

CARRIE LUX CATTALO

carrie.cattalo@gmail.com | 443-468-5604



Professional Summary

Dedicated Mental Health Counseling Intern and Certified Human Sexuality Coach delivering trauma-informed, client-centered care across diverse populations. Skilled in adult and child therapy, with strengths in anxiety management, restructuring maladaptive cognitions, emotional regulation, behavioral interventions, and trauma recovery. Known for fostering safety, dignity, and empowerment in therapeutic relationships.

Work Experience

Mental Health Counseling Intern

Pennsylvania Comprehensive Behavioral Health

May 2025 – Present

- Provide individual counseling using integrative, trauma-informed approaches that center client agency and relational healing.
- Develop treatment plans and documentation that translate complex emotional and behavioral data into clear, actionable goals.

Chief Financial Officer

Mindful Healthcare Services, LLC

September 2025 to Present

- Manage and analyze financial and payroll records to ensure compliance with state and federal healthcare regulations.

Sr. Mortgage Loan Officer

Union Home Mortgage

March 2023 to January 2025

- Spearheaded virtual collaboration efforts within Central Pennsylvania, utilizing digital tools to train team members and enhance communication.

Sr. Mortgage Loan Officer

NVR, Inc

August 2017 to February 2023

- Developed and delivered “Mastering Non-Verbal Communication,” applying research and expertise in psychology to sales coach teams across multiple states.

Chief Medical Operations Officer

The Baltimore Center - GBMC

November 2009 to July 2017

- Collaborated across interdisciplinary teams to optimize healthcare delivery, developed strategies for problem-solving and crisis management

Teacher and Behavior Intervention Assistant

Collington School District, Baltimore, MD

August 2007 to October 2009

- Algebra instructor, behavioral management specialist, and skill development expert for children and adolescents, identifying social, developmental, and behavioral issues that impact academic performance.

Victim Assistance Advocate and Psychological Researcher Intern

Athens County, Ohio Courthouse, Athens, OH

September 2003 to May 2004

- Provided court advocacy to child and adult crime victims, conducted comprehensive needs assessments, and developed targeted action plans, utilizing thorough analysis to create client-centered strategies.
-

Education

Master of Science (M.S.) in Clinical Mental Health Counseling

Grand Canyon University

September 2023 to March 2025

- GPA 4.0
- Honors: Alpha Chi National College Honor Society, January 2025

Bachelor's in Criminal Psychology

Ohio University-Main Campus College of Arts and Sciences

June 2000 to May 2004

Skills

- Certified Sexologist (A.B.S.), with specialized training in human sexuality, unique relational dynamics, and behavioral health.
- Author, currently developing *Estrangement: Mourning the Loss of the Living*, and creator of *Mastering Non-Verbal Communication*, a training program designed to help East Coast sales teams enhance client relationships through improved non-verbal attunement.
- Strong verbal and written communication skills, with a proven ability to deliver engaging presentations and translate complex concepts into accessible, actionable language.
- Deep understanding of psychology and behavioral analysis, with insight into emotional, relational, and systemic patterns.
- Detail-oriented and ethically grounded, with a keen ability to identify inconsistencies and uphold narrative and clinical integrity.

Memberships – American Psychological Association and American Counseling Association

References available upon request