



Clinical Marriage and Family Therapist

Emily J. Martinez

Professional summary

Experienced Clinical Marriage and Family Therapist with practice in providing psychotherapy and counseling services to individuals, couples, and families. Skilled in a range of therapeutic techniques, including Cognitive Behavioral Therapy (CBT) and Family Systems Therapy. Seeking a clinical role to help clients achieve emotional and relational health.

Experience

Senior Clinical Marriage and Family Therapist

January 2017 - Now

Pacific Family Therapy Clinic / Los Angeles, CA

- Provide therapy for individuals, couples, and families dealing with a variety of challenges including anxiety, depression, relationship issues, and trauma.
- Lead group therapy sessions focusing on conflict resolution and stress management.
- Collaborate with psychiatrists, social workers, and other healthcare professionals to provide comprehensive care.
- Supervise a team of junior therapists and assist with case evaluations and treatment planning.

Clinical Marriage and Family Therapist

June 2015 - December 2016

Crescent Health Behavioral Services / Los Angeles, CA

- Conducted therapy sessions using CBT, DBT, and EFT (Emotionally Focused Therapy) to support clients in resolving relationship issues and managing mental health concerns.
- Developed individualized treatment plans and documented progress using case management software.
- Worked with diverse populations, including LGBTQ+ clients, military families, and trauma survivors.

Volunteer Experience

Volunteer Counselor

2016 - Now

Los Angeles Youth Center – Los Angeles, CA

- Provide pro-bono therapy for adolescents facing mental health challenges such as depression and substance abuse.
- Facilitate group therapy sessions on life skills, conflict resolution, and emotional resilience.

(555) 123-4567

emily.martinez@example.com

Links

LinkedIn: /in/emilyjmartinez

Education

Master of Science in Marriage and Family Therapy

University of California, Los Angeles – Los Angeles, CA

Graduated: May 2015

Bachelor of Arts in Psychology

University of California, Los Angeles – Los Angeles, CA

Graduated: May 2012

Licenses and Certifications

- Licensed Marriage and Family Therapist (LMFT) – California Board of Behavioral Sciences, License #123456
- Certified Clinical Trauma Professional (CCTP) – 2017

Skills

Cognitive Behavioral Therapy (CBT)	
Family Systems Therapy	
Conflict Resolution	
Trauma-Informed Care	
Group Therapy Facilitation	
Crisis Management	
Active Listening	