



Professional Experience

Thoughts and Emotions, LLC, Silver Spring, MD

Clinical Director- (July 2005-Present)

- Provide individual, family, and couples counseling to private clients. Client population consists of adolescents, young adults, and adults dealing mainly with Depression, Anxiety, ADHD, PTSD, Bipolar Disorder, Conduct Disorder, Attachment Disorder and Addictions.
- Provide eight-week Anger Management therapy to individuals referred by Social Services.
- Provide supervision to associates.

The GUIDE Program, Inc, Gaithersburg, MD

Program Director- Intensive Intervention Program (September 2006- July 2008)

- Facilitated individual, group and family therapy for court-ordered adolescents and their families.
- Supervised, trained & developed therapist(s) and interns within program to ensure clinical and administrative competence.
- Ensured that initial intake assessments are conducted, and comprehensive service plans were developed that identified appropriate long and short-term treatment goals.
- Reviewed and monitored psychosocial assessments, service plans and client charts to ensure completeness of documentation.
- Conducted weekly individual and group clinical supervision to provide a treatment team approach to clinical case management.
- Acted as a liaison to the Department of Juvenile Services to promote and educate probation officers on program services and clinical needs of clients.
- Analyzed statistical data on the effectiveness of early intervention and prevention programs.
- Ensured compliance of contract requirements.
- Provided weekly/monthly reports of program utilization.

The GUIDE Program, Inc., Gaithersburg, MD

Therapist- Intensive Intervention Program (September 2001-September 2006)

- Facilitated individual, group and family therapy for court-ordered adolescents and their families.
- Managed caseload of up to 20 individuals and families for a period of six months to one year.
- Conducted on-going therapeutic group counseling with the goal of prevention and remediation of problems.
- Assessed clients for psychological disorders, social impairments and at-risk indicators and addressed these problems through individualized treatment plans.
- Analyzed statistical data on the effectiveness of early intervention and prevention programs.
- Utilized an advocacy approach with a strong emphasis on outreach including visiting clients' homes and other community sites.
- Testified in court hearings regarding the needs of clients on an as-needed basis.
- Initiated and facilitated collaboration with multidisciplinary treatment team to coordinate treatment for individual clients and families.
- Developed and facilitated the Operation Fresh Start Program, designed to provide structure, pro-social activities and improve self-esteem and positive decision making for youth.
- Developed and facilitated eight-week Anger Management sessions.

Clinical Intern- Intensive Intervention Program and Adolescent Substance Abuse Program

- Conducted individual, group and family therapy with adolescents and maintained a caseload of four to eight clients and their families.
- Participated in multidisciplinary treatment team meetings to address clinical, administrative and programmatic concerns.
- Developed and maintained collaborative relationships with community agencies in order to provide clients with the best possible treatment.



API Associates, Washington DC

Individual and Family Therapist, Supervised- (March 2004-January 2006)

- Home based individual and family counseling for children, adolescents and their families referred by the DC Superior Court and the DC Department of Social Services.
- Provide monthly clinical assessments to the court and ongoing collaborative contact with Social Services

SEEC, Gaithersburg Maryland

Customer Service Specialist (February 2000-August 2002)

- Developed and maintained excellent organizational skills
- Provided employment, residential and recreational support to the Developmental Disabled population.
- Facilitated client intake assessments.
- Maintained quality assurance standards, licensing and community relations.
- Awareness of community based resources and how to maximize support for clients through the utilization of Medical Assistance, Developmental Disabilities Administration and DORS.

Vesta, Inc.

Volunteer- (June 1997-September 1997)

- Worked closely with the Mentally Disabled population to ensure low-cost services and successful community based living.

Education

Licensed Clinical Professional Counselor-State of Maryland License #LC 2017

Masters of Arts, Counseling Psychology--Argosy University, July 2002

Bachelor of Arts, Psychology, Minor, Cognitive Neuroscience--Temple University, December 1999

Professional Memberships and Achievements

American Counseling Association

American Psychological Association

United States Patent Holder