

# Clinical Mental Health Counselor

## Rebecca Harris

### Professional summary

Compassionate and dedicated Counselor with experience in diagnosing and treating individuals with a wide range of emotional and psychological issues. Adept at developing treatment plans, delivering therapeutic interventions tailored to clients' specific needs.

### Experience

#### Clinical Mental Health Counselor

May 2018 - Now

New York Counseling Services / United States

- Provide individual therapy to clients dealing with anxiety, depression, trauma, and relationship issues.
- Maintain accurate client records and documentation in compliance with HIPAA regulations.
- Lead psychoeducation workshops on stress management, mindfulness, and emotional regulation.
- Supervise and mentor junior therapists and interns, providing feedback and guidance on clinical practices.

#### Therapist Intern


June 2016 - April 2018


Healthy Mind Clinic / New York, NY

- Led group therapy sessions for individuals with substance use and behavioral disorders, focusing on developing coping strategies and self-awareness.
- Developed rapport with clients and maintained professional and empathetic relationships, fostering a safe therapeutic environment.
- Participated in regular team meetings to discuss client progress, case management strategies, and treatment plan adjustments.

### Community Involvement

- Volunteer Mental Health Counselor at New York Suicide Prevention Center, providing phone counseling services to individuals in crisis.
- Active participant in NYC Mental Health Awareness Month, organizing local community workshops and educational events on mental health issues.

 (458) 552-4567

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 New York, NY

### Education

#### Master of Arts in Clinical Mental Health Counseling

Columbia University

United States, Graduated: May 2016

#### Bachelor of Arts in Psychology


University of California, Los Angeles


United States, Graduated: May 2014

### Certifications

- **Licensed Mental Health Counselor (LMHC)**, New York State Education Department, June 2020
- **Cognitive Behavioral Therapy (CBT) Certification**, Beck Institute, March 2019


### Skills


Trauma-Informed Care 

Crisis Intervention & Management 


Family Therapy 

Psychological Assessments 

Multicultural Sensitivity 

Stress Management Techniques 

### Languages

 English (Fluent)

 Spanish (Conversational)