

Drug and Alcohol Counselor

Lora Richardson

Professional summary

Compassionate Drug and Alcohol Counselor with experience assisting individuals in overcoming substance dependency. Skilled in group therapy, crisis intervention, and relapse prevention strategies. Committed to providing personalized treatment plans and fostering long-term recovery.

Experience

Drug and Alcohol Counselor

2019 - Now

Aspen Recovery Center / Denver, CO

- Conduct individual and group counseling sessions, using evidence-based approaches to help clients navigate substance use recovery.
- Develop and implement personalized treatment plans, adjusting strategies based on each client's progress and challenges.
- Facilitate relapse prevention workshops, equipping clients with coping mechanisms to maintain sobriety in high-risk situations.
- Collaborate with psychiatrists, case managers, and social workers to coordinate comprehensive care and ensure client needs are met.

Substance Abuse Counselor


2015 - 2019


Rocky Mountain Behavioral Health / Colorado Springs, CO


- Provided one-on-one counseling for individuals struggling with alcohol and drug addiction, tailoring interventions to each client's needs.
- Conducted intake assessments to determine the severity of addiction and recommend the most effective treatment plans.
- Led group therapy sessions, fostering peer support and open discussions about addiction and recovery challenges.
- Educated family members on addiction's impact, teaching communication techniques and strategies for supporting their loved ones.

Professional Affiliations

- Member, National Association for Alcoholism and Drug Abuse Counselors (NAADAC)
- Member, Colorado Counseling Association

 (303) 555-7890

 lora.richardson@email.com

 Denver, CO

Education

Master's in Counseling Psychology

University of Colorado, Denver – 2015

Certifications

- Certified Alcohol and Drug Counselor (2015)
- Trauma-Informed Care Certification (2022)

Skills

Individual and Group Counseling	<div><div></div><div></div><div></div><div></div><div></div></div>
Addiction Recovery Strategies	<div><div></div><div></div><div></div><div></div><div></div></div>
Motivational Interviewing	<div><div></div><div></div><div></div><div></div><div></div></div>
Cognitive Behavioral Therapy (CBT)	<div><div></div><div></div><div></div><div></div><div></div></div>
Crisis Intervention	<div><div></div><div></div><div></div><div></div><div></div></div>
Relapse Prevention Planning	<div><div></div><div></div><div></div><div></div><div></div></div>
Case Management	<div><div></div><div></div><div></div><div></div><div></div></div>
Substance Use Assessments	<div><div></div><div></div><div></div><div></div><div></div></div>
Client Progress Monitoring	<div><div></div><div></div><div></div><div></div><div></div></div>
Community Outreach	<div><div></div><div></div><div></div><div></div><div></div></div>