

# CURRICULUM VITAE

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**Mental Health and Addiction Specialist**  
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## **License & Certifications:**

- LCSW (Licensed Clinical Social Worker) 2013 – Present
- LCDC (Licensed Chemical Dependency Counselor) 2012 – Present

## **Education & Training:**

- UNIVERSITY OF TEXAS AT ARLINGTON, Arlington, TX  
  
Masters of Science in Social Work, 2012
- BAYLOR UNIVERSITY, Waco, TX  
  
Bachelors in Business Administration, 1983
- Empowered Family of Origin Workshop and Training, 2015

## **Selected Continuing Education: CEU Training with a special focus on:**

- The Brain and Recovery: An Update on Neuroscience of Addiction
- Current Trends in Substance Abuse
- Cannabis and Cannabis Use Disorder
- The Impact of Addiction on the Family System
- 12-Steps as a Treatment Model in Clinical Practice
- Adverse Childhood Experiences and Addiction
- Crisis Management-Alternatives to Managing Aggression
- Ethics and Boundary Issues
- Intimacy and Interdependence in Relationships
- Shame Resiliency and The Power of Vulnerability
- The Power of Authenticity and Emotional Courage
- Claiming and Practicing Core Values
- The Impact of Mindfulness, Meditation, and Spirituality on Mental Health and Addiction
- Ethics of Social Work
- Advanced Individual and Group Therapeutic Practices

**Academic Papers and Presentations:**

- Assessment of an Intervention Theory: Motivational Interviewing
- Maintenance Behaviors in Personal Relationship: Case Studies
- Policy Analysis: Older Americans Act
- Policy Analysis: Mental Health Parity and Addiction Equity Act of 2008
- Program Evaluation: UTA School of Social Work: Community Services Center
- Substance Abuse Prevention Programs – Outcome Evaluations
- Cognitive-Behavioral Intervention Strategies with Substance Use Disorder
- Integrative Seminar Paper: Treating Chemical Dependency in a Family System
- Substance Among Adolescents in America: Literary Review and Research Proposal
- Program Evaluation of Michael Strain and Associates: Sex Offender Assessment and Treatment Program
- Treatment of Addictive Behaviors: A Comparison of the Total Abstinence Model Vs. The Harm Reduction Model
- Book Review: *A Clinician's Guide to 12-Step Recovery* by M.D.Schenker
- Debate of 12-Step Program as a Tool for Recovery
- Gang Activity in South Dallas/Fair Park: Community Assessment
- Ethics and Diversity of Human Behavior in a Social Environment
- Disconnection of the Social Environment

**Professional Membership:**

- National Association of Social Workers – Past Member
- Legacy Family Court Foundation -- Board Member

**Professional Accomplishments:**

- Testified as a mental health and chemical dependency expert in various criminal and family law courts in Dallas County Texas.
- Established a distinguished professional reputation and private practice.
- Co-developed, coordinated, and executed an Intensive Outpatient Program for a national residential treatment corporation.
- Facilitated adolescent and parent groups for Chemical Awareness Resource Education (C.A.R.E.).
- Created curriculum and provided training in methods of group psychotherapy.
- Experienced provider of chemical dependency services for adults and adolescents.
- Experienced in working with parents of children who are chemically dependent.
- Experienced with providing healthy skills to adults and children struggling with repressed emotions and shame.

## **Professional History:**

### **2015 – Present**      PRIVATE PRACTICE, Dallas, Texas

#### Psychotherapist

- Individual and group psychotherapy specializing in relationships, addictions, and mental health.
- Significant experience in providing recovery solutions for clients subjected to fractured family systems due to substance use disorders and unaddressed emotional anguish.
- Significant experience in providing recovery solutions for adolescence facing failure to launch, addiction, and identity issues.
- Provide consultation for clients with substance use disorders including assessments, interventions, psychotherapy, and treatment recommendations.
- Preferred community provider for La Hacienda residential treatment center and Origins Recovery Center.

### **2015 – 2019**      SOLUTIONS OUTPATIENT SERVICES, Dallas, Texas

#### Contract Therapist

- Facilitate one-on-one and group therapy through rapport building, including appropriate documented case notes. Conduct client assessment and intake procedures. Assist clients with treatment plans, discharge summaries, relapse prevention strategies, and crisis management skills.
- Facilitate family crisis interventions and connect parents and children with the appropriate community resources.
- Mediate family dysfunction with an assessment of the family system and safety focused interventions.
- Conducted over 200 substance abuse evaluations, assessments (SASSI and Non-Gard) and discharge plans.
- Facilitate Dr. Brene Brown Daring Way workshops.

### **2012 – 2015**      THE GREENHOUSE TREATMENT CENTER, Grand Prairie, Texas

#### Therapist

- Facilitated client one-on-one and group therapy including appropriate documented case notes.
- Coordinated Intensive Outpatient Program (IOP) programming.
- Conduct client assessment and intake procedures. Assist clients with treatment plans, discharge summaries, relapse prevention strategies, and crisis management skills.

- Developed client relationships and facilitated integration into 12-step participation through sober networking in the client's respective recovery community.
- Facilitate Dr. Brene Brown Daring Way workshops.

**2012** SOLUTIONS OUTPATIENT SERVICES, Dallas, Texas

## Social Work Intern

- Facilitated client one-on-one and group therapy including appropriate documented case notes.
- Conducted client assessment and intake procedures. Assist clients with treatment plans, discharge summaries, relapse prevention strategies, and crisis management skills.
- Conduct substance abuse evaluations, assessments (SASSI and Non-Gard) and discharge plans.

**2005 – 2011** CAREGIVER SUPPORT SYSTEMS, Dallas, Texas

## Administration/Marketing/Personal Assistant

- Hired, scheduled, and managed labor force of 35 employees.
- Managed high-profile clients diagnosed with Dementia and Mental Illness.
- Interacted with family members and provided support through avocation, mediation, education, and case management.
- Increased billing with existing key accounts from \$7K to \$21K monthly.
- Acquisition of new accounts; several acquired due to crisis response.