



School Mental Health Therapist

Emily Carter

Professional summary

Dedicated School Mental Health Therapist with 7+ years of experience supporting students' emotional and psychological well-being. Skilled in crisis intervention, cognitive behavioral therapy (CBT), and collaboration with educators to foster a healthy school environment. Passionate about helping children and adolescents develop coping strategies for academic and personal challenges.

Experience

School Mental Health Therapist

2019 - Now

Brooklyn Academy Charter School / Brooklyn, NY

- Provide individual and group therapy to students experiencing emotional, behavioral, and academic challenges, developing personalized strategies for self-regulation and coping.
- Implement crisis intervention strategies, collaborating closely with teachers, administrators, and families to create a supportive learning environment.
- Develop and lead social-emotional learning (SEL) workshops, educating students and faculty on emotional resilience, mindfulness, and stress management techniques.
- Maintain detailed and confidential case records, tracking student progress, intervention effectiveness, and referrals to external mental health services.

Mental Health Counselor (Internship)

2018 - 2019

New York City Department of Education / New York, NY

- Assisted in the assessment and support of students struggling with anxiety, depression, and other mental health concerns, ensuring access to appropriate resources.
- Conducted intake assessments, gathering relevant background information to create individualized treatment plans in collaboration with supervising therapists.
- Coordinated with school counselors and social workers to implement behavioral intervention plans, providing ongoing support and progress evaluations.
- Facilitated group counseling sessions focused on building peer relationships, conflict resolution, and emotional regulation techniques.

Professional Development

- Applied Behavior Analysis (ABA) Training, 2023
- Trauma-Informed Schools Workshop, 2022

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Links

LinkedIn.com/in/emilycarter

Education

Master's in Social Work (MSW)

Columbia University

2018

Bachelor's in Psychology

New York University

2016

Certifications & Licenses

- Licensed Clinical Social Worker (LCSW) – New York (2022)
- Youth Mental Health First Aid Certified (2020)

Skills

Crisis intervention	★★★★★
Individual and group counseling	★★★★★
Behavioral assessments	★★★★★
Trauma-informed care	★★★★★
Collaboration with educators	★★★★★
Social-emotional learning (SEL) strategies	★★★★★
Family counseling	★★★★★
Student advocacy	★★★★★