

## CO- FOUNDER/THERAPIST AND TEACHING ARTIST

### Summary

Mental Health Counselor specializing in [Art and Play Therapies](#) . Responsible self-starter who communicates well and is dedicated to improving the well-being of clients. Mental health professional driven to help others overcome personal obstacles. Comfortable working autonomously or in a team-based setting. Clinically certified Mental Health Therapist skilled at motivating, communicating and advocating for clients dealing with mental health and emotional disorders. Expert in DBT and psychotherapy. Seasoned mental health practitioner with demonstrated track record of successfully working with diverse client populations in one-on-one and group settings. Skilled Therapist with expertise on the identification and management of youth mental illnesses. Seasoned mental health practitioner with demonstrated track record of successfully working with diverse client populations in one-on-one and group settings. Mental health professional driven to help others overcome personal obstacles. Comfortable working autonomously or in a team-based setting.

### Skills

- Knowledge of the ins and outs of Child Protective Services (CPS)
- Practiced in family assessments
- Family therapy aptitude
- Therapeutic expertise
- Specialized training in grief counseling
- Family therapy background
- Parenting skills educator
- Community resources specialist
- Suicide precautions expertise
- Suicide risk assessments
- Suicide risk assessments
- Superior communication skills
- Medicaid familiarity
- Psychiatric population familiarity
- Outreach programming specialist
- Solution-focused counseling
- Extensive DSM-IV knowledge
- Clinical documentation mastery
- Exceptional problem solver
- Member of the National Association of Social Workers (N.A.S.W.)
- Mood disorders specialist
- Dual diagnosis expertise

### Experience

August 2014

to

October 2015

Company Name City , State Co- Founder/Therapist and Teaching Artist Served as lead clinician for patients with bipolar, depression, anxiety and personality disorders.

Referenced and used various therapy techniques, including psychodynamic, family systems, cognitive behavioral and lifespan integration psychotherapy.

Consulted with and developed appropriate treatment and rehabilitation plans for dually diagnosed patients.

Recorded comprehensive patient histories and coordinated treatment plans with multi-disciplinary team members.

Diagnosed mental health, emotional and substance abuse disorders.

Executed appropriate risk-assessment and mitigation strategies.

Developed comprehensive treatment plans for patients diagnosed with opioid addiction.

Led patients in individual, family, group and marital therapy sessions.

Evaluated patients to determine potential need to transfer to specialized inpatient mental health facilities.

Assisted clients in scheduling home visits and phone calls and monitored effectiveness of these activities.

Guided clients in understanding illnesses and treatment plans.

Developed appropriate policies for the identification of medically-related social and emotional needs of clients.

Created and reviewed master treatment and discharge plans for each client.

Referred clients to other programs and community agencies to enhance treatment processes.

Organized treatment projects that focused on problem solving skills and creative thinking.

Consulted with psychiatrists about client medication changes, issues with medicine compliance and efficacy of medications.

Worked with parents and teachers to implement consistent behavior therapy techniques at home and school.

Taught clients anger management techniques, relaxation skills, impulse control, social skills, emotional coping skills and functional living skills.

Developed comprehensive treatment plans that focused on accurate diagnosis and behavioral treatment of problems.

Interacted with clinical staff and external resources such as school or community personnel.

Collaborated closely with treatment team to appropriately coordinate client care services.

Conducted outreach, advocacy and rehabilitative services for regular cases and crisis intervention.

Documented all patient information including service plans, treatment reports and progress notes.

Efficiently gathered information from families and social services agencies to inform development of treatment plans.

Conducted comprehensive initial in-home psychosocial assessments prior to first wraparound meetings.

Quickly responded to crisis situations when severe mental health and behavioral issues arose.

Effectively managed time and caseloads based on 50 sessions per week.

Checked facility for open windows, locked doors, malfunctioning smoke detectors and other safety hazards.

Charted and recorded information in client files.

June 2012

to

March 2014

Company Name City , State CPS Specialist III

August 2008

to  
May 2011  
Company Name City , State Therapist  
Effectively managed time and caseloads based on 50 sessions per week.

Charted and recorded information in client files.

Tracked client movement on and off the unit by documenting times and destinations of clients.

Quickly responded to crisis situations when severe mental health and behavioral issues arose.

Conducted comprehensive initial in-home psychosocial assessments prior to first wraparound meetings.

Efficiently gathered information from families and social services agencies to inform development of treatment plans.  
Documented all patient information including service plans, treatment reports and progress notes.

Conducted outreach, advocacy and rehabilitative services for regular cases and crisis intervention.

Collaborated closely with treatment team to appropriately coordinate client care services.

Interacted with clinical staff and external resources such as school or community personnel.

Developed comprehensive treatment plans that focused on accurate diagnosis and behavioral treatment of problems.

Taught clients anger management techniques, relaxation skills, impulse control, social skills, emotional coping skills and functional living skills.

Worked with parents and teachers to implement consistent behavior therapy techniques at home and school.

Consulted with psychiatrists about client medication changes, issues with medicine compliance and efficacy of medications.

Organized treatment projects that focused on problem solving skills and creative thinking.

Referred clients to other programs and community agencies to enhance treatment processes.

Created and reviewed master treatment and discharge plans for each client.  
Guided clients in understanding illnesses and treatment plans.

Developed appropriate policies for the identification of medically-related social and emotional needs of clients.

Assisted clients in scheduling home visits and phone calls and monitored effectiveness of these activities.

Evaluated patients for psychiatric services and psychotropic medications.  
Monitored patients prescribed psychotropic medications to assess the medications' effectiveness and side effects.

Evaluated patients to determine potential need to transfer to specialized inpatient mental health facilities.

Administered medication to patients presenting serious risk of danger to themselves and others.

Conducted psychiatric evaluations and executed medication management for both inpatient and outpatient facilities.

Led patients in individual, family, group and marital therapy sessions.

Developed comprehensive treatment plans for patients diagnosed with opioid addiction.

Executed appropriate risk-assessment and mitigation strategies.  
Diagnosed mental health, emotional and substance abuse disorders.

Education and Training  
2020  
Northcentral University City , State , USA Ph.D. : Education Specialization in Special Education  
2017  
Colorado Technical University City , State , USA Master of Science : Homeland Security  
Specialization in Emergency Management and Public Health  
Public Health and Disaster medicine coursework  
2012

University of Southern California City , State , USA Master of Arts : Teaching  
Specialization in Multiple Subject Education  
Coursework in English as a Second Language, Elementary, and Special Education  
2008

University of Pennsylvania City , State , USA Masters of : Social Work Specializations in Developmental Disabilities, Macro, and School Social  
Practice withÂ Coursework in Psychology, Social Work, Counseling, Human Services,Â Marriage and Family Therapy and Child Development

2006

Rutgers University City , State , USA Bachelor of Arts : Urban Studies  
Specializations in Voluntary Action, Civic, and Non-Profit Leadership.Â

Minor in [Art History](#)

Recipient of James M. Gaffney Award

Member of [Student Government Association](#), [National Coalitions Building Institute Campus Affiliate](#) and the [Rotoract](#) Â Club

#### Accomplishments

Effectively managed caseloads of more than 100Â clients at any given time.

Member of the National Association of Social Workers (N.A.S.W. since 2008

Won the [Rutgers University](#) faculty [Urban Studies Research](#)Â Award.Â

#### Awards

James M. Gaffney Award, 2006

#### Dissertation

Dissertation: \_\_\_\_\_ examines the different approaches to \_\_\_\_\_.

M.A.T. Thesis: Saxon Math examines the different approaches as to whether a standards based math curriculum is written to met the needs of all students.Â

Undergraduate Thesis: Developing the Youth of Northern Ireland examines the ways in which Youth are actively engaged in Civil Society in Northern Ireland and the European Union

#### Publications

#### Technical Reports:

- Oster, K. W. (2012). Saxon Mathematics and its Effects on Learning. M.A.T. Dissertation. Rossier School of Education, University of Southern California.
- Oster, K. W. (2006). Developing the Youth of Londonderry.Â Undergraduate Dissertation. College of Arts and Sciences, Rutgers University.

#### Skills

- Public Relations Software: Bacon's Mediasource, Factiva
- Desktop Publishing Software: Photoshop, Illustrator, HTML
- Healthcare: intravenous therapy, MEDISOFT, computerized charting, STD counseling, breastfeeding educator People skills: great bedside manner, enthusiastic people person, advanced problem-solving, great organizational skills