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| Mental Health Therapist Profile |

Summary

Dedicated, ambitious, and patient-centric mental healthcare specialist with hands-on years of experience providing clinical and emotional counseling support to clients and children. Strong professional background in administrative/customer support with extensive experience in fast-paced environments demands strong organizational, technical, and interpersonal skills. Possess strong communication and multi-tasking abilities. Aspiring to gain entry and start a challenging career in the Human Service industry in a high profile organization that offers a genuine opportunity for progression.

Areas of Expertise

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| * Quality Patient Care * Acute Illness Diagnosis * Patient Needs Assessment | * Appropriate Prescribing * Values Patient Relationship * Preventative Counseling | * Student Health Exams * Stress & People Management * Treatment Planning |

**Education, Certifications, & Professional Training**

**Master of Science - Community and Trauma Counseling |** *Thomas Jefferson University - 2020*

**Bachelor of Arts - Psychology |** La Salle University - 2017

**Psychological First Aid Certification |** Thomas Jefferson University

**QPR Certification, Dr. Nicole Johnson** | Thomas Jefferson University

**Telehealth** **for mental health professionals (two days training),** Joni Gilbertson, MA, NCC, LCPC, BC-TMH **|** PESI

**NARCAN |** Thomas Jefferson University

**Professional Experience**

**The Crefeld School, City, Location Aug/2019 – June/2020**

**Emotional Support Intern**

Improved the emotional wellbeing of students ages 12 to 18 from diverse backgrounds by delivering high-end support. Helped children with special/emotional needs to tackle with cognitive challenges. Focused on addressing barriers faced by students during education by implementing appropriate clinical intervention through the collaboration of outpatient therapists.

* Recognized for supporting a virtual young women’s empowerment group during the COVID-19 pandemic with their education, employment, and personal relationships.
* Attended an IRTF for individuals with schizophrenia by co-facilitating music therapy groups with residents’ individuals.

**Children’s Crisis Treatment Center-Therapeutic Nursery, City, Location Oct/2018 – June/2019**

**Clinical Intern**

Assumed accountability for providing therapeutic intervention to children of 2.5-5 years in a partial hospitalization program. Leveraged clinical experience and educational skills to develop weekly therapeutic groups based on the PATHS psychosocial-emotional curriculum.

* Accomplished in developing psycho-educational groups for preschoolers.

**Warwick House, City, Location Feb/2019 – June/2019**

**Youth and Family Counselor PRN - Shift Supervisor**

Managed staff shifts and supported them during crises. Conducted meetings with staff to share vital information with the therapeutic treatment. Contributed efforts in various family therapy sessions and treatment team sessions.

* Commended by the senior management for keeping the entire facility organized.
* Successfully built a therapy group focused on self-harming residents.

**MCC Warwick House, City, Location Dec/2017 – June/2019**

**Youth and Family Counselor**

Provided counseling services and introduced a therapeutic environment for clients. Implemented treatment plans designed by each child’s therapist. Mitigated crisis by using de-escalation techniques and Emergency Safety Interventions. Created a “self-care” group for self-injurious residents, giving psycho-education around emotion regulation and coping skills.

* Tasked with delivering direct mental health care for children ages 5 to 14 with a variety of diagnoses such as, nonverbal autism, intensive behavioral needs, schizophrenia, borderline personality disorder, and fetal alcohol syndrome
* Established and maintained robust relationships with residents.

**Community Service**

**LGBTQ+ Community, City, Location June/2020 – Present**

**Founder - web-based peer support group**

Build a virtual international LGBTQ+ peer support group during COVID-19. Hold weekly video chat meetings to discuss important topics such as media representation, LGBTQ history, and others.

**Crisis Text Line, City, Location Oct/2019 – Present**

**Crisis Counselor - crisistextline.org**

Assist individuals in crisis through an online platform for a minimum of 4 hours a week. Determine the texters level of risk by utilizing ladder-up risk assessment. Build solid rapport through good contact techniques and high empathy.

**Seasons IRTF, City, Location Sept/2019 – Mar/2020**

**Emotional Support Intern**

Aided in organizing weekly music therapy groups for adults with schizophrenia. Hosted various social events to encourage positive social interactions between residents and family members.

**Volunteer Work**

**Volunteer |** Epsilon Sigma Alpha Service Fraternity: La Salle University

**Volunteer |** Growing Smiles Foundation