

Anna Cross, LPC

Houston, TX

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Clinical Experience

Private Practice: Anna Cross, LPC, PLLC

June 2012 - present

- Administer cognitive assessments and psychological questionnaires to assist with DSM V mental disorder diagnosis and to identify areas of mental health concerns.
- Counsel up to 24 patients weekly with issues such as but not limited to anxiety disorder, depressive disorder, trauma/post-traumatic stress disorder, grief, obsessive compulsive disorder, and adjustment issues.
- Employ up to 3 therapists and supervise therapist patient care, contact with multidisciplinary team, compliance with state licensing standards of practice, and maintenance of accurate records completed in a timely manner.
- Attend court cases as a fact and expert witness.
- Plan and administer therapeutic treatment and behavior modification to adult patients via EMDR, ERP, CBT, and Mindfulness.
- Establish achievable mental health goals and teach coping strategies and self-care.
- Correspond and establish relationships with professionals and other members of multidisciplinary team to assist with patient care.
- Maintain accurate records and charting of patient medical records. Ensure that client documentation is completed in a timely manner.
- Develop discharge plans to assist patients' maintenance for after care.
- Provide referrals and resources that is beneficial to improving patients' level of functioning.
- Provide cost estimation of patient treatment and manage in-network and out of network provider payment and accounting.

Contract Therapist: Health Partners Group, Kingwood TX

October 2005 - June 2012

- Administered and completed reports for psychological evaluations, neuropsychological evaluations, learning disability evaluations, and attention deficit hyperactivity for adults and children.
- Counseling up to 40 patients weekly with issues such as but not limited to anxiety disorder, depressive disorder, trauma/post-traumatic stress disorder, grief, obsessive compulsive disorder, and adjustment issues.
- Attended court cases as a fact witness.
- Planned and administered therapeutic treatment and behavior modification to adult and children via play therapy, CBT, and Mindfulness.
- Developed discharge plans to assist patients' maintenance for after care.
- Maintained accurate records and charting of client files. Ensured that client documentation is completed in a timely manner.
- Corresponded and established relationships with professionals and other members of multidisciplinary team to assist with patient care.
- Provided referrals and resources that was beneficial to improving patients' level of functioning.

Contract Therapist: Kingwood Pines Hospital, Kingwood TX

October 2005 - August 2006

- Performed psychosocial assessments, symptoms monitoring, case management and discharge planning.
- Conducted process groups, cognitive groups, family discharge planning, daily living skills groups, and individual therapy.
- Provided referrals and resources that was beneficial to improving patients' level of functioning.
- Informed psychiatrists of patient progress and collaborated on treatment plan.
- Responsible for development and implementation of treatment plans for children, adolescents and adults admitted to in-patient treatment.

Program Director: Continuum Healthcare, Houston, TX

February 2005 - October 2005

- Responsible for planning and implementation of therapeutic interventions, intake assessments, casework, case coordination, patient discharge recommendations and case management for an adult partial hospital program.
- Lead a multi-disciplinary team of 16 with a combined caseload of 120 patients.
- Provided overall direction for individual, family and group therapy, monitoring counseling program progress and overall supervision of operations, staff and budgetary requirements.

Program Therapist: Psychiatric Family Services, Houston TX

September 2003 - September 2005

- Responsible for development and implementation of treatment plans for individuals admitted to in-patient treatment.
- Performed psychosocial assessments, symptoms monitoring, case management, discharge planning and telephone assessments for appropriateness to in-patient and outpatient programs.
- Conducted process groups, discharge planning groups, cognitive behavioral groups, relaxation groups, adult daily living skill groups and individual therapy.

Program Therapist: Inner Wisdom, Houston TX

January 2003 - September 2003

- Responsible for development and implementation of treatment plans for adults admitted to a partial hospital program.
- Performed psychosocial assessments, symptoms monitoring, case management, discharge planning and telephone assessments for appropriateness to in-patient and outpatient programs
- Conducted a variety therapy groups and individual therapy.

Case Manager Supervisor: The Bair Foundation, Houston TX

December 2001 - December 2002

- Responsible for casework, case coordination, chart maintenance, development and implementation of service plans for children in foster care.
- Facilitated direct clinical services to consumers and their families via scheduled appointments, telephone interactions and crisis calls.
- Assessed client needs and made referrals to intra-agency services and other public health providers and services where warranted.

Intake Support Worker: The Bair Foundation, Houston TX

November 2000 - December 2001

- Responsible for intake calls for foster care placement and assessing appropriate foster home placement.
- Coordinated and conducted pre-placement visits and placements for foster children.

Group Facilitator: Bo's Place

December 1997 - May 2004

- Facilitated grief and trauma support groups for children, adolescents and adults.
- Assisted with grief/trauma training for group facilitators and Houston Crisis Hotline.

Education

University of St. Thomas, Masters of Education - Counselor Education

June 2002

University of Texas at Austin, Bachelors of Arts - Psychology

August 1996

Additional Training

International Trauma Training Institute/Clinical Trauma Professional – Intensive training: History and Evolution of Traumatic Stress, Grief and Loss, 10 Core Competencies of Trauma, PTSD, Grief and Loss, Assessment of Traumatic Stress Disorders, Evidence-Based Trauma Treatments and Interventions, Treatment Interventions, More Effective Treatment Interventions, Desensitization, Integration and Closure, Theories of Traumatic Stress, Loss and Grief and Disorders.

EMDR Trained – Completed EMDRIA Approved EMDR Basic Training to provide clinicians with knowledge and skills to utilize EMDR therapy, a comprehensive understanding of case conceptualization and treatment planning, and the ability to integrate EMDR therapy in clinical practice.

Behavioral Therapy Training Institute- Intensive training course in exposure and response prevention therapy (ERP), a form of cognitive behavioral therapy (CBT), for mental health professionals who are treating individuals with obsessive compulsive disorder (OCD) and related disorders.

Gottman Method Couples Therapy - Level 1- Researched based assessments and effective interventions to assist couples manage conflict, deepen friendship and intimacy, and share their life purpose and dreams.

Licensure

Texas State Board of Examiners of Professional Counselors - License #: 19175

New Mexico Counseling and Therapy Practice Board – License #: CCMH0217061