

Naomi Fletcher

Licensed Professional Counselor

Phone: (720) 555-3421

Address: Denver, CO 80202

Website: <https://linkedin.com/in/naomif>

Email: naomi.fletcher@email.com

- Licensed Professional Counselor with 6 years of clinical experience providing individual, family, and group therapy to adolescents and adults in community mental health and private practice settings
- Specialized expertise in trauma-informed care, anxiety disorders, and mood disorders utilizing evidence-based modalities including CBT, EMDR, and Dialectical Behavior Therapy skills training
- Proven ability to manage complex caseloads of 25-30 clients weekly while maintaining comprehensive clinical documentation and collaborating effectively with multidisciplinary treatment teams
- Committed to culturally responsive practice and ongoing professional development, with advanced training in trauma-focused interventions and crisis intervention

PROFESSIONAL EXPERIENCE

Mountain View Counseling Associates

March 2021 - Present

Licensed Professional Counselor

- Provide individual therapy to 28-32 clients weekly in private practice setting, primarily adults and adolescents ages 16+ presenting with trauma-related disorders, anxiety, depression, and relationship issues
- Utilize evidence-based therapeutic modalities including EMDR, Cognitive Behavioral Therapy, and Solution-Focused Brief Therapy tailored to individual client needs and treatment goals
- Conduct comprehensive biopsychosocial assessments and develop individualized treatment plans incorporating client strengths, cultural considerations, and measurable objectives
- Maintain 87% client retention rate through six months of treatment, exceeding practice average of 72% through strong therapeutic alliance and consistent outcomes monitoring
- Facilitate weekly DBT skills training group for 8-10 adult clients focusing on emotional regulation, distress tolerance, and interpersonal effectiveness
- Collaborate with psychiatrists, primary care physicians, and other providers to coordinate integrated care for clients with co-occurring medical and mental health conditions
- Provide clinical supervision to two LPC candidates working toward full licensure, including weekly individual supervision and case consultation

Community Mental Health Center of Denver

June 2018 - February 2021

Staff Therapist

- Provided individual, family, and group therapy to diverse caseload of 25-30 clients weekly, including adolescents, adults, and families from underserved communities
- Specialized in treating clients with complex trauma histories, including survivors of domestic violence, childhood abuse, and community violence
- Conducted crisis assessments and safety planning for clients experiencing acute psychiatric symptoms, suicidal ideation, or psychiatric emergencies, coordinating with mobile crisis teams and emergency services when indicated
- Co-facilitated weekly psychoeducational group for parents of adolescents with behavioral challenges, serving 12-15 families per 8-week cycle with 92% completion rate
- Collaborated with case managers, school personnel, probation officers, and child protective services to provide wraparound support for clients with multiple system involvement
- Maintained detailed clinical documentation in electronic health record system meeting Medicaid billing requirements and HIPAA compliance standards
- Participated in weekly clinical team meetings providing case consultation and receiving peer supervision on complex clinical presentations

University Counseling Center, Colorado State University

August 2017 - May 2018

Clinical Intern

- Provided short-term individual therapy to 15-18 college students weekly presenting with adjustment issues, anxiety, depression, relationship concerns, and academic stress
- Conducted initial intake assessments, risk evaluations, and developed treatment plans under clinical supervision for diverse student population
- Co-facilitated semester-long therapy groups addressing social anxiety and stress management for groups of 6-8 students

- Participated in multidisciplinary treatment team meetings coordinating care with psychiatrists, case managers, and academic advisors
- Completed comprehensive clinical documentation and received weekly individual supervision from licensed psychologist

Larimer County Youth Services

January 2017 - July 2017

Practicum Therapist

- Provided individual and family therapy to adolescents ages 12-17 involved in juvenile justice system, addressing behavioral issues, substance use, family conflict, and trauma
- Conducted biopsychosocial assessments and developed treatment plans in collaboration with probation officers and family members
- Utilized motivational interviewing and cognitive-behavioral interventions to support adolescents in developing prosocial behaviors and coping skills
- Participated in family therapy sessions addressing communication patterns, boundary-setting, and conflict resolution
- Received weekly clinical supervision and completed 300 direct client contact hours toward licensure requirements

EDUCATION

University of Northern Colorado

May 2017

Master of Arts in Clinical Mental Health Counseling

Concentration: Trauma-Informed Counseling

Relevant Coursework: Advanced Psychopathology, Trauma and Crisis Intervention, Family Systems Theory, Cognitive-Behavioral Interventions, Psychopharmacology, Multicultural Counseling

University of Colorado Boulder

May 2014

Bachelor of Arts in Psychology

Minor: Sociology

LICENSURE & CERTIFICATIONS

Licensed Professional Counselor (LPC) - Colorado

June 2019

Colorado State Board

EMDR Certification

October 2022

EMDR International Association (EMDRIA)

Trauma-Focused Cognitive Behavioral Therapy Training

March 2020

Medical University of South Carolina

QPR Suicide Prevention Gatekeeper Training - Certified Instructor

August 2019

QPR Institute

National Certified Counselor (NCC)

July 2019

National Board for Certified Counselors

CLINICAL SKILLS

Therapeutic Modalities

- Eye Movement Desensitization and Reprocessing (EMDR)
- Cognitive Behavioral Therapy (CBT)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Dialectical Behavior Therapy skills training
- Solution-Focused Brief Therapy
- Motivational Interviewing
- Narrative Therapy
- Family Systems approaches

Assessment & Clinical Competencies

- Biopsychosocial assessment and clinical interviewing
- Mental status examination and diagnostic evaluation using DSM-5-TR criteria
- Suicide risk assessment and safety planning
- Crisis intervention and de-escalation
- Treatment planning and outcomes monitoring
- Clinical documentation and case management

Specialized Clinical Areas

- Trauma and PTSD (childhood trauma, complex trauma, single-incident trauma)
- Anxiety disorders (generalized anxiety, social anxiety, panic disorder)
- Mood disorders (major depression, persistent depressive disorder)
- Adolescent behavioral and emotional issues
- Family conflict and relationship issues
- Grief and loss

Populations Served

- Adolescents (ages 13-18)
- Young adults and college students
- Adults across lifespan
- Families and couples
- Individuals from diverse cultural and socioeconomic backgrounds
- LGBTQ+ individuals

Technical Proficiencies

- Electronic Health Records: SimplePractice, Cerner, TherapyNotes
- Telehealth platforms: Zoom for Healthcare, Doxy.me, SimplePractice Telehealth
- Outcome measurement tools: PHQ-9, GAD-7, PCL-5

AWARDS & RECOGNITION

Outstanding Clinical Practice Award

December 2020

Community Mental Health Center of Denver

Awarded for demonstrated excellence in trauma-informed care and client outcomes

Graduate Student Research Award

May 2017

University of Northern Colorado Counseling Program

For thesis on trauma-informed approaches in community mental health settings

PROFESSIONAL DEVELOPMENT & TRAINING

Advanced EMDR Training: Working with Complex Trauma

April 2023

20 CE hours

Culturally Responsive Therapy with Latinx Communities

September 2022

12 CE hours

Attachment-Based Family Therapy Training

June 2021

16 CE hours

Treating Anxiety Disorders in Adolescents: An Integrative Approach

November 2020

8 CE hours

PROFESSIONAL AFFILIATIONS

American Counseling Association (ACA)

Member since 2017

Colorado Counseling Association

Member since 2018

EMDR International Association (EMDRIA)

Member since 2022