

**Arabela Gomez**  
111.111.1111 C  
Clearance Status: None  
Citizenship: US

Aag0001@mix.wvu.edu  
243 Prospect Dr  
Morgantown, WV 26505  
Veterans Preference: N/A

**Objective:** Obtain a position as a Clinical Psychologist with Department of the Air Force at Martinsburg, WV. Announcement number: AFPC-MEDE/DHA-10379560-180

### **Work Experience**

#### **Intake Counselor**

WVU Chestnut Ridge Center  
930 Chestnut Ridge Rd  
Morgantown, WV 26505

**05/21- Present**

S: Dr. Blue  
P: 304.111.1111 May contact  
20 hrs/w, \$8.25/hr

#### Duties, Accomplishments and Related Skills:

Offered assessments to further care of individuals in crisis and match patients with the appropriate level of care. Utilized a Suicide Risk Assessment (SRA), gathered information necessary to formulate a diagnosis for the patient and matched care according to their presentation. Assessed clients for Suicidal Ideation (SI), Homicidal Ideation (HI) and psychosis. Triageed all emergency cases with scheduled assessments.

Assessed children and adolescents age ranging from 5-17 and prompted parents or guardians in assisting with gather information. Used aids such as coloring worksheets when working with young children. Assessed adult's age ranging from 18-70. Administered 2-6 assessments daily and determined if they met criteria for inpatient hospitalization or rehab. Gained information on past diagnosis, inpatient hospitalizations for mental health or rehab, outpatient services, and general medical information. Used active listening to encourage patients to express what brought them in and maintained an appropriate level of detail in order to keep the session's task as assessment.

Worked with telehealth providers to create orders for admission and medications. Formulated diagnosis with telehealth providers to help with continuity of care and implemented precautions set by the provider for patient care. Assisted with setting up telehealth connections so providers could video chat with patients. Troubleshooted connectivity issues with telehealth systems.

Provided crisis counseling for individuals over the phone and in person. Guided individuals to resources in the community and on site. Gave out information on services that the facility offers and answered questions about assessment or intake processes. Acted as a liaison for services when patients are transferred from other facilities as a MOT.

#### **Counseling Intern**

Carruth Center  
390 Birch St  
Morgantown, WV 26505

**01/21- 05/ 21**

S: Mary Loo  
P: 304.293.4431 May contact  
40 hrs/w, N/A

#### Duties Accomplishments and Related Skills:

Conducted weekly individual and group counseling sessions with adolescents, and adults diagnosed with a variety of disorders including Adjustment Disorders, ADHD, Depression, Bipolar Disorder, Dysthymic Disorder, Anxiety Disorders, Post-Traumatic Stress Disorder and Cognitive Disorders. Maintained a caseload of 12-21 individual clients a week. Each client received an individualized treatment plan that utilized technical eclecticism by choosing techniques and approaches that fit the unique needs of the client.

Conducted intake assessments that assessed the client current mental state to include suicidal ideation (SI)

and homicidal ideation (HI). If the client showed high scores in SI/HI then a more intensive intake was done to ensure that there was no immediate harm to themselves or others. When a client had intentions to harm themselves or others then proper protocols were followed to get the client access to an increased level of care. Safety plans were created with the client when necessary. All crisis counseling sessions resulted in safety plans and next day appointments for continuing care.

Facilitated two groups that cultivated growth to meet the goals of each individual participant. Lead a social skills group for adolescents on the autism spectrum with an emphasis in communication and relationship formation. Role modeling and systematic desensitization were used to help groups gain skills needed for social interactions. Co-facilitated Minors4Recovery, a group for young adults ages 18-24 looking to reduce the use of substances. Therapies utilized during group were motivational interviewing, family systems therapy, cognitive behavioral therapy, and solution-focused therapy.

Worked on an interdisciplinary treatment team that included psychologists, counselors, and social workers. Maintained case notes using Titanium. Career counseled students by interpreting the strong interest survey and MBTI. Conducted in-depth career counseling sessions that focused on major exploration and career path exploration. Utilized Trauma-Informed Counseling with students who were sexually and physically assaulted. Referred female assault victims to safety group which is a support and skills group for survivors.

#### **Counselor**

WVU Medicine Chestnut Ridge Center  
930 Chestnut Ridge Road  
Morgantown, WV 26505

**08/20- 12/20**

S: Darren Truth  
P: 304.111.1111 Contact me first  
8 hrs/w, N/A

#### **Duties Accomplishments and Related Skills:**

Completed bio-psycho-social assessments on new patients to appropriately gain a diagnosis and created a treatment plan. Therapeutic interventions were picked based on client's diagnosis and came from evidence-based therapies such as DBT, CBT, and motivational interviewing. Each client's needs were uniquely addressed through the combination of individual and group therapy sessions. Family sessions were utilized when both the client and family members agreed to meet. Individualized client's treatment plans to incorporate any special needs or concerns the client may have. Some clients could not read or write or had mobility issues in these cases counseling was adapted to greater meet their needs.

Provided comprehensive counseling for individuals with dual diagnosis. Worked with clients to address substance abuse as well as mental health disorders such as anxiety, depression, bipolar disorder, schizophrenia, post-traumatic stress disorder and borderline personality disorder. First addressing the need for detoxification and then focusing on relapse prevention in group therapy sessions. Once the client was out of detox then the focus shifted to their mental health concerns or their primary mental health diagnosis during individual therapy. Counseling interventions were customized to their stage of change and group therapy was a vital part of treatment. Group counseling techniques were used to create dynamic groups that helped a variety client that all had unique needs. Groups consisted of 5-15 clients.

Worked on a multidisciplinary team to help patients' detox from various substances through a medical, counseling and well-being standpoint. Clients were treated from a holistic viewpoint which helped to create a detailed treatment plan that incorporated medical and therapeutic interventions to best help the client focus on recovery. Managed and organized discharge plans that best fit the client's needs after detox, many clients went into intensive outpatient treatment or halfway houses

#### **Education**

**West Virginia University** Morgantown, WV United States

**Major:** Master of Arts in Clinical Mental Health Counseling 05/2017

**GPA:** 3.8 of a maximum 4.0

**Relevant Coursework, Licenses and Certifications:**

WV LPC: # 54789

National Certified Counselor: Certificate # 801254

Chi Sigma Iota, Counseling Academic & Professional Honor Society International

Cacrep Accredited

**Job Related Training**

04/21 Introduction into Parent Child Interaction Therapy, WVLPCA 2021 Spring Conference

04/21 Telebehavioral Health Best Practices and Ethics, WVLPCA 2021 Spring Conference

**Honors, Awards**

01/17 Presidents List

**Volunteer Positions**

**Career Services Volunteer, WVU**

**08/21- 12/21**

Duties Accomplishments and Related Skills: Assisted with set up and breakdown of four career fair events.

Performed as a liaison for employers by ensuring they had water, electricity and signage at their tables.

Assisted employers with technology troubleshooting. Talked with career fair participants and assisted them with finding employer tables or finding employers that matched their career goals.

**Other Information**

Computer Literate-Excellent knowledge of Windows 8, 7, Vista XP, Microsoft Word, Works, Excel, Power-Point, Social Media, E-mail and Internet.

Knowledge of office equipment and machines such as printers, photo-copiers, fax machines, scanners, shredders and multiline phone systems.

Typing: 80 wpm

**References:**

First name, Last name

Title

Company

City, State, Zip Code

Phone number

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