

Tara L. Chase

Behavioral Health

Surprise, AZ 85379

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Professional Summary

I am a Licensed Professional Counselor (LPC) and Supervisor, looking for a position in the educational/behavioral health and/or medical field. I am extremely competent, very determined, and extremely computer savvy. I learn quickly and exceed standards and expectations. I am a team player, loyal, and work well under pressure. I am interested in a long-term commitment to a company where I can grow and become an invaluable team member.

I am a current doctoral student and student teacher. Thank you for reviewing my resume, I look forward to speaking with you soon.

Sincerely, Tara Chase

Authorized to work in the US for any employer

Work Experience

Licensed Therapist in Arizona (LPC)

Genesis Counseling and Well Therapy PLLC-Mesa, AZ

January 2024 to Present

Provide individual therapy sessions to clients, utilizing evidence-based therapeutic techniques and interventions. Conduct comprehensive assessments to evaluate clients' mental health needs and develop personalized treatment plans. Facilitate group therapy sessions focused on specific topics such as anxiety management, stress reduction, and interpersonal skills development. Collaborate with a multidisciplinary team of healthcare professionals to coordinate client care and ensure a holistic treatment approach. Maintain accurate and confidential client records in compliance with legal and ethical standards.

Utilize a multitude of behavioral therapy techniques (including EMDR, IFS, DBT, Solution Focused) to help clients identify negative thought patterns and develop healthier coping strategies. Assess crisis situations promptly and implement appropriate interventions to ensure the safety of clients. Provide psychoeducation to individuals and their families regarding mental health conditions, treatment options, and community resources. Implement trauma-informed care practices when working with clients who have experienced significant life events or traumas.

Collaborate with psychiatrists in medication management for clients requiring pharmacological intervention alongside therapy. Support clients in developing effective communication skills, conflict-resolution strategies, and emotional regulation techniques. Participate in ongoing professional development activities to stay updated on the latest research findings and therapeutic approaches.

Conduct regular outcome evaluations to assess the effectiveness of therapy interventions on client progress toward goals. Work closely with insurance companies, schools, probation, courts, reunification, and safe harbor to obtain services while adhering to the necessary guidelines. Develop specialized treatment plans for children and adults diagnosed with behavioral disorders such as ADHD, ODD, OCD, neurodivergent, and learning disorders.

Conduct individualized, couples, family, and high-profile therapy sessions both in-person and virtual. Develop treatment plans for clients with co-occurring disorders (e.g., substance use disorder and depression). Incorporate art, sand, and play therapy techniques into sessions to promote self-expression and facilitate emotional healing.

Instructional Assistant

Grand Canyon University-Phoenix, AZ

April 2023 to Present

Provided individualized support to students with special needs, ensuring their inclusion and participation in classroom activities. Managed classroom behavior by implementing positive reinforcement strategies and maintaining a safe and respectful learning environment.. Collaborated with other assistant teachers to develop engaging educational materials and resources

Supported lead teacher in assessing student progress through observation, testing, and evaluation of assignments. Facilitated small group activities to reinforce lesson concepts and promote active student engagement

Maintained accurate records of attendance, grades, assignments completed, and other relevant student information. Created a positive learning environment by fostering open communication among students

Licensed Counselor (LAC) Department Manager

Sycamore Integrated Health/ Foothills Psychiatric Services-Mesa, AZ

November 2022 to July 2024

Head of the therapeutic department/ intensive outpatient program. Both in-person and telehealth services. Intake, evaluation, diagnoses, treatment planning, counseling, progress notes, and discharges, including higher LOC requirements. Work directly with mental health issues and co-occurring illnesses. Certified in multiple modalities, courses in IFS, and EMDR. Provide personalized therapy for individuals, couples, and families. Oversee and train all staff counselors and interns. Review counseling department for E&O. Improve department through new therapeutic classes and PR relationships. Work directly with governmental agencies to provide exceptional LOC. Help morale and compliance through clinic staff meetings. Mediator for neutral communication channels, and reunification. Project manager for program growth.

ON-SITE COUNSELOR

HOUSE OF GRACE and ACU-Phoenix, AZ

October 2021 to March 2023

On-site counseling internship that became full-time employment. providing individuals, couples, families, and groups with mental health support in the IOP program. Performed therapeutic intake, assessments, treatment plans, and therapy to teach coping skills and tools needed for mental health and co-occurring conditions. Oversaw day-to-day program needs, public relations, technical needs, and more. Managed program and staff when owners were not present.

Left position due to site closure.

COUNSELOR/INTERN (ACU) ARIZONA CHRISTIAN UNIVERSITY -

On-site therapist/counselor to students and staff attending/working at the university. Masters program internship. Teach and conduct group sessions in student transitions to college, depression, anxiety, anger management, suicide prevention, and grief.

TEACHER / EDUCATOR

OUTSCHOOL INC.-Surprise, AZ

June 2018 to April 2022

Teacher: K-12 grade. Subjects: Psychology, Behaviorism, Adaption Management (Home and School), Anger Issues and Resolve, ADD/HD, Autism, Art, Technology, Science, Family and Consumer Sciences, Loving Me (Just the Way I Am) LGBTQ. Mainstream and 504 and IEP standards and regulations. Classroom: Online, Adaptive, Tutoring, and 1v1. Personalized programs for students with developmental, physical or psychosocial illness.

HAWO AMERICAN ACADEMY - China June 2018 - April 2022

Educator Adult, Business Students, Children, & Special Needs Online & Classroom Based. Experience with all ages, class styles, and diverse groups. One-to-one and group classes. Peer interaction and cross-cultural engagement. IEP and special needs one-to-one. Write, edit, and review lesson plans, online applications, and educational material for ESL learners. Critical thinking, problem-solving, and analytical skills. Adept in all areas of science, math, English/reading, history, health, and psychology. Evaluate, score, and assess students' academic progress and performance. Develop, edit, and enhance the curriculum for multiple developmental platforms. (Worked as a teacher/educator for 20+ years, both

volunteer and paid, incl. homeschool teacher (k-12), paraprofessional (Special Needs), and college (TA aid)

SURGICAL TECHNICIAN/NURSE

SUTTER DAVIS HOSPITAL, CA

2011 to 2015

Surgical assistant in the operating room. Assist all surgeons and head nurse, assisting doctors and anesthesiologists. Surgical retraction, manipulation, camera management, surgical instrument management, wound and amputation management, and sponge safety counts. Direct handling of laboratory specimen and medication. Sterility and processing of medical equipment, prosthetic devices, and medical supplies.

Patient Care. Clean, shave and disinfect patients. Monitor patients' vital signs, with bed checks (30-bed unit). Perform chart checks, wound care, dressing and management. Safety checks, and basic needs of operating room and patients. Medication management. Admitting procedures, scheduling procedures, and discharge. Various additional equipment and device knowledge and abilities.

AGENT/ BRANCH MANAGER

ALLSTATE INSURANCE COMPANY, CA

1994 to 2010

Supervisor of Operations Branch Manager Licensed Agent

Property, casualty, business, life, and annuities. Manage the sales team and team environment. Conduct staff meeting, sales meetings, and management meetings. Write, edit, and review insurance policies. Process sales and claims, data reports, risk analysis, policy, and procedures. Modify budgets and perform loss prevention. Claims management and support.

Top sales producer 10 years running - Top 6% in District [2002-2010].

Education

Clinical Mental Health, Education and Supervision (Doctoral degree)

Grand Canyon University-Phoenix, AZ

Present

Clinical Mental Health Psychology (MASTER OF SCIENCE DEGREE)

GRAND CANYON UNIVERSITY-Phoenix, AZ

January 2019 to September 2022

Psychology (BACHELOR OF APPLIED SCIENCE)

NORTHERN ARIZONA UNIVERSITY-Flagstaff, AZ

September 2015 to December 2018

Master's degree in counseling

Master's in Mental Health Counseling

Master of Science

Clinical Mental Health Counselling (Master's degree)

Medical Division (ASSOCIATE DEGREE)

CARRINGTON COLLEGE

Skills

- Research
- Insurance Sales
- Mentor
- English
- Experience with individuals with co-occurring disorders
- Public Speaking
- Addiction counseling
- Group therapy
- Private practice
- Blackboard
- Motivational interviewing
- Cognitive processing therapy
- Person-Centered Therapy
- Communication skills
- Family systems therapy
- Psychodynamic therapy
- Adolescents
- Working with people with disabilities
- Meeting Facilitation
- Account Management
- Documentation review
- Self-starter
- Behavioral therapy
- Medicare
- Bank Secrecy Act
- Crisis Intervention
- Teaching
- Mental health counseling
- Risk management
- Classroom management
- Clinical counseling
- Grief counseling
- Trauma response
- Time management
- LGBTQIA+ counseling
- Lesson planning
- Managing mental health clients - Largest number of mental health clients managed simultaneously (More than 40 clients)
- Working with young adults

- Older adults
- Psychological testing
- Telehealth therapy
- Working with patients from diverse cultural backgrounds
- School experience
- Behavioral Health
- Cognitive Behavioral Therapy
- Work/Teach IEP and 504
- Art therapy
- Risk Analysis
- Family therapy
- Conflict resolution in therapy
- De-escalation techniques
- Program Development
- Experience with children
- Social Work
- Behavior Management
- Narrative therapy
- Administrative Experience
- Solution-focused brief therapy (SFBT)
- Practicing as a mental health professional - Experience as a mental health professional (6-10 years)
- EMDR
- Clinical Counseling
- Child & Family Counseling
- Trauma-focused therapy
- Special Education
- Client assessment in therapy
- Working with LGBTQ+ individuals
- Treatment planning
- Primavera
- Conflict management
- Microsoft Word
- Hospital Experience
- Home health
- Quantitative research
- Quality assurance
- Goal setting in therapy
- Applied Behavior Analysis
- Working with adult populations
- Evidence-based practice

- Working with the veteran population
- Working with neurodivergent individuals
- Clinical documentation standards
- Group facilitation in therapy
- Crisis intervention counseling
- Working with children
- Psychotherapy
- Couples therapy
- LMS
- Humanistic therapy
- Mindfulness
- Clinical ethical guidelines
- Telehealth
- Internal audits
- Play therapy
- Healthcare
- Regulatory reporting
- Case Management
- Management
- Autism Experience
- Social work
- Classroom experience
- Presentation Skills
- Individual therapy
- Acceptance & commitment therapy
- Crisis management

Certifications and Licenses

CST Certified Surgical Technologist

CPR/AED, Level 1 Fingerprint Clearance

Teaching Certification (TSOL)

Independent , Licenced Professional Counselor (LPC)

November 2022 to December 2027

Independent Licence

Licensed Professional Counselor (LPC)

Mental Health Therapist

Certified Cognitive-Behavioral Therapist (CCBT)

NCC

Solution-Focused Brief Therapy Certification

Mindfulness-Based Stress Reduction (MBSR) Certification

EMDR Certification

LPC

First Aid Certification

LIMHP

BLS Certification

CPR Certification

ACLS Certification

QMHP Certification

Fingerprint Clearance Level 1

CPR

Additional Information

SKILLS AND QUALIFICATIONS

- Expert Communication - Verbal and Written with Strong Analytical/Critical Thinking Skills
- Interpersonal Relations, Psychological Development, and Behaviors
- Highly Adept with Technology and Online Platforms
- Detailed Oriented, Self-Starter, Flexible Organized, Team-Player
- Experience leading/supervising large scale projects and teams
- Dynamic and Engaging Teaching Strategies and Techniques
- Advanced work with Learning Disabilities. IEP, 504, and Exceptional Students
- Able to adapt easily in changing, fast-paced, demanding environments
- Diligence, project-specific focus, and research competency
- 20 + years of Curriculum and Teaching knowledge
- Crisis Management (Teen-Adult) Specialist
- Suicide Prevention Specialist
- Substance Abuse and Addiction High-Risk and Rehab Specialist

VOLUNTEER EFFORTS

With my long-term commitment to education and my knowledge in the field of healthcare and psychology, I have utilized my talents as a volunteer and advocate for children, adults, and the elderly. Over my time as a volunteer, I have had the ability to collaborate with individuals who struggle with socio-economic downfalls, disabilities, and substance and process addictions. Volunteering with The

Trevor Project, St. Marcs, Salvation Army and Habitat for Humanity has been an amazing growth opportunity for me and a wonderful way to help people in the community. As a health professional, educator, mentor, and friend, my hope is that all individuals in need in the community can receive the help they need and find the empathy and love they deserve.