

RESUMEDS

8888 ALVARADO STREET, LOS ANGELES, CALIFORNIA 90026

234.567.8888 CONTACT@RESUMEDS.COM

COUNSELOR ~ PSYCHOTHERAPIST

Compassionate and focused professional with extensive expertise in providing counselling, guidance and direction to adults, children, families and couples

- Comprehensive academic and professional background in mental health and psychotherapy
- Impeccable work ethic and exemplary dedication to provide outstanding service
- Enthusiastic team player, adept at managing group dynamics, as well as in performing with and motivating high-caliber teams of professionals
- Articulate communication and interpersonal capabilities to establish positive work relationships with individuals of diverse background
- Bilingual fluency in English and Farsi languages

AREAS OF EXPERTISE

*Cognitive Behavioral Therapy (CBT) ~ Child and Adolescent Functional Assessment Scale (CAFAS)
Addiction/Substance Abuse ~ Alzheimer's and Dementia ~ Solution-Focused and Strength-Based Therapy
Autism and Attention Deficit Hyperactivity Disorder (ADHD)/Attention Deficit Disorder (ADD)*

WORK EXPERIENCE

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Counselor

2013-Present

- Formulate strategic treatment plans for clients which meet their post-accident psychological needs
- Facilitate chronic pain management counselling services by outlining post-accident issues which may have been caused by anger, resentment and frustration
- Perform psychological evaluations and pre-screening prior to the development of treatment plans
- Maintain comprehensive records of assessment sessions and applied treatment methods
- Coordinate client cases with colleagues to provide outstanding customer service
- Obtain motor vehicle accident (MVA) referrals containing client information, posttraumatic issues, and physical injuries
- Earn extensive knowledge of posttraumatic stress disorders and managing issues related to resentment, frustration, and anger

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Counselor

2013-2014

- Presided over one-on-one therapy sessions with individuals of diverse cultural background
- Established positive therapeutic relationships with clients while fostering an unbiased compassion and patience towards clients with diverse conditions
- Made professional speeches regarding daily social challenges and factors affecting stress and anxiety/depressions
- Transformed client inner negative feelings and thoughts to positive factors by facilitating workshops and seminars

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Graduate Intern

2012-2013

- Utilized needs, suicide, and my outcome assessments to evaluate clients
- Collaborated with family members while performing evaluations on children with autism spectrum disorder (ASD)
- Organized therapy sessions for clients with dementia and going through stages of grief and loss
- Worked with supervisors to manage ongoing weekly session schedules

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Counselor

2009

- Exhibited keen expertise in performing two daily group therapy sessions for 10 hospital clients
- Drafted and deliberated reports on client counselling sessions with supervisors
- Directed case evaluations and psychological profiles to ascertain provision of optimal care for clients and families
- Exemplified talents in conducting both group and one-on-one client counselling sessions related to mental health and addiction

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Volunteer - Shaw Clinic and Mammogram Program

2007-2008

- Provided input and assistance in research studies regarding stress factors and immigrations to North America, including assessments for children and adolescents
- Rendered client care within a highly stressful setting before the psychologist and technician visits
- Interfaced with technicians and psychiatrists to deliberate patient information
- Earned a Certificate of Appreciation Award from York Central Hospital in recognition for exemplary commitment in performing as a volunteer

EDUCATION

Master of Arts in Counseling Psychology, 2013 | CITY UNIVERSITY OF SEATTLE ▪ VANCOUVER, BC
Dissertation: *How women cope with stress while engaged in multiple roles*

Bachelor of Science in Psychology, 2008 | YORK UNIVERSITY ▪ TORONTO, ON

TRAINING

Child and Adolescent Functional Assessment Scale, 2013

Needs Assessment/Treatment Planning Training, 2012

Incident Report Training, 2012

Ethics and Boundaries Training, 2012

Clinical Observation Training, 2012

PROFESSIONAL AFFILIATIONS

Registered Counselor, Canadian Counseling and Psychotherapy Association (CCPA)

Pre-registered Member, College of Registered Psychotherapists of Ontario (CRPO)