

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 2012
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 2007
Minor: Urban Studies GPA: 3.4, Cum Laude
Winona State University, Winona, MN

Counseling Experience

Counseling Intern July 2011-May 2012
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 2010 - June 2011
Family Service Rochester Rochester, MN

- Taught independent living and self-help skills to disadvantaged individuals and families
- Helped clients in developing social skills through practical experiences
- Aided 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 2009, 2010
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

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Volunteer Experience

Volunteer Advocate October 2010 - present
Domestic Violence Resource Center 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 September 2006 - May 2011
Rochester Community Education 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 May 2004 - May 2011
Kohl's Department Store 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 May-August 2011
Community Clean-Up Effort 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) 2011-present

- Attended national conference February 2011
- Co presented "Narrative Therapy with Adolescents" February 2010

Diversity and Counseling Conference Attendee October 2010
Ethics in Counseling Workshop December 2010
Narrative Therapy Workshop November 2010

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