

# Gabrielle L. Witkin

1421 Spruce Street • Philadelphia, PA 19102 • (267) 229-6034 • gwitkin101@gmail.com

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**M.S. Ed degree in Education, M.Phil.Ed degree in Professional Counseling, School Counselor Certification (PK-12); Licensed Professional Counselor Eligibility, Bachelor of Arts in Psychology, Minor Public Health, Minor in Jewish Studies** with school counseling experience for grades pre-k through 12 as well as coaching experience with the intellectually and developmentally disabled, mental illness, autism spectrum disorder, grieving and dual diagnosis population. Proficiency in creating engaging and exciting programs that aim to promote mental health wellness.

## EDUCATION

**Masters in Education in Counseling and Mental Health Services, UNIVERSITY OF PENNSYLVANIA, Philadelphia, PA, 2016-2018**

- GPA: 4.0

**Bachelor of Arts in Psychology, Minor Public Health, Minor Jewish Studies, MUHLENBERG COLLEGE, Allentown, PA, 2012-2016**

- GPA: 3.6, *Cum Laude*

**Study Abroad Semester, TEL AVIV UNIVERSITY, Tel Aviv Israel**

- GPA: 3.8

## EXPERIENCE

SPECIAL PEOPLE IN THE NORTHEAST (SPIN.) INC. Philadelphia, Pa

2018

**Mental Health Professional, Behavior and Development Department**

- Led treatment groups supporting children/adolescents with autism spectrum disorder and other diagnoses to develop socialization skills.
- Administered and facilitated therapeutic interventions that include team building, social thinking, adaptability, self-management, sensory integration and pro-social skills within a six-week curriculum.
- Devised interventions within a team paradigm working with mental health workers, mental health counselors, parents and other lead clinicians.
- Provided group therapy for 10 children by leading and modifying activities to meet each child's individual needs.
- Led parent conferences to discuss progress, difficulties, and discharge recommendations.
- Completed daily progress notes and utilized an electronic records system to track child's goal progress.

FRIENDS SELECT SCHOOL, Philadelphia, Pa

2017-2018

**Counseling Intern, Guidance Department**

- Conducted 8 counseling groups for middle school females, grades 5-8.
- Devised interventions and strategies for direct services for lower school, middle school, and upper school students dealing with issues such as anxiety, social skills, friendship, gossip, panic attacks, stress, grief, and crises.
- Consistently worked and counseled two lower school students on in school strategies to help cope with anxiety and other classroom challenges.
- Created career readiness student forums for tenth grade students.
- Assisted and facilitated wellness lunch groups for all upper school students on topics such as time management, stress reduction, college readiness, and transitions from high school to college.
- Collaborated and consulted with parents, school faculty, school administration, and community members in efforts to promote social, academic, and personal success of students and the school community.
- Observed and participated in team meetings with school personnel, parents, outside clinicians/behavioral specialists, and administrative faculty.
- Worked closely with faculty on matters such as program implementation, group planning, and other curricular matters.

UNIVERSITY OF PENNSYLVANIA, Philadelphia, PA

2016-2018

**Research Team Member, Dr. Nakkula's Qualitative Research Lab**

- Measured the experience and success of college students through mentoring programs.
- Conducted bi-weekly interviews with Next Steps mentoring program administrator at the University of the Arts.
- Transcribed and coded interviews from various researchers, administrators, and students in the mentoring program.

FREIRE CHARTER HIGH SCHOOL, Philadelphia, PA

2016-2017

**Counseling Practicum Student, EMOTIONAL SUPPORT PROGRAM, Philadelphia, PA**

- Provided mental health services to adolescents, ages 15-18 years old, on a weekly, bi-weekly or monthly basis depending on student needs.
- Used various counseling interventions such as Cognitive Behavioral Therapy, Emotion-Focused Therapy, and Psychoanalytic Therapy to assist students in achieving personal goals.
- Provided risk assessments under supervision for students who expressed suicidal ideation as well as provided students' with safety plans.
- Met with parents and other school faculty members to help devise effective intervention strategies catered towards student needs.
- Documented clinical work by providing Data, Assessment, and Plan notes (DAP).

- FRANKLIN C. ASH SUMMER INTERNAHIP PROGRAM, Philadelphia, PA 2015  
 One out of 20 students selected out of hundreds to participate in this prestigious internship program.
- Mentoring Intern**, JEVS CAREER STRATEGIES, Philadelphia, PA
- Mentored low income high school students on college admissions and personal issues
- Recovery Education Intern**, JEVS ROAD 2 RECOVERY, Philadelphia, PA
- Created a 5-week weight loss program that enabled clients to initiate and maintain a healthy lifestyle, both physically and mentally, through means of presentations and group discussions.
  - Provided coaching to clients in recovery programs such as Cognitive Enhancement Therapy (CET) and learned through observation about Wellness Recovery Action Plan (WRAP) which helped clients focus on a task that enabled achievement of goals such as obtain employment, gain independence and learn how to get around the city.
- EDUCATION FOR EXCELLENCE, Jaffa, Israel 2015
- English Teacher Volunteer**
- Enhanced English verbal and comprehension skills for Jewish, Ethiopian and Arab elementary school children by means of yoga instruction
- MUHLENBERG COLLEGE, Allentown, PA 2012-2016
- Research Assistant, Psychology Department**
- Conducted experimental research on the sleep habits of college students. Recruited 40 participants in two weeks through flyers targeted at psych majors. Collected and analyzed data on SPSS (a statistical computer program).
  - Conducted developmental research on youth perceptions of economic inequality. Reviewed and analyzed background literature. Discussed past research and its relation to the project.
  - Trained in research skills such as survey administration.
  - Presented findings to 15 professors and 200 students at a Psychology day research fair within the Muhlenberg College Psychology community.
- BRIARWOOD DAY CAMP, Furlong, PA 2009-2016
- Camp Counselor**
- Oversaw, led, and managed daily activities of assigned campers.
  - Used sound judgment in order to protect both the safety of the children and the reputation of the camp.
  - Served as a liaison between parents and supervisors/owners, resolving the concerns of both parties.
- TURNING POINT OF THE LEHIGH VALLEY, Allentown, PA 2013-2014
- Community Advocate**
- Collaborated with Turning Point staff in initiating and managing various programs that raised money and awareness for domestic violence.
  - Promoted attendance at various domestic violence awareness events.
  - Advertised a list of needed clothes and personal articles for victims and achieved collection of all items listed.