

KEERTHANA SRINIVASAN (MA, LPC, NCC) 178017657

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| PROFESSIONAL SUMMARY

Compassionate and dedicated counselor with 4 years of practical experience and background in understanding trauma and crisis management, combined with a solid education from a CACREP accredited institute. Experience working with refugee and immigrant population in the United States. Research background in trauma and community organizational relationships. Theoretical approach - Dialectical Behavioral Therapy.

| WORK HISTORY

Apna Ghar And Swedish Hospital Northshore - Counselor and Medical Advocate

Chicago, IL • 03/2021 - Current

- Crisis management and counseling in hospital for survivor patients. Offering emotional support and connecting survivors to resources (supported over 50 patients during last quarter).
- Designed and implemented trainings to hospital staff including nurse practitioners to screen for survivors of domestic violence, sexual assault and human trafficking.
- Developed research curriculum for counseling and medical advocacy program in organization.

Apna Ghar Inc. - Medical Advocate and Counselor

Chicago, IL • 11/2020 - 09/2021

- Supporting immigrant and refugee populations within community, providing counseling and medical advocacy for domestic violence survivors (caseload of 25 clients).
- Providing therapy in various South Asian

| SKILLS

- High sensitivity traits & interpersonal communication skills.
- Relating to individuals and groups at a deeper & authentic level.
- Knowledge about Trauma & Crisis intervention work.
- Efficient in problem solving, planning & organizing.
- Punctual with documentation & reporting.
- Multilingual- English, Hindi, Urdu, Tamil, Telugu and Kannada.

| EDUCATION

The Chicago School Of Professional Psychology

Chicago, IL • 07/2020

Master of Arts: Clinical Mental Health Counseling

- CACREP Accredited program
- Coursework in **Telebehavioral Health**, Trauma and crisis counseling, Family and couples counseling, Counseling children and adolescents, Theories of counseling and Psychotherapy, Diagnosis of mental health disorders, Treatment planning and psychopharmacology, Ethics in counseling, Helping skills, Diversity and Multiculturalism, Group theories and counseling process, Lifespan development, Methods of research and program evaluation, Assessments

languages, translation services, hotline crisis calls during shelter shifts and culturally appropriate safety planning.

- Using therapeutic techniques such as Trauma-focused Cognitive Behavioral Therapy and Dialectical Behavioral Therapy; Mindfulness and artful coping.
- Case management work and advocating for clients to find employment, legal help, education, knowledge of rights as immigrants.
- Headed CDPH (Chicago dept of Public Health) based project for community partnerships, client services and expand services to other agencies.
- Member of Community Advisory Board for Uptown area in Chicago.

Community Counseling Centers Of Chicago - Counselor-in-Training

Chicago, IL • 07/2019 - 07/2020

- Worked as counselor in training - STARS outpatient department (Sexual Trauma Awareness and Recovery Services). Trained in application of Dialectical Behavioral Therapy approach along with Nonviolent Communication skills.
- Ethically engaged and maintained therapeutic relationship with multiple clients, who identified as adult survivors of sexual assault and individuals with physical disabilities. Co-facilitated groups such as Artful coping, DBT and Mindfulness group and Advanced survivors of trauma group. (400 hrs)
- Acquired case management skills. Performed intake sessions, assessed clinical risk and danger to clients and determined appropriate level of response and intervention.
- Maintained documentation of services, responses to treatment and presented cases for consultation during team meetings. (100 hrs)
- Dealt with ethical dilemmas. Developed cultural awareness, understanding of clients various backgrounds and impacts of trauma.

St. Mary School - Counselor-in-Trainings

and Career development in counseling (3 credits each).

Sampurna Institute of Advanced Studies 03/2018

Post Graduation Diploma: Counseling Psychology

A one year program focused on the Introduction to the field of counseling and its various aspects.

Jyoti Nivas College Autonomous 03/2017

Bachelor of Arts: Psychology, Sociology And Economics

- A three-year bachelor's degree program that consisted of a triple major in Sociology, Psychology and Economics and understanding the similarities, differences and connections of these social science subjects.
- Psychology program focused on learning basic psychology such as perception, emotion, social psychology, learning to conduct experiments and use assessment tools.

| CERTIFICATIONS

Crisis Intervention Training with the YWCA Metropolitan Chicago Sexual Violence Support Services (40 hour training)

- Illinois state-recognized certification.
- Basic Crisis Intervention Skills and comprehensive understanding of sexual violence. Learn appropriate response techniques for hospital emergency room calls and crisis hotline calls. Hands-on training with real hospital rape kits facilitated by Sexual Assault Nurse Examiners (SANE).
Domestic Violence Crisis Intervention (40

12/2017 - 03/2018

- Engaged in individual counseling sessions with school children and adolescents of ages 11 to 15.
- Created sense of awareness for need of community mental health amongst children coming from backgrounds of domestic violence and sexual trauma. Completed 150 hours of supervised practicum.

**Family Counseling Center Of Montfort College -
Counselor Intern**

12/2017 - 02/2018

- Government funded counseling firm. Actively involved in center activities, conducting workshops and site visits.
- Psychosocial or intakes of outpatient clients and assigning counselors based on their requirements (100 hours).

**Spandana Hospital (Residential Care) - Counselor
Intern**

04/2017 - 05/2017

- Conducted interviews with culturally diverse in-patients dealing with mental health issues and substance use disorders.
- Conducted Mental Status Examination and psychosocial, administered assessments and inventories like Hamilton Depression Rating Scale, Anxiety Scale, Mood Disorder Scale for bipolar and construct Genograms.
- Understanding of diagnosis, techniques and therapies used to treat patients. Completed 120 hours of internship at centre.

hour training)

- Illinois state-recognized certification. Understanding nature of domestic violence, the cycle of abuse and appropriate interventions to aid survivors.

IM-CANS Certification (Valid until Aug, 2022)

Certified Mandated Reporter (May, 2019)

**Certified CPR/AED & First aid National
CPR Foundation** - (Valid Oct 2022)

Member of the **Chi Sigma Iota**

**Counseling Academic and Professional
Honor Society International(CSI), Chapter
Delta Beta Sigma.** This membership was acquired for earning a GPA above 3.5/4.00 at the Chicago School of professional psychology.

| WORKSHOPS AND SEMINARS

-COVID-19 counselors support group meetings, March – June 2020, The Chicago School of Professional Psychology.

-International workshop on **Emotional Intelligence (EQ)** conducted by Six Seconds USA, November 2017.

-Seminar on '**Transitions – development conflicts, disappearing indigenous cultures, and creation of development refugees**', Department of Sociology at JNC, in January 2016.

-Workshop on 'Personality Development Through Handwriting Analysis', Jain University, August 2015

-50 hour credit courses in American Sign Language and Positive Psychology (2015)

-International Conference on Public Mental Health and Neurosciences, Jain University, December 2014.