# Mental Health Therapist

## Tara beardsley

Asheville, NC


## Job Preferences:

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| Desired job title: | Mental Health Therapist |
| Desired occupation: | Mental Health and Substance Abuse Social Workers<br>cllinical mental health counselor |
| Employment type: | Full time |
| Career status: | Active job seeker |
| Available to start: | 04/2020 |

## Education:

Goddard College

Master of Arts in Clinical Mental Health Counseling, Master

Queens College

Bachelor of Arts in Environmental Science, Bachelor

## Work Experience:

01/2019 – Present

**Clinical mental health therapist**

Carolina Pediatric Therapy, Asheville, NC

Full time Pediatric Therapy

* Provided office based Individual and family therapy to clients ages 3 through 19
* Collaborate with school professionals, pediatric offices, occupational, speech and physical therapists as well as Neurofeedback and psychiatric service providers to provide integrative services to address individual's emotional, educational and physical needs to adult clients, children and parents.
* Facilitate clinical intake assesments, case management as needed to connect families with community resources
* Partnered with IC Imagine Charter school to provide one on one therapy to clients in school
* Work with IC Imagine Guidence counselors and teachers to provide trauma and attachment informed behavioral management techniques in the classroom

11/2016 – 01/2019

### Clinical mental health therapist, clinical coordinator

The Caring Clinic
Full time

* Delivered Individual and family therapy to clients ages 3 through adult with an attachment-based perspective utilizing a variety of expressive arts and play therapy techniques, client centered therapies, CBT/ACT therapies, Solution focused therapy, EMDR, and theraplay interventions.
* Facilitate clinical intake assesments, case management, as well as attachment-based parent skill building.
* Coordinated clinical documentation of all outpatient and contract therapists, connect incoming clients with appropriate therapists and services, represented clinical team in management meetings.

02/2013 – 11/2016

### Program manager

Lake House Academy
Full time Program Manager, Management/Manager

* Manage hiring and training of staff, while handling theraplay assesment (MIM assessment) and supporting parents with feedback and activity recommendations to support healthy attachment
* Plan and conduct family visits for observational homestudy as well as generate feedback based on attachment theory to parents.
* Led the development and implemention of afterschool Lilypad Program for students ages 9 to 12.

08/2008 – 01/2012

### Qualified Professional

RHA Behavioral Health, Asheville, NC
Full time Intensive in home program

* Facilitated parenting skill training for parents and supportive counseling to client.
* Efficiently handled case management needs, which included drafting and revising person-centered plans.
* Took charge of acquiring service approval for families and determining community services for families.

08/2005 – 07/2008

### Field staff supervisor

Second Nature Wilderness Program
Full time

* Rendered oversight to at-risk involuntary participants ages 12 to 26 to ensure their safety.
* Presided over group therapy regarding various topics to promote awareness and enhance student's ability to express their needs and emotions.
* Carried out key tasks in administering and training staff; generating daily feedback; organzing back country hiking; and providing informative instruction on outdoor living skills.
* Contributed to the establishment of individualized therapeutic interventions in collaboration with therapist.

## Language Skills:

Basic: ★ English

## Skills:

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| Expert: | ★ ★ ★ | Patient, dedicated, detail-oriented, Microsoft Office Suite, performance-focused, creative, Team work, Rapport building, Telehealth, Organized |
| Intermediate: | ★ ★ | Microsoft Office Applications, EMDR, Attachment focused therapy, Expressive art therapy, Sand Tray therapy |