

CARA B. COUNSELOR

123 Mental Road, Lynchburg, VA
(434) 555-1212
cbcounselor@liberty.edu

PROFESSIONAL SKILLS PROFILE

- Client Assessment/Evaluation
- Individual, Family, & Group Therapy
- Licensure Eligible
- QMHP Certified
- Parenting Education
- Solution Focused/Cognitive Behavioral Therapy
- Treatment Analysis/Planning
- Effective Oral & Written Communication
- Microsoft Office Suite 2011

HIGHLIGHTED MENTAL HEALTH EXPERIENCE

COUPLES & KIDS, INC., Lynchburg, VA

August 2011 - Present

Counseling Intern

- Facilitates weekly Parenting Education, Anger Management, and Substance Abuse psychoeducational groups – up to 11 clients in each setting; 90% of clients successfully completed group requirements
- Co-facilitates monthly Healthy Co-Parenting workshops with approximately 15 clients
- Attend monthly Case Reviews with other Licensed Professional Counselors/Social Workers
- Conducts supervised Individual & Couples therapy 4 days a week, with an average of 3 couples & 4 single parents weekly
- Records proper therapeutic documentation, including treatment plans and client progress notes for a caseload of 30 clients
- Specializes in Pro-Bono and sliding scale cases
- Implements Cognitive Behavioral & Solution-Focused therapy for 95% of caseload

LIBERTY UNIVERSITY CAREER CENTER, Lynchburg, VA

August 2010 - Present

Career Counselor/Graduate Assistant

- Advises undergraduate/graduate students/alumni in the areas of career exploration and planning, including job preparation, experiential education, and resume critiquing
- Assists Career Counselors & other Career Center staff with class presentations, on campus events, and workshops with up to 300 students in attendance
- Services both the residential and online student populations, ranging in age of 18-54, accumulating an average of 11 student appointments weekly
- Administers and Interprets career assessments to assist students' educational and occupational decision making
- Facilitates monthly career development groups for Prospective students
- Responsible for developing and creating educational materials for distribution

COMMUNITY SERVICE

Big Brothers Big Sisters of Central VA, Lynchburg, VA	Volunteer	Aug 2007 – Present
Liberty University, Lynchburg, VA	Peer Leader	Aug 2006 – May 2009

EDUCATION

M.A., Professional Counseling (60 hour), Liberty University, Lynchburg, VA – Anticipated May 2012

B.S., Psychology: Child & Adolescent Development, Liberty University, Lynchburg, VA – 2009

ASSOCIATIONS & CERTIFICATIONS

American Counseling Association, 2009 – present

American Association for Christian Counseling, 2010 – present