

Arelis M. Sierra
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267-444-4214

SUMMARY OF QUALIFICATIONS

- Mental health counselor with experience working with children, adolescents and adults using a variety of theoretical perspectives with a specialization in individual, family, and group therapy

EDUCATION

Masters of Mental Health Counseling Universidad Autónoma de Santo Domingo, Philadelphia, PA	December 2007
Doctorate of General Medicine East Central University, Dominican Republic	January 1994

PROFESSIONAL EXPERIENCE

Cognitive Behavioral Service, Philadelphia, PA Mental Counselor	September 2014 to February 2016
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- Conduct weekly individual, family and group therapy sessions with children, adolescents, and adults diagnosed with a variety of disorders including Adjustment Disorders, ADHD, Oppositional Defiant Disorder, Depression, Bipolar Disorder, Anxiety Disorders, Cognitive Disorders and Borderline Personality Disorder
- Provide play therapy to clients aged 10 years and younger using the Child-Centered Play Therapy (CCPT) approach
- Maintain a case load of approximately 30-40 weekly clients
- Develop and write treatment plans, process notes, and diagnostic summaries
- Assign diagnoses and prepare for case management

Citywide Behavioral Services, Philadelphia, PA 2015 Mental Counselor	March 2014 to Jan.
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- Conduct weekly individual, family and group therapy sessions with children, adolescents, and adults diagnosed with a variety of disorders including Adjustment Disorders, ADHD,

Oppositional Defiant Disorder, Depression, Bipolar Disorder, Anxiety Disorders, Cognitive Disorders and Borderline Personality Disorder

- Provide play therapy to clients aged 10 years and younger using the Child-Centered Play Therapy (CCPT) approach
- Maintain a case load of approximately 30-40 weekly clients
- Develop and write treatment plans, process notes, and diagnostic summaries
- Assign diagnoses and prepare for case management

**Nueva Vida Behavioral Services, Philadelphia PA
Mental Counselor**

2011 to March 2014

- Conduct weekly individual, family and group therapy sessions with children, adolescents, and adults diagnosed with a variety of disorders including Adjustment Disorders, ADHD, Oppositional Defiant Disorder, Depression, Bipolar Disorder, Anxiety Disorders, Cognitive Disorders and Borderline Personality Disorder
- Provide play therapy to clients aged 10 years and younger using the Child-Centered Play Therapy (CCPT) approach
- Maintain a case load of approximately 30-40 weekly clients
- Develop and write treatment plans, process notes, and diagnostic summaries
- Assign diagnoses and prepare for case management

PROFESSIONAL DEVELOPMENT

See attached (Skill Trainings, Certifications, Diplomas