




Rebecca Flores

MS, CAC

Behavioral Addiction
Counselor

CONTACT

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-  San Diego, CA

EDUCATION

Master's in Counseling Psychology
San Diego State University, San Diego, CA | Graduated: May 2018

Certified Addiction Counselor (CAC)

California Board of Behavioral Sciences | Certified: September 2019

Certifications

- Certified Addiction Counselor (2018), California Board of Behavioral Sciences

Published Articles

- "Understanding Behavioral Addiction: An Emerging Challenge" – *Journal of Counseling Psychology*, January 2023
 - "Interventions for Technology Addiction in Youth" – *California Counseling Review*, May 2021
- Authored articles addressing approaches to behavioral addiction, including preventive measures and therapeutic strategies.

PROFESSIONAL SUMMARY

Certified Addiction Counselor (CAC) with experience specializing in behavioral addictions, including gambling, internet, and gaming. Proven track record in relapse prevention, cognitive-behavioral therapy (CBT), and individualized treatment planning. Seeking to bring my expertise to the Addiction Recovery Network in San Diego.

EXPERIENCE

Behavioral Addiction Counselor 2019 - Now

Coastal Recovery Services, San Diego, CA

- Develop and implement personalized treatment plans for clients struggling with non-substance addictions.
- Conduct individual and group therapy sessions, focusing on cognitive restructuring and skill development.
- Collaborate with family members to address the impact of behavioral addiction on loved ones and support systems.
- Provide training to junior counselors on best practices in managing behavioral addictions.
- Monitor client progress through regular evaluations and adjust interventions as needed.

Counselor (Intern) 2018 - 2019

San Diego Addiction Center, San Diego, CA

- Assisted in CBT-based interventions for clients with co-occurring behavioral and substance use disorders.
- Conducted intake assessments and helped create treatment plans alongside senior counselors.
- Led support groups for individuals struggling with technology and internet dependency.

SKILLS

CBT and DBT (Dialectical Behavior Therapy)	★★★★★
Behavioral Addiction Assessment	★★★★★
Relapse Prevention Strategies	★★★★★
Family Counseling and Support	★★★★★
Individualized Treatment Plans	★★★★★
Psychoeducation Delivery	★★★★★
Co-occurring Disorders Management	★★★★★
Cultural Competency in Mental Health	★★★★★