

Relevant Work Experience:

Licensed Clinical Social Worker - Private Practice

2009 - present

- Provide assessments, psychosocial evaluation, consultation, diagnosis, psycho-education and applied evidence based treatment for adolescents, couples, families and individuals both military and non-military families.
- Provide strengths based individual, group and family clinical assessment, diagnostic and customized treatment for clients in and around Metro Denver.
- Extensive experience in PTSD and the effects on families as well as, crisis oriented emergency care for families.
- Holistic approach to women's and adolescent physical and mental health concerns such as body dysmorphia, eating disorders and addictions.
- Extensive work in Dialectical Behavioral Therapy, skills groups and mindfulness practices.
- Assist clients through stages of grief and loss associated with relationship or personal losses.
- Provide spiritual direction and discernment.

Mental Health Clinician

Independence House

2010 - present

- Provide assessments, psychosocial evaluation, diagnosis, psycho-education, applied evidence based treatment and substance abuse counseling for pre-trial and post incarceration men and women and their families with co-occurring substance and mental health diagnosis.
- Approved Treatment Provider (ATP) for the CO DOC to provide Anger Management, Adult General Offenders Groups, and Adult Substance Abuse Treatment Services.

President / CEO Project Lumina

2010 – present

- Created a non-profit organization focused on providing a unique and challenging opportunity for teens and women through the art of travel, surfing adventures and service.
- Developed 10 – 14 day surf and service work trip to San Juan Del Sur, Nicaragua.
- Created a dynamic curriculum designed to address three different aspects of positive growth, development, and self-mastery. Our touch-points will be; Overcoming Obstacles, Literacy and the Power of Words, and Building Community and Culture.
- Established working partnerships with other service and adventure organizations locally in Colorado and abroad in Nicaragua.
- Created fun and unique fund raising opportunities that incorporates the participants and organizations involved in project throughout the year leading up to the trips during the summer months.

Crisis Clinician

Metro Crisis Services

2010

- Provide telephonic crisis intervention.

Clinical Case Manager

2008 - 2010

Colorado Coalition for the Homeless

- Provide strengths based, solution assessment, diagnostic, and treatment for homeless families placed in two-year transition housing program. Key issues and focus of treatment: crisis oriented emergency care, domestic violence, PTSD, trauma, co-morbid diagnosis, personality disorders, improving self care and life skills
- Conduct initial intake assessment, diagnostic, treatment plan and placement selection for client into needed services.
- Trained in Government and Federal homeless tracking data base (HMIS) also welfare and social service database services and connections (CCAR) as well as, internal homeless services tracking database (VISION).
- Provide outpatient psychotherapy as well as in-home treatment and therapy.
- Provide psycho-education and outreach to homeless veterans and their families.
- Create connection to services for clients through referral, outreach and community organizing.
- Advocate for Denver Public Schools homeless program and clients of the Coalition, involved with all aspects of child welfare and development for children K-12.

- Crisis Intervention Counselor for Odyssey Charter School** **2007- 2008**
- Contracted to provide individual, group and family crisis intervention counseling around the issue of relational aggression (bullying) and emotional safety for young girls in grade school.
 - Develop best practices model, procedures and curriculum for teachers and staff to follow for future crises in and out of the classroom.

- Long Range Planning Assistant – All Families Deserve a Chance (AFDC) Coalition** **2005**
- Worked in conjunction with the Colorado Resource Center to facilitate a focus group on long range plans and changes for the AFDC Coalition.
 - Researched best practices for fundraising, membership and outreach of similarly organized social policy coalitions throughout the US.
 - Participated in the creation of a new mission and vision statement, new goals and focus of organization.

Internships:

- United States Department of Veterans Affairs - Denver Vet Center (DVC)** **2006 - 2007**
Graduate School of Social Work Internship
- Provided individual, couple and family evaluation and treatment as a readjustment counselor for the Readjustment Counseling Service Vet Center.
 - Co-facilitated group therapy focused on: Vietnam, Korean, WWII veterans dealing with delayed onset PTSD; Women veterans who have experienced military sexual trauma; Support group for spouses of veterans dealing with PTSD.
 - Conducted in-take, psychosocial assessment, crisis intervention and treatment plan for clients.
 - Trained in Clinician Administered PTSD Scale (CAPS), PCL-M, Mississippi Scale for Combat Related PTSD, Dialectical Behavioral Therapy, Suicide Prevention and Research, Dissociative Identity Disorder, Combat PTSD, Cognitive Behavioral Therapy and Solution Focused Therapy. In addition, provided therapeutic intervention programs in stress management; relaxation training; positive personal growth.
 - Presented cases in weekly medical evaluation meetings with resident Psychiatrist.
 - Made referrals to external mental health and substance abuse programs as needed to meet the needs of each individual client.

- Project WISE: Women’s Initiative for Service and Empowerment (PW)** **2005 - 2006**
Graduate School of Social Work Internship
- Provided individual therapy for mandated client as part of PW and the Center for Work Education and Employment (CWEE) counseling program.
 - Community representative for policy, budgetary and political organization meetings throughout Metro Denver area with a focus on social policy for low income women and children.
 - Researched and campaigned to successfully pass Senate Bill 134 in the 2006 legislative year.
 - Created and facilitated group therapy curriculum for women focused on “Healthy Relationships”.
 - Mentored PW clients by providing life skills help, strengths based counseling and friendship.
 - Created and distributed monthly newsletter and raised \$20,000 free marketing for PW.

- Regional AIDS Interfaith Network** **2004 - 2005**
Iliff School of Theology Internship
- Offered strengths based Pastoral Care for housebound participants living with HIV and AIDS.
 - Counseled on spiritual issues concerning end of life and suicide prevention.
 - Provided practical life skills training, medical management and transportation assistance.
 - Asked back by family to co-conduct funeral and provide support services for the family of a client who lost his struggle with AIDS in 2007.

Credentials / Education:

Licensed Clinical Social Worker #1523	2010
Licensed Social Worker #427	2008
Master of Specialized Ministry (MASM) - Peace and Social Justice, Iliff School of Theology	2008
Master of Social Work (MSW) - Clinical Family Systems Concentration, University of Denver, Graduate School of Social Work	2007
Bachelor of Arts (BA) Psychology, California State University, Fullerton	1994
Associate of Arts (AA) Sociology, Orange Coast College, Costa Mesa, California	1992

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Volunteer / Community Involvement/ Professional Affiliations:

Member of: NASW, Colorado Society for Clinical Social Work, Metro Denver Interdisciplinary Committee, American Psychotherapy Association

The Odyssey School, Denver

2004 - present

- Participate in literacy program as a reading/ writing mentor on a weekly basis. Provide reading, writing and appreciation of and for poetry for small group of girls in 7th grade.
- Lead group of middle school students in Service Learning project focused on Teen Suicide sponsored by Earth Force.

Montview Boulevard Presbyterian Church

2007 - 2010

- Ordained Church Elder and active member of church and Presbytery Session

American Cancer Society; Look Good... Feel Better at Rose Medical Center

2010 - present

- Volunteer make-up artist for Look Good...Feel Better is a free, non-medical, brand-neutral, national public service program created to help individuals with cancer look good, improve their self-esteem, and manage their treatment and recovery with greater confidence.