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Certification/Licensure

Licensed Professional Counselor in Texas (#74502) and Oregon (C8370)

Education

Masters in Clinical Mental Health Counseling, Adams State University, *2015*
Alamosa, CO
Bachelor's in Linguistics, University of Florida, *2009*
Gainesville, FL
Double Minor in Spanish and TESL

Selected Professional Experience

Licensed Professional Counselor, Portland DBT Institute, *Portland, OR* *Present*
Juvenile Justice Coordinator & DBT Trainer, POETIC, *Dallas, TX* *2022-2024*

- Coordinated POETIC services within Dallas County Juvenile Justice facilities
- Oversaw referral and admissions process for the aftercare of youth referred to POETIC from Dallas County Juvenile Justice
- Provided bilingual individual therapy, group therapy, and parenting skills support to adolescents and their families who have experienced commercial sexual exploitation, sex trafficking, and child maltreatment
- Conducted individual DBT, facilitated multifamily and adolescent DBT skills groups, provided 24/7 DBT skills coaching by phone, and participated in DBT consultation team
- Facilitated introductory DBT training as part of clinical staff onboarding
- Conducted clinical intake and assessments; tracked and reported resulting data outcomes
- Facilitated psychoeducation groups on the prevention of Commercial Sexual Exploitation of Children (CSEC) for juvenile justice involved, DFPS involved, and at-risk adolescents
- Provided community psychoeducation and networking on behalf of POETIC
- Maintained upkeep of clinical documentation and client appointment scheduling

Mental Health Clinician II, Dallas County Juvenile Department (DCJD), *2018-2022*
Letot Residential Treatment Center, *Dallas, TX*

- Provided bilingual individual, group, and family therapy utilizing Dialectical Behavior Therapy, Trauma-Focused Cognitive Behavioral Therapy, and Motivational Interviewing for adolescents and families in a juvenile justice setting
- Facilitated individual DBT, DBT skills groups, and rotated 24/7 on-call DBT skills phone coaching
- Participated in DBT consultation team and case staffing meetings with milieu team
- Facilitated Dialectical Behavior Therapy front line skills training for juvenile residential officers, probation, education, and administrative staff for a year (approximately 200 hours)



- Conducted and submitted court ordered psychological screens for youth newly admitted to detention
- Provided crisis intervention and conducted daily rounds
- Provided additional mental health trainings to Dallas County Juvenile Department front line and probation staff
- Facilitated daily psychoeducation groups on various topics, including the prevention of Commercial Sexual Exploitation of Children (CSEC) and life skills for adolescents and guardians
- Participated in care coordination of youth with community providers
- Maintained upkeep of clinical documentation with client appointment scheduling

Student Intern then Licensed Professional Counselor Intern, New Friends New Life (NFNL), Dallas, TX

*2014-2015 (as Student Intern),
2015-2018 (as LPC Intern)*

- Provided bilingual therapy to at-risk and/or commercially sexually exploited adolescents and adults, utilizing the treatment modalities of Dialectical Behavior Therapy, Trauma-Focused Cognitive Behavioral Therapy, Motivational Interviewing, and Eye Movement Desensitization and Reprocessing
- Conducted clinical intake and assessment
- Provided adult individual DBT therapy and DBT skills groups
- Facilitated psychoeducation groups on the topics of trauma and the prevention of Commercial Sexual Exploitation of Children (CSEC) with juvenile justice involved, DFPS involved, and at-risk adolescents
- Liaised with Latino outreach organizations in an effort to extend NFNL's services within the Spanish-speaking community
- Facilitated trainings on the topic of human trafficking prevention and other community engagements on behalf of NFNL
- Maintained upkeep of clinical documentation and client appointment scheduling

Student Intern then Licensed Professional Counselor Intern, Counseling Institute of Texas, Garland, TX

*2014 (as Student Intern)
2015-2016 (as LPC Intern)*

- Conducted individual, couples, and family therapy with adults, adolescents, and families in a community mental health setting
- Provided bilingual therapy to Spanish-speaking clients
- Maintained upkeep of clinical documentation

Peer-Reviewed Publications

Dialectical Behavior Therapy (DBT) – 2016 to present

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) – 2016, 2019

“My Life My Choice” CSEC prevention curriculum – 2017

Eye Movement Desensitization and Reprocessing (EMDR) – 2018

GEMS CSEC Training with Rachel Lloyd – 2018

Ongoing attendance at conferences addressing topics of violence against women, problematic sexualized behavior in adolescents, human trafficking: sex and labor trafficking, commercial sexual exploitation of youth (CSEY), racial equity, and other social justice issues

Recognition

Dallas County Juvenile Justice (DCJC) Employee of the Month: March 2020

(DCJD) Letot RTC Mental Health Clinician of the Year: 2020

(DCJD) Letot RTC Mental Health Clinician of the Year: 2019

