



Overview

- Open-minded and eager to learn and practice several types of therapy, while focusing mainly on Cognitive-Behavioral Therapy.
- Dynamic and pleasant counselor who is open to working in a variety of work environment.
- Timely and organized, while also very adaptable and motivated.

Key Words

[contact](#) [supervisor](#) [working](#) [phone](#)
[supervisor's](#) [who](#) [eager](#) [students](#)
[many](#) [several](#)

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Objective

- Obtain a job within the Mental Health Counseling field, particularly looking to work in an environment where learning and continuing education are promoted. Eager and willing to working with any population whether children, teens, adults, veterans, etc.
- Passion for all people, however my ultimate goal will be to work with adolescents. It is a personal goal and philosophy of mine that we must look at the youth of our country and begin to lay the foundation for a healthy life.

Employment History

- | | | |
|-----------------|--|-------------------|
| 05/2005-Present | <p>Max & Ermas
Bartender</p> <ul style="list-style-type: none"> • By serving customers, learned valuable understanding of working with the public, as well as gaining an optimistic demeanor while working with a large amount of coworkers, and how to effectively train others. <ul style="list-style-type: none"> • Contact Supervisor: John Brookes • Contact Supervisor's Phone: (304) 781-3545 | Huntington, WV |
| 08/2009-Present | <p>Marshall University H.E.L.P Program
Undergraduate & Graduate Student Tutor</p> <ul style="list-style-type: none"> • As a tutor at Marshall University's H.E.L.P Program, I work with learning disabled students who are enrolled at Marshall. These students range from mild LD to severe. I specialize in tutoring psychology, counseling, and history courses. It has broadened not only my perspective in working with a particular population of students, but has also very sufficiently developed my understanding of the importance of patience, positive regard, and rapport. <ul style="list-style-type: none"> • Although predominantly focusing on their education, many of my students come to me with personal and private issues. They have relayed that they feel confident in my guidance and also comfortable that these problems will stay private. <ul style="list-style-type: none"> • Contact Supervisor: Lynne Weston • Contact Supervisor's Phone: (304) 696-6316 | Huntington, WV |
| 05/2009-1/2010 | <p>Cammack Children's Center
Mental Health Counseling Intern</p> <ul style="list-style-type: none"> • Graduate intern- provided individual therapy, group therapy, and family therapy. Worked with adolescents from the age of 12-19. • In individual therapy, provided support and guidance to adolescents who were eager for therapy and also those who were very resistant to it. Over time, established good rapport with many of my clients which developed into healthy and meaningful therapeutic relationships. • Successfully led several types of group therapy, including: substance abuse group, teen relationships group, and anger management group. <ul style="list-style-type: none"> • Contact Supervisor: Kelly Sargeant • Contact Supervisor's Phone: (304) 523-3497 | Huntington, WV |
| 05/2003-5/2005 | <p>Proeys Optometry
Receptionist/Optometric Technician</p> <ul style="list-style-type: none"> • Working for Proeys Optometry, I took in patients and their paperwork, administered pre-examinations, and taught patients how to use and care for contact lenses. Through my years of working with the public, I have gained an empathetic and caring attitude to help others to the best of my ability. <ul style="list-style-type: none"> • Contact Supervisor: Mark Brown • Contact Supervisor Phone: (304) 522-2551 | Barboursville, WV |

Education

08/2002-05/2006 **Marshall University** Huntington, WV
Bachelors of Psychology with a minor in History

- Achieved Dean's List in 2002, 2003, & 2005
- Member of Marshall University's Honor Society

05/2007-05/2010 **Marshall University Counseling Graduate Program** Huntington, WV
Masters in Clinical Mental Health

Counseling

- Graduating in May of 2010

Volunteer Work

12/2008 **The Huntington City Mission** Huntington, WV
Helped to organize The City Mission's Second Annual Jingle Bell Walk

- Asked local bussiness owners and companies to donate money, services, or gifts for The Jingle Bell Walk prize packages.
- Helped to sign up and promote the community to take part in The Jingle Bell Walk.
 - Contact Supervisor: Lynn Clagg
 - Contact Supervisor's Phone: (304) 523-0293 ext: 320

05/2009 **Autism Services** Huntington, WV
Volunteered in the Rally for Autism

- Helped to set up fruit and water stands
- Clocked in runners with their times as they completed the race.
 - Contact Supervisor: Jodi Fields

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