

Kassandra Alyssa Balandrano

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LPC-Associate | Supervised by Alison Lough, LPC-S

PROFESSIONAL SKILLS PROFILE

Whole Brain Approach to Discipline | Mindfulness Practices | Therapy Experience with Children | Strong Interpersonal & Written Communication | TBRI Intervention Methods | Bridging Disciplines Program, Children & the Family

PROFESSIONAL EXPERIENCE

Level II Therapist

Therapy Austin | Austin, TX

May 2024—Present

- Perform comprehensive intake assessments to evaluate client needs, assess risks, and establish tailored treatment goals.
- Ensure compliance with organizational standards by maintaining thorough and accurate client documentation, including case notes, progress updates, and client interactions.
- Deliver evidence-based therapies, including Acceptance and Commitment Therapy, Interpersonal Neurobiology, and Person-Centered Therapy.

Program Coordinator – Events Management

Apartment Life | Austin, TX

June 2021—May 2024

- Led and inspired three teams of Event Specialists to produce monthly events in Austin, TX averaging 50-70% attendance.
- Coordinated with local vendors to produce events, increase organization exposure, and establish new partnerships.
- Provided management with a monthly post-brief report on the effectiveness of collaborative marketing strategies.
- Negotiated terms with local and global vendors to sponsor events, reducing event costs and securing new partnerships.
- Continuously developed budgets and oversaw all financial elements of events to ensure we remained within our spending parameters, securing financial accountability and efficiency.

Graduate Associate Intern – Counseling Services

Austin Family Institute | Austin, TX

May 2022—May 2023

- Provided direct, individual counseling and assessment services to children, individuals, couples & families.
- Used narrative and cognitive behavioral theories to inform treatments that are unique to each client.
- Assisted in the intake and evaluation of clients, gathering psychosocial histories to inform treatment planning.
- Supported clients in developing self-sufficiency through skills training, goal setting, and empowerment-focused interventions.
- Documented all client interactions in clinical records, adhering to confidentiality and professional standards.
- Observed and facilitated premarital counseling workshops, providing psychoeducation, and encouraging personal reflection on relationship dynamics.

Post-Graduate Intern

Petra Preschool | Austin, TX

May 2022—May 2023

- Supported lead teachers with daily classroom activities.
- Established and applied behavioral rules and discipline using Trust-Based Relational Intervention methods.
- Inventoried & purchased materials for education, hygiene, & lunch.

EDUCATION

Liberty University – Lynchburg, VA

Master of Arts in Clinical Mental Health Counseling

May 2023

Honors: rho eta sigma chapter of chi sigma iota, graduated with high distinction.

University of Texas at Austin – Austin, TX

Bachelor of Arts in Psychology

May 2019

Honors: summa cum laude, Dean's List

ADDITIONAL EXPERIENCE

Community Development Leader

Mount Nebo | Austin, TX

August 2016— May 2019

- Provided mentorship and guidance to adolescents and at-risk youth, fostering personal growth and spiritual development.
- Designed and facilitated weekly gatherings for 10–15 mentees and volunteers, incorporating engaging activities and discussions.
- Cultivated meaningful relationships with mentees by addressing challenges and implementing effective conflict resolution strategies.