



CBT Psychotherapist

Emma Caldwell, LPC

Professional summary

Licensed psychotherapist with 9+ years of experience specializing in Cognitive Behavioral Therapy (CBT). Adept at helping clients manage anxiety, depression, and OCD through evidence-based interventions. Skilled in treatment planning, crisis intervention, and psychoeducation. Passionate about empowering individuals to develop coping strategies and long-term resilience.

Experience

CBT Psychotherapist

January 2020 - Now

North Shore Counseling Center / Chicago, IL

- Provide structured CBT interventions for clients with generalized anxiety disorder, panic disorder, and OCD.
- Conduct weekly individual therapy sessions, incorporating mindfulness and behavioral activation techniques.
- Develop personalized treatment plans to promote cognitive restructuring and emotional regulation.
- Facilitate psychoeducational workshops on stress management and resilience--building strategies.
- Collaborate with psychiatrists and social workers to ensure comprehensive client care.

Mental Health Therapist

May 2016 - December 2019

Lakeview Behavioral Health / Chicago, IL

- Delivered CBT-based therapy to adolescents and adults coping with depression and PTSD.
- Led weekly group therapy sessions focusing on self-esteem and coping mechanisms.
- Implemented exposure therapy techniques to help clients overcome phobias and compulsions.
- Maintained detailed case notes and progress reports in compliance with HIPAA regulations.

Professional Development

- Attended the Annual CBT Conference by the Beck Institute (2025)
- Completed Advanced Cognitive Restructuring Training (2023)

(312) 555-8742
 emma.caldwell@email.com
 Chicago, IL

Education

Master of Arts in Clinical Psychology

DePaul University, Chicago, IL (2016)

Licensed Professional Counselor (LPC)

State of Illinois

Certifications

- Certified Cognitive Behavioral Therapist (CBT-I) – National Association of Cognitive-Behavioral Therapists
- Trauma-Focused CBT Certification – Medical University of South Carolina

Skills

Cognitive Behavioral Therapy (CBT)	◆◆◆◆◆
Exposure and Response Prevention (ERP)	◆◆◆◆◆
Cognitive Restructuring	◆◆◆◆◆
Anxiety & Depression Management	◆◆◆◆◆
Psychoeducation	◆◆◆◆◆
Mindfulness Techniques	◆◆◆◆◆
Crisis Intervention	◆◆◆◆◆
Case Documentation	◆◆◆◆◆
Individual & Group Therapy	◆◆◆◆◆
EMR Software (TheraNest, SimplePractice)	◆◆◆◆◆