

ANGELICA M. ABSTON M.A., LPC

PROFILE

More than seven years of experience serving children and families in a variety of settings including residential treatment, community based services, intensive outpatient, and research. Providing individual, family and group therapy, case management, and crisis intervention. Ability to foster a trusting therapeutic relationship with a diversity of clients. Proven capacity to work under stress with intensive client populations. Proactive and innovative in contributing to client care. Additional training in EMDR and somatic interventions.

EXPERIENCE

OUTPATIENT THERAPIST

University of Colorado Hospital, Aurora, Colorado

7/2015 – 6/2016

- Provide individual therapy to adults and adolescents
- Facilitate psychodynamic group and Cognitive Behavioral Therapy for Insomnia (CBT-I) group.
- Manage internal referrals and assignment of therapy cases.
- Attend monthly psych strategic leadership meetings, focused on addressing upcoming changes and needs in the clinic.

COMMUNITY BASED THERAPIST

University of Colorado Hospital, Aurora, Colorado

7/2015 – 6/2016

- Provided in home individual and family therapy with adolescents using Multisystemic Therapy (MST) model
- Case management and engagement of community stakeholders (e.g. school, court systems)

COMMUNITY BASED THERAPIST & INTERN

Excelsior Youth Center, Aurora, Colorado

9/2011 – 6/2015

- Helped establish pilot Intensive Outpatient Program with Kaiser Permanente
- Provide individual and family therapy with adolescents in residential treatment and in the community
- Lead weekly Survivors of Sexual Abuse, Empowerment, and DBT groups
- Flexibility in working with clients in a continuum of care (e.g. sub-acute low, outpatient, and day treatment)
- Collaborate with community resources; provide crisis stabilization and community reintegration services
- Helped run evidenced based substance abuse study for Daniel's Fund Grant.

SENIOR MENTAL HEALTH WORKER

Brewer-Porch Children's Center; Tuscaloosa, Alabama

2/2007 - 11/2008; 2/2010 - 7/2010

- Worked with children and adolescents in residential treatment as lead staff and provided staff supervision
- Provided crisis intervention, group therapy, and basic living skills training
- Developed "Dig Deep" gardening program used for group therapy
- Promoted to management position of Senior Mental Health Worker after six months of employment

LEAD INSTRUCTOR

Tuscaloosa's One Place; Tuscaloosa, Alabama

3/2009 – 5/2009

- Led "Relationship Smarts" psychoeducation group for middle school students; designed for teen dating violence and pregnancy prevention

RESEARCH ASSISTANT

Coping Power Program; Tuscaloosa, Alabama

5/2006 - 2/2007; 6-8/2009

- Administered in-home structured child and parent interviews for empirically supported intervention program for children at risk of substance abuse and delinquency
- Conducted sociometric surveys in local middle schools, assisted in maintaining database of participants

CAMPUS RECRUITING COORDINATOR

Impact Alabama and The Center for Ethics and Social Responsibility; Tuscaloosa, Alabama

11/2008 - 11/2009

- Project-managed and recruited students for a nonprofit student service initiative
- Planned recruiting events, designed and managed promotional projects, and tracked media coverage
- Participated in lobbying efforts to reform fraudulent tax preparation targeted toward low income families

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EDUCATION

THE UNIVERSITY OF ALABAMA
Tuscaloosa Alabama - Bachelor of Arts in Psychology, 2007
GPA 3.6; Full Academic Scholarship

DENVER SEMINARY
*Littleton, Colorado — Master of Arts in Clinical Mental Health
Counseling, 2012; GPA 3.8*

**RELEVANT
COURSEWORK
& TRAININGS**

• EMDR Training with Maiberger Institute	• EMDR Certification – in process
• Approved Clinical Supervisor training and credential – in process	• Gottman Method Couples Therapy clinical training - in process
• Social Service Program Agency Administration	• Trauma Focused CBT
• Doctoral Level Seminar in Grant Writing	• Multisystemic Therapy (MST)