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## **PROFESSIONAL EXPERIENCE**

### **2011-Present**

#### **Private Practice of Psychotherapy, 1225 Park Avenue, Suite 1S, New York, NY; Nyack, New York**

Clinical focus on Substance Use Disorders, Trauma, Anxiety, Depression, and Psychotic Disorders, utilizing CBT, DBT, Hypnotherapy, and Supportive Therapy with individuals, couples and families.

### **2007-2015**

#### **Licensed Clinical Social Worker, CASAC and Treatment Care Coordinator**

#### **New York Presbyterian Hospital - Payne Whitney Westchester, White Plains, NY**

Served as a psychiatric social worker, primary therapist, and member of interdisciplinary treatment teams treating individual patients and their families on two specialized inpatient units: the Acute Stabilization Personality Disorders Unit and the Addiction and Recovery Dual-Diagnosis Unit.

My core duties on both units included:

- Individual psychotherapy; family evaluation and therapy; collateral contact with outside treaters; initial psychiatric and psychosocial assessments; development of a multi-disciplinary treatment plan in collaboration with patient; and, discharge planning.
- Accurate and timely documentation for all of these.
- Participation and presentation in daily multi-disciplinary clinical rounds and team meetings, regular discharge planning meetings, staff/patient community meetings, and regular case conferences.
- Attended weekly Department of Psychiatry Grand Rounds and regular Department of Social Work In-services.

My Department of Psychiatry and New York Presbyterian Hospital-Westchester level responsibilities included membership in the New York Presbyterian Hospital Mentor Program, Pastoral Care Committee, Documentation Committee, and Dialectical Behavior Therapy Consultation team, as well as supervision of Social Work Interns earning their Masters Degree.

### **2009-2015**

#### **Acute Stabilization Personality Disorders Unit**

25-bed Inpatient Unit for Axis I and II patients focusing on Borderline Personality Disorder and Self-injurious Behaviors

- Worked with Unit Chief, Psychiatry Residents, and Weill Cornell Medical College Students on this core teaching unit of the Department of Psychiatry of Weill Cornell Medical College/Payne Whitney Clinic.
- My specific duties on this unit included conducting dialectical behavior therapy (DBT) and cognitive behavioral therapy (CBT), performing a daily suicide assessment, and developing and reinforcing suicide prevention plans with individual patients.
- Attended and presented cases at weekly case conferences led by Dr. Otto Kernberg.

### **2007-2009**

#### **Addiction and Recovery Unit**

19-bed award-winning Inpatient Dual Diagnosis Unit

- Provided addiction counseling and case management social work services for patients in recovery; leading weekly family didactic group; and, patient advocacy.
- Tailored discharge planning to the ongoing continuity of care and community resources for patient and family.

#### **This Unit's awards from New York Presbyterian Hospital included:**

- 2007, 2008, and 2009 Highest Rated Department
- 2008 Most Improved Unit
- 2008 and 2009 Sustained Excellence Award
- 2008 New York Presbyterian Hospital Patient Centered Care Award
- 2009 Best of the Best

### **2006-2007**

#### **Licensed Master Social Worker and Case manager – sole Social Worker at this facility**

#### **Daytop Village Outpatient Treatment Facility, Blauvelt, NY**

Outpatient Program-Therapeutic Community

Performed Intake interviews, assessment of client's suitability for treatment using relevant DSM diagnosis, evaluated strengths and necessary coping skills

- Completed Psychosocial assessment and treatment plan accordingly
- Intensive client and family case management including psycho-education and meetings with collateral contacts
- Facilitated Relapse Prevention Program which consisted of psycho-education with individual, family and group sessions
- Daily collateral contact with Rockland County Probation Department, Drug Treatment Court, and Family Treatment Court

- Participated in staff and supervisory meetings, case conferences and in-service trainings
- Ongoing participation with Daytop Village special events and holiday celebrations

### **1998 –2006**

#### **Rape Crisis Counselor/Relief Staff**

##### **Rockland Family Shelter, New City, NY**

Private non-profit grassroots organization, dedicated to serving survivors of domestic violence and sexual assault and their families.

- Provided overnight coverage for a 15-18 bed facility with mothers and children who are victims of domestic violence
- Followed established care plans and provided crisis intervention for women and children
- Co-facilitated weekly house meetings
- Provided support and advocacy for clients during family court proceedings.
- Offered confidential support and escort for survivors of sexual assault during evidence collection, police interrogation, including Victim's Assistance information and survivors' education information
- Provided Doula services for survivors of domestic violence during child birth, labor and delivery
- Participated in community outreach programs and efforts to maintain relationships with other agencies and community supports
- Participated in and facilitated fundraising and annual Walk-a-thons and "Take Back the Night" program

### **2004 – 2005**

#### **Social Work Intern**

##### **New York Presbyterian Hospital - Payne Whitney Westchester, White Plains, NY**

##### **Addiction Recovery Services/Outpatient Program Disease Model**

- Primary therapist for four individuals, co-facilitated five groups weekly
  - Dual Diagnosis; Relapse Prevention, Weekend Planning, Weekend Review, Psycho-education
  - Group and Family meetings; developed treatment plans, discharge plans and provided case management services
- Participated in team meetings twice weekly; responsible for timely patient and group charting

### **2003 – 2004**

#### **Social Work Intern/Substance Abuse Counselor**

##### **Ramapo Counseling Center, Spring Valley, NY**

Substance Abuse Treatment Center serving marginalized and inner city communities, using Disease and Harm Reduction Models

- Case management for individuals referred by Rockland County Probation Department and local High Schools for substance use treatment
- Collateral contact with referral sources and community support systems
- Assist clients meeting their psychosocial needs, provide psycho-education and teach coping skills
- Co-facilitated Relapse Prevention group and Psycho-education group
- Participated in and facilitated a community event, Drug Awareness Day, at Rockland Community College

### **RELEVANT VOLUNTEER EXPERIENCE**

#### **2014**

##### **Hospital Triage and Patient Care Coordinator, Centre Hospitalier Victor Binkley de Pierre Payen**

##### **Project Help Haiti Medical Mission, Pierre Payen, Haiti**

- Annual medical mission to impoverished Haitian town serving patients with serious medical and surgical conditions.
- Assessed walk-in patients for severity and type of condition, assigned all patients to correct department.
- Organized 100 patients per day workflow for clinical staff.

#### **2005**

##### **Disaster Relief Family Case Worker**

##### **American Red Cross Disaster Relief Service, New Orleans, LA and Biloxi, MS**

- Served two three-week tours of duty on site in flooded areas serving families displaced by Hurricanes Katrina and Rita
- Assessed and provided families with immediate disaster relief, recovery plan, emergency casework, mental health services, and basic needs funding.

### **1994 – 2004**

#### **Volunteer Counseling Services of Rockland, New City, NY**

Community-based social service agency

##### **Mediator and Individual Counselor**

- Counseled individual clients of domestic violence with ongoing, weekly sessions
- Participated in mandatory two in-service seminars weekly
- Participated in various educational workshops with up to 250 participants.
- Mediated dispute resolution, Rockland County Small Claims, Family and Criminal Courts
- Provided documentation of resolution by mediation session to referral source

## **LICENSES AND CERTIFICATIONS**

Licensed Clinical Social Worker, Massachusetts, 2021  
R Privilege Certificate for Licensed Clinical Social Worker, New York State, 2019  
Licensed Clinical Social Worker, New York State, 2011  
Licensed Master Social Worker, New York State, 2006  
American Heart Association, Basic Life Support, 2014  
Internationally Certified Alcohol and Drug Counselor, The International Certification and Reciprocity Consortium, 2009  
Certified and Registered Hypnotherapist, American Board of Hypnotherapy, 2006  
Unified Court System Alternative Dispute Resolution Mediator, Rockland County, New York State, 2002  
Rape Crisis Counselor, Rockland Family Shelter, New City, New York, 2001  
Credentialed Alcoholism and Substance Abuse Counselor (CASAC), NYS Office of Alcoholism and Substance Abuse Services, 2000

## **PROFESSIONAL MEMBERSHIPS**

Women's Mental Health Consortium affiliated with Cornell and Columbia Medical Colleges  
National Association of Social Workers – NASW  
The Association for Addiction Professionals – NAADAC  
Clinical Social Work Association – CSWA  
Institute for Research, Education and Training in Addiction - IRETA

## **HONORS AND AWARDS**

Falcon Employee Recognition Award, New York Presbyterian Hospital, Westchester Division, 2009  
New York State Assembly Certificate of Merit, 2002  
Exceptional Contribution Certificate, Volunteer Counseling Service of Rockland County, 2000, 2002  
Honored Volunteer - Rockland Family Shelter, 1999, 2000, 2001, 2002

## **EDUCATION**

### **May 2005**

#### **Master of Social Work**

#### **Fordham University, Tarrytown, New York**

Clinical Concentration and a Specialization in Substance Abuse

### **June 2002**

#### **Bachelor of Arts in Psychology and Counseling**

#### **State University of New York at Albany/Empire State, Albany, NY**

### **2000**

#### **Rockland Psychoanalytic Institute of Psychotherapy, New City, NY**

#### **Addiction Studies Program**

Credentialed Alcoholism and Substance Abuse Counselor (CASAC)

## **ADDITIONAL TRAINING**

2020 William Alanson White Institute, New York, New York RECAST  
2019 William Alanson White Institute, New York, New York, Eating Disorders, Compulsions & Addictions  
2018 William Alanson White Institute, New York, New York, Eating Disorders, Compulsions & Addictions  
2018 NY State Office of Alcoholism and Substance Abuse 30 credit course earning CASAC Master Counselor  
2012 DBT Foundations Training  
2012 OASAS Certified Clinical Screening and Assessment of the Impaired Driving Offender  
2010 Dialectical Behavior Therapy, Beyond the Basics: DBT Individual Therapy in Action, Behavioral Tech, LLC, North Hampton, MA  
2010 Dialectical Behavior Therapy, Beyond the Basics: DBT Skills Essentials in Action, Behavioral Tech, LLC, Northampton MA  
2007 American Red Cross Disaster Services, Disaster Mental Health Services Training, American Red Cross of Greater New York, New York, NY  
2006 Institute for Advanced Neuro-Research and Education, Program in Hypnotherapy, Flushing, NY-current  
2005 American Red Cross Disaster Services, Shelter Operations, and Emergency Family Services Training, American Red Cross of Westchester County York, NY  
2003 Doula Training, Mother'sLove DONA Level One and Advanced Workshops, Good Samaritan Hospital, Suffern, NY  
1999 Rape Crisis Counseling, Training Program, Rockland Family Shelter Sexual Trauma Services,  
1995 Training Institute for Resolution Mediation, The New York State Unified Court System Alternative Dispute Resolution Office and the New York State Dispute Resolution Association, New York, NY  
1993 Counselor Training Program, Volunteer Counseling Service of Rockland County, New City, NY