

Master's Counseling Student

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Professional Objective

To obtain a full-time family case manager position at Zumbro Valley Mental Health Center.

Highlights of Qualifications:

- Graduate education in community counseling with licensure eligibility
- Extensive management experience with proven leadership skills
- Counseling experience with an emphasis in multicultural and family issues
- Demonstrated effective counseling skills in:
 - Group facilitation
 - Narrative therapy
 - Family systems theory
 - Multicultural competence
 - Case note documentation
 - Legal and ethical guidelines
 - Dialectical Behavioral Therapy (DBT)
 - Knowledge and use of assessment tools

Education

Master of Science degree, Community Counseling May 2008
Winona State University, Rochester, MN GPA: 3.75
Accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP)

Bachelor of Science degree, Psychology May 2005
Minor: Urban Studies GPA: 3.4, Cum Laude
Winona State University, Winona, MN

Counseling Experience

Counseling Intern July 2007-May 2008
College Counseling Center Rochester, MN

- Counseled students in personal, academic, and career areas
- Administered and interpreted career and mental health assessments including the Strong Interest Inventory, Meyers-Briggs Type Indicator, and Beck Depression Inventory
- Documented individualized treatment interventions and client progress on a regular basis
- Facilitated career development and interpersonal skill-building student groups
- Completed a counseling services' needs analysis with juniors and summarized findings
- Initiated an innovative community service project to aid students in developing social skills
- Received special recognition for outstanding initiative on service project implementation

In-Home Family Counselor August 2006-June 2008
Family Service Rochester, MN

- Taught independent living and self-help skills to disadvantaged individuals and families
- Assisted clients in developing social skills through practical experiences
- Assisted family members in practicing conflict resolution skills
- Completed intake assessments for clients and recommended appropriate treatment plans
- Maintained accurate case notes documenting client progress
- Assisted with the implementation of an innovative DBT program for adolescents

Camp Counselor Summers 2005, 2006
Behavior Intervention Camp St. Charles, MN

- Planned and facilitated groups for adolescents with behavior difficulties
- Enforced delinquency prevention policies and procedures
- Created educational materials and trained camp volunteers

Sample resumes available for download on Career Services Website: www.winona.edu/career/resumes
Call 507-457-5878 and setup an appointment with a career advisor to have your resume critiqued
Winona State University, Career Services, 314 Maxwell Hall, Winona, MN 55987

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Volunteer Experience

Volunteer Advocate

Domestic Violence Resource Center

October 2006-present

Rochester, MN

- Serve as a liaison between law enforcement officials and distressed family members
- Offer appropriate resources and referrals to victims and families
- Complete specialized trainings for serving victims, including ethical and legal considerations

Peer Educator and Tutor

Rochester Community Education

2001 - 2005

Rochester, MN

- Developed course curriculums and taught bi-monthly lessons
- Tutored at-risk high school students in psychology and communication courses
- Created learning manuals and assisted students in developing study skills

Leadership Experience

Shift Manager

Kohl's Department Store

1999-2005

Rochester, MN

- Demonstrated leadership skills by supervising up to 20 team members per shift
- Completed employee evaluations and met with team members for quarterly reviews
- Provided quality customer service by responding to and documenting customer grievances
- Completed quarterly reports documenting sales and marketing trends to store manager
- Recognized as regional "shift manager of the quarter" on two occasions

Committee Chair

Community Clean-Up Effort

May-August 2006

Chatfield, MN

- Initiated city-wide clean-up efforts in response to damaging storms
- Solicited over \$5,000 in financial support from local businesses and community members
- Set agendas and distributed progress reports to members

Professional Development

American Counseling Association (student member)

2006-present

- Attended national conference
- Co presented "Narrative Therapy with Adolescents"

February 2008

February 2008

Diversity and Counseling Conference Attendee

October 2007

Ethics in Counseling Workshop

December 2007

Narrative Therapy Workshop

November 2007

Related Projects

Capstone Research Project: Multicultural Competencies of College students

Counseling in a Multicultural Society: Counseling the Older Adult

Child and Adolescent Counseling: Counseling Adolescents in Family Violence

Assessment and Diagnosis: Interpreting Career Assessment Tools

Group Counseling: Facilitating Effective Support Groups

Ethics: Ethical Considerations in Counseling GLBT Clients

Professional Portfolio

View projects, writing samples, and letters of recommendation at www.wsustudent.htm