



# CBT Psychotherapist

## Emma Caldwell, LPC

### Professional summary

Licensed psychotherapist with 9+ years of experience specializing in Cognitive Behavioral Therapy (CBT). Adept at helping clients manage anxiety, depression, and OCD through evidence-based interventions. Skilled in treatment planning, crisis intervention, and psychoeducation. Passionate about empowering individuals to develop coping strategies and long-term resilience.

### Experience

#### CBT Psychotherapist

January 2020 - Now

North Shore Counseling Center / Chicago, IL

- Provide structured CBT interventions for clients with generalized anxiety disorder, panic disorder, and OCD.
- Conduct weekly individual therapy sessions, incorporating mindfulness and behavioral activation techniques.
- Develop personalized treatment plans to promote cognitive restructuring and emotional regulation.
- Facilitate psychoeducational workshops on stress management and resilience--building strategies.
- Collaborate with psychiatrists and social workers to ensure comprehensive client care.

#### Mental Health Therapist

May 2016 - December 2019

Lakeview Behavioral Health / Chicago, IL

- Delivered CBT-based therapy to adolescents and adults coping with depression and PTSD.
- Led weekly group therapy sessions focusing on self-esteem and coping mechanisms.
- Implemented exposure therapy techniques to help clients overcome phobias and compulsions.
- Maintained detailed case notes and progress reports in compliance with HIPAA regulations.

### Professional Development

- Attended the Annual CBT Conference by the Beck Institute (2025)
- Completed Advanced Cognitive Restructuring Training (2023)

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### Education

#### Master of Arts in Clinical Psychology

DePaul University, Chicago, IL (2016)

#### Licensed Professional Counselor (LPC)

State of Illinois

### Certifications

- Certified Cognitive Behavioral Therapist (CBT-I) – National Association of Cognitive-Behavioral Therapists
- Trauma-Focused CBT Certification – Medical University of South Carolina

### Skills

Cognitive Behavioral Therapy (CBT) ◆◆◆◆◆

Exposure and Response Prevention (ERP) ◆◆◆◆◆

Cognitive Restructuring ◆◆◆◆◆

Anxiety & Depression Management ◆◆◆◆◆

Psychoeducation ◆◆◆◆◆

Mindfulness Techniques ◆◆◆◆◆

Crisis Intervention ◆◆◆◆◆

Case Documentation ◆◆◆◆◆

Individual & Group Therapy ◆◆◆◆◆

EMR Software (TheraNest, SimplePractice) ◆◆◆◆◆