

EMMA ALEXANDER

Sacramento, CA

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QUALIFICATIONS SUMMARY

- Detail-oriented and great time management/planning
- Adept at building relationships and contributing to team success from experience in child care and hospital volunteer programs
- Excel at communicating with a variety of stakeholders in professional and academic settings
- Motivated to learn and help others work through challenges and fulfill developmental needs

EDUCATION

Bachelor of Arts in Child Development: Graduated December 2020

Concentration: Social and Community

Minor in Counseling

California State University, Sacramento

Relevant Coursework: Abnormal Psychology, Language Development, Research Methods

Masters in Counseling Psychology: Graduated May 2024

Concentration: Marriage & Family Therapy

University of San Francisco

Relevant Coursework: Individual & Family Psychopathology, Counseling Methods, Counseling Across Cultures, Relationship Therapy, Trauma & Crisis Counseling, Family Systems Therapy, Community Mental Health, Sexuality & Gender Issues, Adult Development & Geropsychology, Substance Abuse & Addiction Counseling, Clinical Psychopharmacology

EXPERIENCE

Swim Instructor/Camp Counselor Jewish Community Center, Los Gatos, CA Summer 2016, 2017 & 2018

- Conducted swimming techniques and safety education to new swimmers
- Led camp activities for after school programs by planning daily class lessons
- Supervised new hire lifeguards by demonstrating everyday activities as a swim instructor

Temporary Substitute Teacher Child Care Careers, South Bay Area, CA Summer 2019

- Engaged with all age groups from infant to grade school
- Organized lesson plans in the classroom
- Helped in day care centers

Behavioral Technician (ABA Therapist) Kyo, Roseville, CA Fall 2021

- Drove to clients home to conduct 3 hour ABA (applied behavior analysis) sessions
- Implemented behavior activation plan
- Helped client build life lessons and learn every day skills

Residential Counselor Evolve Treatment Center, Sacramento, CA Spring-Winter 2022

- Engaged with teenagers 12-17 years of age experiencing mental health challenges
- Conducted DBT (dialectical behavioral therapy) group sessions with 6 clients at a time
- Supervised clients throughout the day while engaging in program schedule
- Conducted 1 on 1 check ins with clients using DBT skills

MFT Trainee/Intern Roseville High School Wellness Center, Fall 2023- Spring 2024

- Conducted individual therapy sessions with high school students 14-18 years of age
- Conducted a healthy relationships group session with 6 clients at a time
- Conducted monthly classroom presentations to the school's health classes
- Engaged with students during various lunch time activities promoting mental health awareness and educating students on coping skills

AMFT Counseling Col:lab, Sacramento, CA, Summer 2024- Present

- Providing individual therapy sessions for all ages
- Utilizing CBT, DBT, Exposure Therapy, Narrative Therapy, Strengths Based, & Client-Centered Approaches
- Formulating personalized treatment plans for each client and their specific concerns
- Diagnosing clients based on their signs, symptoms, and functioning

VOLUNTEER EXPERIENCE

San Jose Regional Medical Center

China Volunteer Program Summer 2018

- Studied in Beijing about different labor and delivery units with doctors and nurses

Various Assisted Living Facilities Summer 2014, 2015, & 2016

- Engaged with residents in conversations
- Organized activities and helped with meal time