

Ian Nelson, TLLP

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Professional and Academic Summary

An empathic and perceptive psychotherapist demonstrating a competency in motivational interviewing while implementing cognitive therapy and mindfulness. An energetic learner with a 4.0 GPA, recognized for developing a group counseling curriculum and MMPI assessments.

Field Experience

Western Michigan University, 600 hour field practicum

Fountain Hill Center for Counseling and Consultation (Jan-Aug 2012)

Responsible for individual and group psychotherapy for children, adults, and couples. Implements the treatment of mood disorders, anger and stress management, ADHD, trauma, substance abuse, domestic violence, and troubled relationships. Received training in psychological testing, clinical interviews for the court and neuro-feedback. Authored three articles on depression for the Fountain Hill Center website.

Employment

PsychoSocial Rehabilitation Advocate, Cherry Street Health Services (Aug 2007-Present)

Coordinates with team to provide work and social experiences for adults with mental illness (e.g. schizoaffective, bipolar, borderline personality). Manages kitchen and vending services while coaching clients as workforce. Coordinates with mental health professionals to implement person-centered plan goals, document client progress and complete reauthorizations for services. Pioneered transitional employment program.

Training Summary

Trainings provided by Cherry Street Health Services and Network 180 (2011-2012)

- Motivational Interviewing, phase 3. Tapes rated by a MINT member fall into the competency range according to MITI 3.1.
- Cognitive Therapy for Depression & Substance Abuse
- Cognitive Therapy for Anxiety & Trauma
- Trauma-Focused Cognitive Behavioral Therapy for Children (online by MUSC)
- Seeking Safety: Treatment for PTSD and substance abuse
- Substance Abuse and Complex Conditions (Dual Diagnosis)
- Trauma Informed Care
- Overview of Dialectical Behavioral Therapy
- Dialectical Behavior Skills Training
- Stages of Change and Stage-Based Treatment Strategies

Education

M.A. in Counseling Psychology, GPA: 4.0 (August 2012)

Western Michigan University, Kalamazoo, MI

B.S. in Psychology, B.S. in Bible, GPA: 3.870 (May 2007)

Minors: Intercultural Studies, Humanities

Columbia International University, Columbia, SC

"an outstanding group development project...one of the best I've read in 30 years...you have well-developed therapeutic skills and knowledge...I'd like a copy of your project"- Dr. James Hedstrom

