

Islander Counselor

icounselor@gmail.com | (123)456-7890

Education

Master of Science in Professional Counseling
Specialization: Clinical Mental Health
Texas A&M University – Corpus Christi (TAMUCC)
May 20xx, GPA: 4.0

Bachelor of Arts in Philosophy
Minor in Educational Psychology
University of Texas at Austin (UTA)
May 20xx, GPA: 3.7

Licensure

LPC-Associate #12345, Texas State Board of Examiners and Professional Counselors Current – June 20xx

Therapies and Interventions

Dialectical Behavior Therapy
Narrative Therapy Approaches
Mindfulness Strategies
Cognitive-Behavioral Therapy

Assessments

Beck Anxiety Inventory (BAI)
Beck Depression Inventory (BDI)
Adult Needs and Strengths Assessment (ANSA)

Counseling Experience

Counseling Intern, Counseling and Training Clinic, TAMUCC August – December 20xx

- Provided mental health counseling to diverse clients: adults, adolescents, families, and couples
- Implemented evidence-based therapies and strategies, as well as crisis intervention and de-escalation skills
- Utilized the DSM-5 and collaborated with clients to create meaningful and effective treatment plans
- Facilitated group sessions on stress management, communication skills, and self-esteem development

Case Manager, Coastal Plains Community Center, Aransas Pass, TX February – May 20xx

- Worked with interdisciplinary team to provide effective mental health services to clients with major depression, bipolar disorder, or schizophrenia
- Completed crisis and ANSA assessments, goal-oriented treatment plans, and accurate client notes
- Utilized Illness Management and Recovery (IMR) model to provide training and support for symptom management: psychoeducation, relapse prevention, coping skills, muscle relaxation, breathing techniques

Research Projects

Graduate Research Assistant, TAMUCC August 20xx-May 20xx

- Consulted peer-reviewed sources (18+) for evidence-based outcomes on abuse/Child Protective Services
- Organized information into outline and co-wrote manuscript for peer reviewed journal submission

Schizophrenia Presentation, TAMUCC August-December 20xx

- Utilized professional peer-reviewed sources, acquired information on various facets of schizophrenia
- Worked with a team to sort and arrange information into a professional presentation
- Presented effective treatment recommendations, and demonstrated mock counseling session with patient

Research Assistant, UTA August 20xx – May 20xx

- Administered and monitored completion of assessments to ensure accurate/secure data acquisition
- Cleaned, coded, and entered data into Excel spreadsheet for data tracking and analysis

Administrative Experience

Graduate Assistant., Dept. of Counseling and Education Psychology, TAMUCC Sept. 20xx - Present

- Gather contact information for school counselor and E-sports survey related to faculty research projects
- Support dept. faculty/staff with classroom activities, investigate recent grad emails for dept. chair (Excel)
- Created design and selected vendor for dept., Pride Parade t-shirts; tracked orders/payments (Excel)

Organizations & Awards

Texas Counseling Association October 20xx - Current

Dean's List May 20xx

Counselor Education Research Consortium (CERC) January – August 20xx

Chi Sigma Iota January 20xx – December 20xx