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Education

Masters in Social Work , University of Denver, <i>Denver, CO</i>	<i>Current</i>
Bachelor in Business , Western Governors University, <i>Salt Lake City, UT</i>	<i>2021</i>

Selected Professional Experience

Skills Trainer , Portland DBT Institute, <i>Portland, OR</i>	<i>Present</i>
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- Preparing for and providing DBT skills training classes to fidelity in PDBTT's IOP program.
- Documenting skills training sessions as needed.
- Supporting clients through stressful moments by offering skills coaching.

Mental Health Technician , Cedar Hills Hospital, <i>Portland, OR</i>	<i>2024</i>
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- Ensured the safety of all clients by rounding every 15 minutes.
- Interacted with a diverse population, focusing on stabilization and teaching basic distress tolerance skills.
- Performed basic administrative tasks, including sorting and filing paper charts.
- Maintained cleanliness of milieu, cleaned and restocked supplies.

Psychiatric Technician I , Albertina Kerr, Subacute, <i>Portland, OR</i>	<i>2024</i>
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- Ensured the safety and security of all clients in the subacute program.
- Interacted with a diverse population of individuals while continuously maintaining objectivity, inclusivity, empathy, and compassion.
- Performed duties and interventions as prescribed in treatment plans and Individual Support Plans (ISPs).

