
EDUCATION

DePaul University, Chicago, Illinois

Master of Education in Human Services and Counseling

Graduated August 2005

Recent Graduate Coursework (2015-2016):

Psychopharmacology (*Lincoln Memorial University*)

Developmental Counseling Therapy (*University of Tennessee*)

Xavier University, Cincinnati, Ohio

Bachelor of Arts in Philosophy and English

Graduated December 2002

B.A Thesis: Purpose & Meaning in Aristotle's Nichomachean Ethics

CLINICAL COUNSELING

Self Employed Licensed Professional Counselor

(Oct. 2020-Present)

True Self Counseling of Tennessee

- Providing Individual Therapy using EFT, Solution Focused Therapy, Cognitive Behavioral Therapy
- Providing Couples Therapy using EFT
- Completing administrative tasks as needed such as billing, scheduling, etc.

Licensed Professional Counselor in Private Practice

(November 2018—November 2020)

All Ages Counseling, Knoxville, TN

- Worked with children and adults ages 3-11 and 18 and up.
- Provided parent coaching strategies using Parent-Child Interaction Therapy.
- Utilized eclectic therapy with an emphasis on Person-Centered, Solution Focused Therapy, and Cognitive Behavioral Therapy.

Childnet Masters Level Clinician

(September 2017—Oct. 2018)

Helen Ross McNabb—Child & Youth, Knoxville, TN

- Provided counseling for children ages 3-18 years
- Collaborated with parents and team members on treatment goals
- Provided parent coaching and strategies such as PCIT

Outpatient Therapist

(December 2016—July 2017)

Health Connect America, Knoxville, TN

- Provided counseling for children, adolescents and family
- Utilized person centered approach and cognitive behavioral therapy

Professional Counselor

(August 2016—Sept. 2017)

Alternative Counseling Center, Knoxville, TN

- Provided counseling for children, adolescents, family and couples
- Utilized persons centered approach and cognitive behavioral therapy

Case Manager

(Feb. 2006—Nov. 2007)

Countryside Association, Palatine, IL

- Earned QMRP certification
- Managed caseload of 32 individuals with developmental disabilities
- Developed and discussed annual service plans on a monthly basis
- Acted as liaison with clients' families and other professionals at residential facilities
- Provided short/long term treatment plans for clients, while collaborating with other professionals

Individual Crisis Worker

(Aug. 2005—Feb. 2006)

Thresholds Young Adult Program, Chicago, IL

- Educated individuals on everyday life skills, such as budgeting and time management
- Counseled and listened to young adults with mental illness
- Provided crisis intervention services, while collaborating with other professionals

Counseling Intern

(Sept. 2004—June 2005)

Thresholds Mother's Project, Chicago, IL

- Completed 700 clinical hours with supervision
- Provided individual and group counseling to adolescent mothers struggling with mental illness
- Collaborated with professionals at staff meetings to discuss best counseling strategies for each client

TEACHING & HIGHER EDUCATION

Adjunct Faculty

(July 2012—Oct. 2019)

Colorado Technical University

- Teach Online courses in counseling & psychology
 - Change & the Emerging Trends in the Field of Psychology (2018)
 - Individual Counseling (2017-2018)
 - Careers in Psychology (2015-2017)
 - Introductory Psychology (2015—2017)
 - Historical Perspectives on Modern Psychology (2015)
 - Introduction to Family Counseling & Group Dynamics (2012-2013)
 - Interpersonal Communications & Dynamics (2013-2014)
- Create detailed lesson plans via PowerPoint
- Provide 2-4 online lectures per week
- Grade, assess and provide detailed comments on 35-50 assignments a week
- Use Socratic Method to encourage critical thinking and application of theories

English Teacher

(October 2013—June 2014)

Hammond Academy of Science & Technology, Hammond, IN

- Taught Expository Writing, Advanced Literature, & English 12
- Taught meditation to students struggling with academic and social concerns
- Challenged and encouraged students to think critically
- Overcame resistance to learning through one-on-one sessions with students
- Collaborated with teachers and school counselors to discuss disciplinary concerns of students
- Created lesson plans, quizzes, and multiple-choice tests on a weekly basis

Student Advisor

(Nov. 2007—June 2012)

American Intercontinental University Online, Career Education Corporation, Schaumburg, IL

- Collaborated with students on probation to set realistic, academic goals
- Discussed various learning styles to better prepare students with their studies
- Taught students proper American Psychological Association (APA) citation usage

Emotionally Focused Therapy Externship (2023)

Member of Tennessee Licensed Professional Counselors Association (2016-Present)

Metropolitan Drug Coalition, Knoxville, TN (2015)

Received “Award of Appreciation” for conducting meditation classes for staff at Amerigroup, Helen Ross McNabb, & Focus Treatment Center