

ADDITIONAL EXPERIENCE

MIAMI BEACH SENIOR HIGH SCHOOL, Miami Beach, FL - Health & Wellness Coordinator/Writer for bi-monthly column of PTSA e-newsletter

MIAMI BEACH SENIOR HIGH SCHOOL, Miami Beach, FL - Member on Educational Excellence School Advisory Council

CATALYST MIAMI, Miami, FL - Volunteered to assist with implementing prevention programs and general volunteer activities

PHYLLIS RUTH MILLER ELEMENTARY SCHOOL, Miami, FL - Member of Educational Excellence School Advisory Council

YOUNG WOMEN'S PREPARATORY ACADEMY, Miami, FL - Correspondence Secretary

PHYLLIS RUTH MILLER ELEMENTARY SCHOOL, Miami, FL - Chair of Educational Excellence School Advisory Council and President of the Parent Teacher Student Association

PHYLLIS RUTH MILLER ELEMENTARY SCHOOL, Miami, FL - Member on Educational Excellence School Advisory Council

MIAMI-DADE COUNTY PUBLIC SCHOOLS, Miami, FL - Committee member in the Region IV Assistant Principal of the Year Award

DADE COUNTY PUBLIC SCHOOLS, Miami, FL - Part-time facilitator for P.R.O.U.D. (Peacefully Resolving Our Unsettled Differences) Parent Project teaching conflict resolution skills to parents

AKERMAN LLP - Assisted with founding, setting up and administering branch office of Orlando-based law firm which started with only two employees and grew from a Florida-only law firm to a national law firm with approximately 1,200 employees

SELECTED DISTINCTIONS

United Community Options - Award in recognition of 15 years of service as a Board Member
Catalyst Miami - Award stating, "We cannot thank you enough for your compassionate collaboration with the Catalyst Miami Admin team. With your excellent ideas, support, effort and passion combined with generous time and flexibility, we have been able to take several projects to a new level of effectiveness and professionalism. Your knowledge, experience and outstanding talent are awesome."

Phyllis Ruth Miller Elementary School - Parent Teacher Student Association Certificate of Appreciation for creative vision, development, dedication and support