

PROFESSIONAL SUMMARY

Experienced Substance Abuse Mental Health Therapist with 8+ years of helping individuals overcome addiction and co-occurring disorders. Skilled in motivational interviewing, relapse prevention strategies, and individualized treatment planning. Passionate about guiding clients toward long-term recovery.

EDUCATION

Master’s in Counseling Psychology

DePaul University | 2017

Bachelor’s in Human Services

Loyola University Chicago | 2015

Certifications & Licenses

- Licensed Clinical Professional Counselor (LCPC) – Illinois (2018)
- Certified Alcohol and Drug Counselor (CADC) (2019)

SKILLS

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|------------------------------------|--------|
| Substance use disorder counseling | Expert |
| Motivational Interviewing (MI) | Expert |
| Cognitive Behavioral Therapy (CBT) | Expert |
| Relapse prevention strategies | Expert |
| Dual diagnosis treatment | Expert |
| Case management | Expert |
| Group therapy facilitation | Expert |
| Crisis intervention | Expert |
| Family education & support | Expert |
| Harm reduction techniques | Expert |

EXPERIENCE

2018 - Now

Substance Abuse Therapist

Chicago Recovery Center | Chicago, IL

- Conduct individual and group therapy sessions for clients recovering from substance use disorders, tailoring interventions based on client history and readiness for change.
- Develop personalized treatment plans that incorporate relapse prevention techniques, healthy coping strategies, and long-term recovery goals.
- Utilize Motivational Interviewing (MI) to empower clients, helping them recognize personal strengths and maintain motivation for sobriety.
- Collaborate with medical professionals, case managers, and family members to provide holistic care addressing both mental health and substance use challenges.

2017 - 2018

Addiction Counselor (Internship)

Illinois Addiction Treatment Services | Chicago, IL

- Assisted licensed therapists in conducting substance use assessments and developing individualized treatment plans for clients with co-occurring disorders.
- Led psychoeducation workshops on addiction recovery, harm reduction strategies, and stress management techniques.
- Provided one-on-one counseling under clinical supervision, guiding clients through the early stages of recovery and goal-setting.
- Maintained thorough case documentation, ensuring compliance with ethical and legal standards in addiction counseling.

COMMUNITY INVOLVEMENT

- Volunteer Counselor, Chicago Sober Living Program, 2020 – Present
- Speaker at Illinois Addiction Recovery Conference, 2021