

## Skills and Abilities

Ketamine Assisted Psychotherapy. MDMA Assisted Psychotherapy Training. LPC- Supervisor (40 hr. training completed, upgrading License in July.) Assisted in creating West Texas Mental Wellness Non-Profit.

## Communication

Excellent written and verbal communication. Ability to communicate and present information to audiences in a direct, informative way.

## Leadership

Assisted in the coordination and facilitation of panel discussion at Ask an Addict and Sex in the Dark events. Collaborated with and coordinated fundraising event for West Texas Mental Wellness. Collaborated with board members and committee members to support students, and community members.

## Education

### Lubbock Christian University

Aug 2013-Dec 2016

Master of Science in Counseling  
GPA 3.7

Relevant course work includes Multicultural Counseling, Foundations of Marital and Family Therapy, Counseling Children/Adolescents and Families, Counseling Theories and Practice, Individual and Family Lifespan Human Development.

## Experience

### Mindfulness Group Leader Substitute

2017-2020

Lead and educate mindfulness meditation groups when a fill in was needed.

### Panel Member- The Path to Attorney Wellness

February 2020

Participated in a panel of Licensed Professionals discussing self-care strategies for Lubbock County Young Lawyers Association conference at Texas Tech University.

### Step Up Presentations

2017-2020

Oct 2022-Present

Present Bystander Intervention program to SPC Students and lead discussion on the topic

### Orientation Events at South Plains College

Engage with students and present information on what is offered at Health and Wellness Department.

### Licensed Professional Counselor

May 2017- Present

Provide clients with psychoeducation on a variety of topics related to personality, behavior, and family dynamics.

### Llano Estacado Emmaus Community

Present

Give talks, lead small group discussion, and lead worship on 3-day retreat weekends.

## Certificates and Professional Development

EMDR Certified

LPC Supervisor Certificate in Progress

MDMA Assisted Psychotherapy Training