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**EDUCATION**

- |       |              |   |
|-------|--------------|---|
| Ph.D. | August, 2011 | <b>Northern Arizona University</b><br>Counseling Psychology<br><br><i>Dissertation Research: Family of Origin Factors and<br/>Personal Resilience: Effects on Attitudes Toward Romantic<br/>Relationships of College Students</i> |
| M.A.  | May, 2008    | <b>Northern Arizona University</b><br>Counseling<br>CACREP Accredited Program   |
| B.S.  | May, 2005    | <b>Northern Arizona University</b><br>Psychology  |
| B.S.  | May, 2005    | <b>Northern Arizona University</b><br>Sociology   |

**Professional Credentials**

**National Certified Counselor-** NCC-240264  
**Idaho Licensed Professional Counselor-** LPC-4705  
**Idaho Service Extender-** SE-202595

**Professional Affiliation**

**American Psychological Association-** 2008 – present  
**American Counseling Association-** 2008 – present  
**Idaho Psychological Association-** 2011 – present  
**Idaho Mental Health Counselors Association-** 2012 – present

## **Professional Experience**

### **Doctoral Level Therapist/Service Extender, Treasure Valley Psychological Services, Boise, ID**

August 2011 – present

Therapist and service extender in a private practice setting. Therapy provided to a variety of populations including children, adolescents, teenagers, families, couples, and adults.

### **Doctoral Resident, Southwest Behavioral Health, Phoenix, AZ**

APPIC affiliated pre-doctoral internship program

August 2010 – August 2011

Pre-doctoral internship in conjunction with NAU's PhD in Counseling Psychology program. Internship responsibilities included providing individual, group, and recreational therapy to severely mentally ill consumers in five different residential programs. Activities also included creating and planning daily therapeutic programming for residential sites.

### **Graduate Research Assistant, Northern Arizona University, Flagstaff, AZ**

January 2009 – May 2009

Graduate Assistant to Dr. Thomas DeStefano for a research project studying Chinese 1-2-1 Program students, evaluating the program, and examining Chinese student adjustment to American colleges. Responsibilities included participant recruitment and development, joining and facilitating focus groups with both students and faculty, interviewing Chinese and American students, transcribing participant interactions, etc.

### **Child and Family Therapist, Touchstone Behavioral Health, Phoenix, AZ**

January 2008 – June 2008

Masters level internship in conjunction with NAU Counseling MA program. Experience was gained as a child and family therapist working with children ages 5-17 and their families. Internship included such activities as providing individual counseling, family counseling, and leading bi-weekly therapeutic groups for 20-35 children and adolescents in a partial-care therapeutic program.

**Mental Health Technician, Flagstaff Medical Center, Flagstaff, AZ**

April 2007-December 2007

Experience was gained working with adults and adolescents in the behavioral health unit. Duties included providing support for clients; facilitating groups and recreational activities, and assisting with activities of daily living. Client concerns and diagnoses included, but were not limited to: substance abuse, psychotic disorders, mood disorders, eating disorders, personality disorders, and suicidality.

**Behavioral Health Specialist, The Guidance Center, Flagstaff, AZ**

Adolescent Residential Treatment Center

April 2006-April 2007

Client population of 12-17 year old adolescents with co-occurring diagnosis of substance abuse and other Axis-I disorders. Facilitated groups and assets-based activities, implemented behavior management, and assisted in activities of daily living. Duties also included planning, implementing, and providing transport for client recreational activities.

**Undergraduate Intern, The Guidance Center, Flagstaff, AZ**

January 2005- May 2005

Fieldwork experience in conjunction with PSY 408 supervision. Experience was gained in Child and Family Services, Psychiatric Acute Care Unit, and Adolescent Resident Treatment Center.

**Special Skills**

**Behavioral Health Experience**

- Familiarity and proficiency with several therapeutic techniques and theoretical orientations including, but not limited to: cognitive-behavioral therapy; solution-focused therapy; client-centered therapy; client-directed, outcome informed therapy; rational emotive behavior therapy; family systems theory; etc.
- Experience gained in working with both adult and adolescent clients with varying concerns including severe mental illness, substance abuse, suicidal ideation, relationship/family issues, personality disorders, abuse, autistic spectrum disorders, court-ordered treatment, behavior concerns, general mental health, etc. through work in inpatient, residential, and outpatient settings
- Proficiency in record-keeping and filing including progress notes, case and staffing notes, treatment plans, chart filing and audit, incident reports, psychological reports, outcome rating scales, and session rating scales

- Individual and group supervision practice gained through supervisee role in several educational and professional settings. Experience gained through supervisor role in doctoral supervision course. This course included supervising master's level practicum students.
- Familiarity with psychiatric medication used in mental health facilities, and proficiency with DSM-IV diagnoses
- Experience gained in administering, scoring, and interpreting several psychological, personality, and cognitive tests such as, but not limited to: mental status examinations, the MMPI-2, MCMI, MACI, NEO PI-R, CPI, TAT, BDI, BAI, STAI, RISB, WISC-IV, WAIS-III, WAIS-IV, DAS-II, KABC-II, DRS, the RELATE, etc.
- Proficiency in coordinating and implementing therapeutic and psycho-educational groups, individual therapy, couples therapy, recreational therapy, and family therapy

### **Professional Development**

#### **Completed professional workshops**

- Reality Therapy, August 2007
- Treatment planning and Case Conceptualization, February 2008
- Motivational Interviewing, February 2010
- Brief Therapy, March 2011
- Client Directed Outcome Informed therapy, March 2011