

## **EDUCATION**

**UNIVERSITY OF NEW ENGLAND, Biddeford, ME** M.S.W. May 1995

**COLBY COLLEGE, Waterville, ME** B.A. May 1984  
Major: Philosophy  
Honors: Dean's List; Distinction in the Major

## **PROFESSIONAL WORK EXPERIENCE**

**CLINICIAN, Neuropsychology and Concussion Management Associates, Yarmouth & Rockport ME** July 2023 - present  
Provide comprehensive clinical social work services with a focus on clarifying treatment goals and activating a co-created, strategic plan for achieving them.

**INDEPENDENT PRACTICE, Bowdoinham, ME** January 2017 - present  
Provide clinical social work services to individuals. Serve as mindfulness-based life coach, consultant and trainer to individuals and organizations seeking to learn and implement skills and strategies for stress management.

**CLINICIAN, Colby College, Waterville, ME** September 2019 - June 2020  
A one-year/temporary position in the student counseling center. Managed full caseload utilizing models for brief treatment with students presenting with wide range of clinical issues.

**HOSPICE SOCIAL WORKER, North Conway, NH** August 2011 - May 2014  
Completed comprehensive psychosocial and bereavement assessments and all required ongoing documentation. Provided supportive counseling to terminally ill patients and their families. Collaborated with multi-disciplinary hospice team and long-term care facility staff to deliver integrated care. Participated in multi-disciplinary team meetings.

**INDEPENDENT PRACTICE, Camden, ME** June 2000 - August 2010  
Provided clinical social work services (comprehensive assessment, diagnosis, treatment planning, and treatment using appropriate theoretical models) to individuals, couples, families, and adolescents. Provided EAP services.

## **MENTAL HEALTH AND SUBSTANCE ABUSE**

**CLINICIAN, Augusta ME** April 2008 - May 2011  
At Maine General Medical Center's Intensive Outpatient Program, facilitated psycho-education, Dialectical Behavior Therapy (DBT) skills training, and psychotherapy groups; provided adjunct individual, couples, and family treatment as needed; completed medical record documentation; participated

in multi-disciplinary treatment planning; performed crisis intervention as needed; conducted initial screenings.

**CONSULTANT, Rockland, ME**

July 2002 - July 2004

Directed development and implementation of Dialectical Behavior Therapy treatment program at Mid-Coast Mental Health Center.

**HEALTHREACH NETWORK, Augusta, ME**

May 1997 - March 2001

Completed comprehensive psychosocial and diagnostic assessments; created appropriate treatment plans; provided outpatient mental health and substance abuse services to individuals, couples, families, and groups; completed substance abuse assessments and performed DDEEP counseling; served on Management team; supervised 5 clinicians and one MSW-intern.

**KENNEBEC VALLEY MEDICAL CENTER, Augusta, ME**

July 1995 - March 1997

On inpatient psychiatric and detoxification units, completed psychosocial assessments; provided brief, intensive psychotherapy with individuals, couples, and families; performed discharge planning functions; participated in daily interdisciplinary treatment planning meetings; performed some utilization review.

**CLINICAL INTERESTS**

Stress management, mindfulness, and resilience; recovery from loss, grief, and bereavement; anxiety and depression; addiction and recovery; diversity & inclusion in healthcare settings across the care continuum.

**RELATED PROFESSIONAL ACCOMPLISHMENTS AND PURSUITS**

- The ABCs of Non-Pharmacological Chronic Pain Management (training delivered to Nason Healthcare, Springvale ME, February 2022)
- Get Your Calm On: Master Your Stress with The Four Ps of Inner Peace (training delivered to the teachers and staff of Islesboro Central School, Islesboro ME, November 2020).
- Completed book manuscript: Heal Your Heartache with The New Plan A
- Weekly podcast (2014-2020): Recover From Emotional Devastation with The New Plan A.
- Initiated and directed a hospice choir in western Maine and delivered multiple community education events to raise awareness of the benefits and power of music at the end of life.
- Voiceover artist.

*References available upon request.*