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

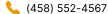
June 2016 - April 2018

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.



rebecca.harris@gmail.com

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)