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Clinical Trauma Experience

Lotus Trauma Care, LLC

Apr 2017-Present

Co-Founder, Director of Professional Development

- Design experiential trauma-informed program manuals, workshops, and interventions promoting quality trauma-informed care
- Oversee trauma-informed consulting and professional development services
- Provide clinical supervision and consultation services to professionals working with women, youth, and families impacted by trauma

La Rabida's Children's Hospital, Chicago Child Trauma Center

Sept. 2016-Present

Trauma Therapist

- Provide individual trauma-focused therapy to children and adolescents, ages 3-18 promoting emotional literacy, coping skills, healthy attachment, communication skills, and emotion regulation
- Assess trauma history and create family-centered trauma treatment goals promoting optimal socio-emotional development
- Provide external consultation to stakeholders promoting safety and continuity of care

Infinity Consulting

Oct. 2014-Present

Trauma Consultant/Founder

- Coordinate monthly trauma-informed peer consultation group for social service professionals to minimize impact of organizational trauma and parallel processes
- Promote post-traumatic resiliency by creating interactive trauma-informed workshops for professional and caregiver audiences empowering participants with practical skills for implementation of trauma-informed care

PEER Services, INC, Evanston, IL

Sept. 2015-Aug 2016

Adolescent Substance Use Counselor

- Provided trauma-informed individual and group therapy to adolescents and emerging adults
- Creation and implementation of a trauma-informed adolescent group counseling curriculum

CASA Cook County, Chicago, IL

Aug. 2013-Present

Court Appointed Special Advocate

- Conduct extensive trauma-informed interviews with stakeholders to identify child and family needs
- Summarize child functioning, case progress, and make trauma-informed recommendations in court report

Lutheran Social Services, Des Plaines, IL

Jan. 2015-Aug. 2015

Child Welfare Specialist, Intact Family Services

- Minimized intrusiveness through use of trauma-informed engagement skills, full disclosure, and promotion of self-determination
- Gathered and assessed client psycho-social history to compile trauma-informed integrated assessments
- Provided trauma-informed crisis counseling facilitating problem solving and use of effective coping strategies

Family Rescue, Chicago, IL

Mar. 2014-Dec. 2014

Children's Program Director, Domestic Violence Transitional Living Program

- Provided trauma-informed individual, group, and family therapy emphasizing emotional literacy, regulation, and life skills
- Designed and oversaw trauma-informed family and youth programming which resulted in an 80% increase of program participation

- Trained staff in trauma-informed interventions resulting in youth improvements in emotional literacy, social skills, and emotional regulation

ChildServ, Chicago, IL

Aug. 2013-June 2014

Graduate Clinical Intern, Foster Care

- Provided community and office-based trauma and attachment informed parent-coaching and individual, family, and group therapy in a child welfare setting
- Advocated for clients by informing collaterals of effects of trauma on personal and interpersonal development
- Designed two interactive attachment and trauma informed foster parent workshops
- Planned and implemented trauma-informed group therapy for teen parenting wards of the state and sexually reactive children

Family Rescue, Chicago, IL

Oct. 2012-June 2013

Graduate Clinical Intern, Domestic Violence Emergency Shelter

- Provided trauma-informed individual, family and group therapy to clients at an 80% retention rate
- Provided trauma and attachment informed parent-coaching sessions with victims of domestic violence

Ann H. Lurie Children's Hospital, Chicago, IL

Fall Semester of 2010

Undergraduate Intern, In-patient Psychiatric Ward

- Co-facilitated group therapy with 4 to 8 emotionally dysregulated patients in an in-patient setting
- Assessed individual coping skills and matched probable coping strategies

Advanced Trauma Training

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| • Certified Family Trauma Professional Training, Dec 2017 | • Understanding the Impact of Traumatic Events & Practicing Trauma-Informed Care with Youth in Foster Care, Webinar 2015 |
| • Attachment, Self-Regulation, & Competency (ARC) Learning Collaborative, Present | • Complex Trauma in childhood in Child Welfare, Webinar 2015 |
| • 2-Day Attachment, Regulation, & Competency (ARC) Training, August 2017 | • Complex Trauma: Neurobiology of Complex Trauma, Webinar 2015 |
| • Child-Parent Psychotherapy Learning Collaborative, June 2017 | • Supporting Caregivers of Youth w/ Substance Use Problems affected by Trauma, Webinar 2015 |
| • Trauma Recovery for Children & Adolescents: Body Focused Mindfulness Techniques for Healing, Resilience & Growth, April 2017 | • Complex Trauma: Attachment Focused Interventions of ITCT-C & A, Webinar 2015 |
| • Brain-Based Therapy & Practical Neuroscience: Attachment & Emotion Regulation, May 2017 | • Complex Trauma: Mindfulness Interventions of ITCT-A, Webinar 2015 |
| • Complex Trauma in Systems of Care, National Child Traumatic Stress Network, Sept 2016 | • Childhood Trauma, Webinar 2015 |
| • Chicago Trauma Collective Fellow, Dec 2016 | • Treatment Planning for Complex Trauma: Conceptualization & Core Components, Webinar 2015 |
| • Chicago Center for Psychoanalysis Fellow, June 2016 | • The Impact of Trauma on the Brain, Webinar 2014 |
| • Intensive Dr. Bessel Van Der Kolk's Intensive Trauma Treatment Course, November 2015 | • Trauma-Focused Cognitive Behavior Therapy, Online Training, 2012 |
| • Mitigating the Effects of Childhood Exposure to Violence, April 2015 | |
| • Trauma Assessment, Webinar 2015 | |

Trauma Workshops and Curriculums

Trauma Informed Care with Youth Workshop, 2017

- Experiential workshop designed for Loyola University's Target New Transition youth enrichment program to support the academic coaches in trauma-informed implementation and engagement of youth participants.

Illinois Department of Justice Youth Advisory Board Curriculum, 2017

- Trauma-informed curriculum enhancing interpersonal skills, goal planning skills, self-reflection, and collaboration skills.

Healing Through Community, 2016

- Two-series interactive workshop empowering community members with psychoeducation on complex trauma and strategies promoting resiliency
- Accompanied with a train-the-trainer session for trauma-informed implantation of workshops

Promoting Post-Traumatic Growth in Juvenile Justice System Involved Youth: Understanding Complex Trauma and Concrete Strategies to Support Youth Healing, 2015

- An interactive workshop educating professionals and para-professionals on the impact of complex trauma and providing concrete strategies to promote post-traumatic growth of youth

Neurobiological Impact of Trauma: What does it mean for the clinician?, 2014

- Interactive presentation reviewed child and adolescent brain development, the impact of complex trauma on child development, provided evidence-based strategies to promote resiliency through trauma informed assessment and treatment planning

Foster Parent Workshop: Supporting your Teen Mom, 2014

- Co-created an interactive presentation of adolescent development, common mental health diagnosis, and concrete strategies to utilize with parenting wards

Domestic Violence and Parenting: Supporting the Development of Children Exposed to Domestic Violence, 2014

- Facilitated creation of and implemented an interactive trauma-informed parenting curriculum to educate parents about child development and parenting strategies, promote peer support, and integrate knowledge of child development and parenting strategies through discussion and activities

Clinical Parenting Services: Increasing Obedience and Supporting Optimal Child Development, 2013

- Created a flexible trauma-informed parenting curriculum emphasizing parent-child attachment and promotion of optimal child development

Systemic Youth and Family Experience

Daniel Murphy Scholarship Fund, Chicago, IL

June 2013-Aug. 2013

Co-Head Counselor, Youth Enrichment Program

- Emphasized accountability for 16 economically vulnerable teenage girls, ages 14-18 in a residential setting
- Provided social and academic counseling promoting youth strengths

Independent Contractor, Chicago, IL

May 2011-Aug. 2012

Direct Service Provider, Community-Based

- Provided medical and behavioral crisis interventions to developmentally delayed children and adolescents
- Engaged developmentally delayed children and adolescents in active treatment designed to hone independence and motor skills

Loyola School of Education, Chicago, IL

Oct. 2008- Dec. 2012

Site Coordinator, Academic Enrichment Program

- Oversaw weekly mentoring and tutoring sessions of 50 at-risk high school freshmen supporting student educational, social, and emotional development

- Supervised 22 undergraduate academic coaches

C.H.A.T.S Lab at Loyola University, Chicago, IL
Research Assistant

Sept. 2010-Sept. 2011

- Administered neurological and intelligence tests to children and adolescents with Spina Bifida
- Assessed family and peer interactions for communicative styles, affect, mutuality, and attachment bonds
- Conducted community-based interviews with children and families affected by Spina Bifida

Licenses and Certifications

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| • Certified Family Trauma Professional, Chicago IL | Expected Dec. 2017 |
| • International Association of Worldwide Health Care Leader | Dec. 2017 |
| • Licensed Clinical Social Worker, Chicago, IL | Feb. 2017 |
| ○ License Number: 1508226911 | |
| • Child Welfare Employee License, Chicago, IL | Mar. 2015 |
| • Court Appointed Special Advocate, Chicago, IL | Aug.2013 |
| • Domestic Violence Certification, Chicago, IL | Oct. 2012 |
| • Direct Support Professional, Chicago, IL | Aug. 2011 |
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Education

University of Chicago, A.M. in Social Service Administration, Dean's List **June 2014**
Specialization: Clinical Treatment of Complex Trauma

Loyola University, B.S. in Psychology, Cum Laude **May 2011**
Concentration: Adolescent Development

Core Competencies

Complex Trauma • Child and Youth Program Development • Workshop Development • Assessments • Individual, Group & Family Therapy • Supervise and Train Staff • Curriculum Development • Child Welfare • Domestic Violence • Parent Education and Support • Crisis Intervention • Clinical Case Management Attachment • Social-Emotional Literacy