

# 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

