



## CAREER SUMMARY

Passionate about creating a safe environment wherein students and professor/administrator alike are able to learn, investigate their worlds, analyze critically, and build foundations of knowledge for both a fruitful academic life and to become respectful, cognizant community members and counselors.

## EDUCATION

M.S. in Counseling Pupil Personnel Services (PPS) Credential and Marriage and Family Therapist Intern (MFTI) California State University, East Bay	June 2016 Hayward, CA
M.A. in Education Concentration in Equity and Social Justice in Education San Francisco State University	December 2012 San Francisco, CA
B.S. in Sociology San Francisco State University	May 2004 San Francisco, CA

## SUMMARY OF QUALIFICATIONS

- \*Earned 'Advanced Intermediate' Spanish Proficiency at La Union Escuela, Guatemala
- Trained in Cognitive Behavioral Therapy, Solution Focused and Narrative Therapy
- Extensive knowledge and experience working with students on academic, personal/social as well as college and career readiness
- Multicultural, Equity and Social Justice, and Family Systems educational foundation

## SKILLS

### Open-Mindedness

- Eager to engage in dialogue bringing forth understanding across barriers, seen and unseen.
- Respectful of differences, viewing them as opportunities for mutual learning/teaching efforts.

### Leadership

- Committed to empowering individuals to find their strengths and nurturing potentials through teaching and learning within a conscious community of respect and understanding.
- Organized an effort with the Parent Coordinators and Principal to design and facilitate parent/guardian educational workshops based on parent/guardian survey input.

### Collaboration

- Ability to coordinate diverse group work atmospheres or delineate tasks in order to meet projected goals.
- Administered data gathering tools to participate in reflective and responsive efforts for professional development, systemic efficiency, and the accuracy of techniques to that of the client needs.
- Foundation of understanding and teaching that incorporates student voices and familial expertise into an experience of sharing, growing, and developing programs and skills.

### Creativity

- Assessed and introduced interventions dependent on clients' schemas and a strengths-based approach.
- Thoughtfully integrative with therapeutic theories incorporated into the counseling process and guidance lessons.

**WORK EXPERIENCE**

Seneca Family of Agencies San Leandro, CA August 2016 - Present

**Mental Health Therapist**

Manage a caseload of 6 - 12 IEP and/or Medi-Cal clients. Perform group therapy, family therapy, and individual therapy using an integrative approach. Document all sessions and communications with clients and important figures. Provide billing information for all client sessions and collateral meetings. Collaborate with supervisors and co-workers to continue learning and developing culturally relevant therapeutic styles and orientations.

CSUEB Community Counseling Clinic Hayward, CA October 2016 - June 2017

**Administrative Support Coordinator**

Supervised graduate students in their counseling work with clients and families. Utilized research and worked collaboratively with clinic director to develop a training for graduate students designed to increase their skills and effectiveness as counselors. Worked with faculty and staff to create professional atmosphere for clients to feel respected and counseled using various types of theoretical approaches. Managed and guided counselors-in-training during multiple crisis situations and interventions occurring within therapy sessions and telemedicine.

CSUEB Community Counseling Clinic Hayward, CA September 2015 - June 2016

**Marriage and Family Therapy Trainee**

Provided a non-fee counseling service for diverse community members. Facilitated individual, family, couples, and play therapy as well as parenting classes (STEP and Watch, Wait, and Wonder). Ran the clinic effectively as a team member of graduate students under the supervision of licensed personnel.

Hayward High School Hayward, CA September 2015 - June 2016

**Pupil Personnel Services Professional-in-Training**

Worked directly with school counseling department as part of a collaborative team to support all students in their development of academic achievement, social and emotional development, and college/career preparedness. Ran groups teaching mindfulness skills to cope with anxiety and stress management and emotional skill building. Presented guidance lessons on the PSAT, test anxiety relief techniques, and interest evaluations for positive career choices. Learned and operated student and personnel access to web-based informational systems.

Bancroft Middle School San Leandro, CA September 2014 - June 2015

**Pupil Personnel Services Professional-in-Training**

Managed 8 - 12 students in need of extra support in areas of familial conflict, self-esteem, academics, bullying/cyberbullying and homelessness. Facilitated guidance lessons to classrooms to expose students to concepts such as mindfulness and emotional regulation as well as community building and respect. Attended staff development on the use of Naviance web-based information systems.

**PROFESSIONAL ORGANIZATIONS**

California Association of Marriage Family Therapists September 2015 - Present  
American School Counselor Association September 2014 - Present

**REFERENCES** Available Upon Request