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### Certification/Licensure

**Licensed Professional Counselor**, State of Oregon (C8214)  
**Licensed Professional Counselor**, State of Ohio (E.1800867-SUPV)  
**Licensed Professional Counselor**, State of Kentucky (291580)

### Education

**Masters in Clinical Mental Health Counseling**, Northern Kentucky University, *Highland Heights, KY* 2016  
**Bachelors in Psychology**, Northern Kentucky University, *Highland Heights, KY* 2013

### Selected Professional Experience

**Full Time Therapist**, Portland DBT Institute, *Portland, OR* June 2024-present

- Provides full-fidelity DBT to individuals struggling with emotion dysregulation that includes mental health assessments, individual therapy, skills coaching, phone coaching, and facilitating skills groups.
- Conduct psychological assessments.

**Clinical Practice Director**, Aster Springs Outpatient Cincinnati, *Mason, OH* 2022-June 2024

- Provided therapy to treat individuals diagnosed with eating disorders and co-occurring conditions at the PHP and IOP levels of care. Managed onsite operations and clinical management of the office and staff. Directly administratively and clinically supervised staff. Lead monthly group supervision meetings to provide education to staff on various relevant clinical topics.

**Lead Psychotherapist**, Aster Springs Outpatient Cincinnati, *Mason, OH* 2021-2022

- Provided therapy services to clients diagnosed with eating disorders and co-occurring conditions at the IOP and PHP levels of care. Conducted screenings and assessments to aid in diagnosis and treatment planning, created curriculum for DBT, CBT, body image, and other psychotherapy groups.

**Clinical Therapist**, Aster Springs Outpatient Cincinnati, *Mason, OH* 2021

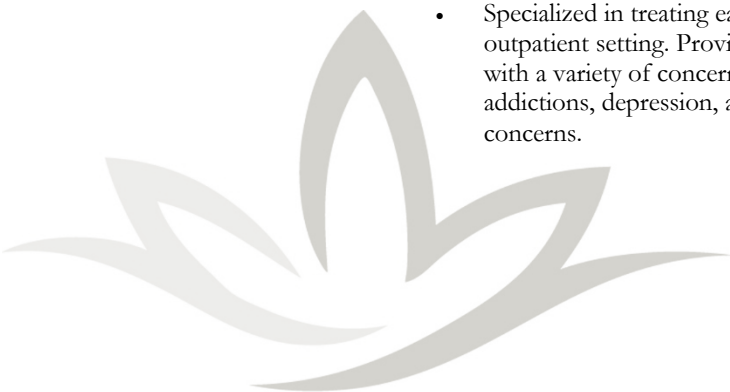
- Provided therapy services to clients diagnosed with eating disorders and co-occurring conditions at the IOP and PHP levels of care.

**Primary Therapist**, Eating Recovery Center of Ohio, Cincinnati, *OH* 2018-2021

- Provided therapy services to clients diagnosed with eating disorders and co-occurring conditions at the IOP and PHP levels of care.

**Licensed Professional Counselor**, Waybridge Counseling Services, *Cincinnati, OH* 2016-2019

- Specialized in treating eating disorders and process addictions in an outpatient setting. Provided individual counseling to clients struggling with a variety of concerns including eating disorders, behavioral addictions, depression, anxiety, self-esteem struggles, and body image concerns.



**Other Specialized Training/Certifications**

Beyond the Diagnosis: Navigating the Intersection of Borderline Personality and Eating Disorders for Empowered Recovery	<i>March 2023</i>
Body Neutrality, Diet Culture, and Treatment of Eating Disorders	<i>Sept 2023</i>
Eating Disorders 101- Treating Eating Disorders Across the Level of Care Continuum	<i>June 2022</i>

