

Valarie Anderson

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Licensed Clinical Therapist skilled in assessing clients, determining treatment plans, and monitoring progress. Proficient in working with diverse populations. Helping clients develop and utilize effective coping skills to manage symptoms, stressors, triggers, and cope with trauma. Well-versed in collaborating with teams of practitioners to positively impact people's lives with a comprehensive approach. Desiring to apply over 20 years' experience in the field to a dynamic new position.

Authorized to work in the US for any employer

Work Experience

Licensed Clinical Social Worker

Indiana Neuropsychology Group - Carmel, IN
January 2023 to Present

- Work with individuals and family on managing mental health and relationships.
- Provide virtual session via Simple Practice
- Complete all needed paperwork including intakes, mental status exams, progress notes, and assessments

Licensed Clinical Social Worker

Neuropsychology Associates - Carmel, IN
August 2021 to December 2022

- Provided individual and family therapy to adults suffering with mental health issues.
- Provided virtual sessions via Ring Central
- Completed progress notes, intakes, and assessments

Home and Community Based Therapist

Aspire Indiana - Anderson, IN
December 2013 to August 2021

- Managed caseload of multiple sessions weekly to children, adolescents, adults, and couples using various types of therapies and approaches including CBT, DBT, Motivational Interviewing, Play Therapy, Trauma Informed Care, and Substance Abuse treatment.
- Completed intakes, comprehensive assessments, suicide rating scales, progress notes, and crisis intervention services. Documented in EMR systems both behavioral and medical health.
- Worked closely with the Department of Child Services and children suffering from trauma, mental illness, and substance abuse issues.
- Led group therapy for individuals diagnosed with severe mental illness, co-occurring, and mood disorders.
- Collaborated with multidisciplinary team to determine effective treatment plans.
- Provided virtual sessions to clients using Google Meet.

Clinician-ACT Team

Midtown Community Mental Health Center - Indianapolis, IN
November 2011 to November 2013

- Provided individual therapy to clients diagnosed with severe mental illness and Substance Abuse diagnoses in a community and outpatient setting.
- Used EMR system to document and complete assessments and progress notes.
- Provided crisis intervention utilizing on call phone.
- Collaborated closely with fellow team members, including Managers, Psychiatrist, Nurse Practitioner, Nurses, and Care Coordinators to share knowledge and discuss best courses for treatment.

Care Coordinator

Midtown Community Mental Health Center - Indianapolis, IN
August 2007 to October 2011

- Provided extensive community based services to clients diagnosed with severe mental illness and substance abuse disorders including money management, case management, shopping, appointments, medication monitoring, and supportive counseling.
- Updated treatment plans, assessments, and tracked client progress using EMR system.
- Attended daily team meetings with staff members to review needs and progress of clients.

MSW Practicum

Legacy House - Indianapolis, IN
January 2008 to October 2009

- Provided domestic violence individual and family therapy to adults and children.
- Assisted clients with crisis intervention services and community outreach programs.

Residential Supervisor

Midtown Mental Health Center - Indianapolis, IN
September 2002 to August 2007

- Supervised four different Residential programs for individuals diagnosed with severe mental illness and substance abuse diagnoses, including two Semi Independent Living Facilities and a short term supportive program.
- Supervised up to twenty staff members and forty five clients at one time.
- Attended relative meetings and client appointments.
- Used EMR to complete progress notes and assessments.

Group Home Supervisor

Mental Health Association of Marion County - Indianapolis, IN
May 2000 to September 2002

- Directed daily operations at a supervised facility consisting of ten men diagnosed with a severe mental illness or substance abuse.
- Supervised ten staff members, attended team meetings, completed EMR documentation and assessments on clients as needed.

Mental Health Technician

Wabash Valley Hospital - West Lafayette, IN
January 1999 to May 2000

- Worked in a co-ed group home providing ADL services to adult patients diagnosed with severe mental illness, mood disorders, personality disorders, and substance abuse diagnoses.
- Provided case management, medication monitoring, community integration services, and completed needed documentation.

Education

Master of Arts in Social Work

Indiana University - Purdue University Indianapolis - Indianapolis, IN
May 2009

Bachelor of Arts in Sociology/Psychology

Purdue University - West Lafayette, IN
May 2000

Skills

- Working collaboratively
- Empathetic and compassionate
- Experience with many types of treatment modalities and populations
- Active listening
- Behavioral Therapy
- Cognitive Behavioral Therapy
- Crisis Intervention
- Group Therapy
- Individual / Group Counseling
- Motivational Interviewing
- Social Work
- EMR and virtual proficient
- Intake Experience
- Crisis Management
- Child & Family Counseling

Certifications and Licenses

LCSW

October 2018 to April 2022