**Summary**

Highly accomplished and compassionate Licensed Clinical Professional Counselor with a Master of Arts degree and over 10 years of extensive experience in clinical practice, program development, and leadership within diverse behavioral health settings. Proven expertise in providing evidence-based therapeutic interventions, managing multidisciplinary teams, and developing strategic programs that improve patient outcomes. Seeking a senior leadership role as a Clinical Director, Program Manager, or Lead Counselor to drive clinical excellence, mentor staff, and expand accessible mental health services.

**Education**

Governors State University, University Park, IL

**Master of Arts in Counseling**, May 2014

* **Thesis:** *The Effectiveness of Cognitive Behavioral Therapy on Reducing Symptoms of Generalized Anxiety Disorder in Young Adults.* (January 2013 - May 2014)

University of Illinois Chicago, Chicago, IL

**Bachelor of Science in Psychology**, May 2010

**Professional Experience**

**Clinical Director** | Midwest Behavioral Health Center, Chicago, IL, June 2018 – Present

* Oversaw all clinical operations and program development for a multi-site behavioral health center, managing a team of 25+ licensed counselors and social workers.
* Developed and implemented new treatment programs for co-occurring mental health and substance use disorders, resulting in a 20% increase in patient retention over two years.
* Managed a departmental budget of over $2 million and directed resource allocation to optimize service delivery and enhance program effectiveness.
* Provided weekly clinical supervision and case consultation to staff, ensuring adherence to ethical guidelines and best practices.
* Maintained a small caseload of complex clients, providing individual and group therapy using evidence-based modalities (CBT, DBT, ACT).
* Ensured program compliance with state and federal regulations and successfully led accreditation processes with the Joint Commission and CARF.

**Senior Clinical Counselor** | Family Counseling Services, Naperville, IL, January 2015 – May 2018

* Provided comprehensive mental health counseling to a diverse caseload of clients with mood, anxiety, and trauma-related disorders.
* Developed individualized treatment plans and conducted regular outcome-based assessments, achieving a 90% client goal attainment rate.
* Facilitated therapeutic groups on topics such as stress management, emotional regulation, and effective communication.
* Mentored and guided new counselors and interns on clinical documentation and professional ethics.
* Collaborated with a multidisciplinary team of psychiatrists and physicians to ensure integrated care for clients.

**Clinical Intern** | Governors State University Counseling Center, University Park, IL September 2013 – May 2014

* Provided individual and couples counseling to university students under the direct supervision of a licensed professional counselor.
* Assisted with intake assessments and crisis intervention for students experiencing acute distress.
* Maintained confidential client records and utilized an Electronic Health Record (EHR) system.

**Skills**

* **Clinical & Therapeutic Modalities:** Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Trauma-Informed Care, Motivational Interviewing, Group Therapy, Crisis Intervention.
* **Program Management:** Program Development, Budget Management, Strategic Planning, Clinical Supervision, Staff Training & Development, Quality Assurance.
* **Administrative:** Electronic Health Records Systems (e.g., Epic, TherapyNotes), Clinical Documentation, Compliance (HIPAA, Joint Commission), Intake & Assessment.
* **Leadership & Communication:** Team Leadership, Interdisciplinary Collaboration, Public Speaking, De-escalation Techniques, Empathy, Active Listening.

**Certifications & Licensure**

* **Licensed Clinical Professional Counselor (LCPC)** – Illinois (Issued: August 2017)
* **National Certified Counselor (NCC)** – NBCC (Issued: December 2016)
* **Certified Clinical Trauma Professional (CCTP)** – IATP (Issued: May 2020)
* **Certified Clinical Supervisor** (Issued: November 2021)

**Awards & Recognition**

* "Clinical Leadership Excellence Award" – Midwest Behavioral Health Center (October 2023)
* GSU Outstanding Graduate Thesis Award (May 2014)
* "Top Performer" Award – Family Counseling Services (December 2017)

**Professional Networks & Affiliations**

* American Counseling Association – Member since September 2010
* Illinois Counseling Association – Member since January 2011, Board Member (2020-2022)
* National Board for Certified Counselors – Member since 2016
* Association for Behavioral and Cognitive Therapies – Member since 2018