

# **LESLEY PAIGE SAGALOW, MEd, LPC**

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## **EDUCATION**

### **TEMPLE UNIVERSITY**

**Masters of Education in Counseling Psychology**

**Philadelphia, PA**

**May 2015**

### **THE GEORGE WASHINGTON UNIVERSITY**

**Bachelors of Arts in Psychology and Criminal Justice**

**Minor in Exercise Science**

**Washington, DC**

**May 2012**

## **EXPERIENCE**

### **MERAKEY BEHAVIORAL HEALTH**

***Outpatient Clinician***

**Philadelphia, PA**

***November 2017-present***

- Provides individual, couples, and family therapy to an ongoing caseload of 35+ clients
- Performs weekly diagnostic intake assessments and conducted suicidal/homicidal assessments; always relaying appropriate safety information and referring clients for crisis when necessary
- Selected as one of only two therapists at Merakey Behavioral Health to participate in a Community Behavioral Health (CBH) training which will lead to certification in trauma-focused cognitive behavior therapy
- Collaborates with a treatment team of case managers, psychiatrists, and behavioral health workers, to provide paramount mental health services to each client

### **CHILDREN'S CRISIS TREATMENT CENTER**

***Outpatient Clinician***

**Philadelphia, PA**

***July 2015-October 2017***

- Provided individual and family therapy to an ongoing caseload of 35+ children and adolescents and their families
- Performed weekly diagnostic intake assessments and conducted suicidal/homicidal assessments; always relaying appropriate safety information and referring clients for crisis as necessary
- Maintained meticulously detailed chart records for each client's behavior, treatment, and initiated supportive interventions
- Participated in ongoing trainings on ecosystemic structural family therapy (ESFT) and cognitive behavior therapy
- Served as the liaison and group leader for the outpatient department's cognitive therapy group
- Collaborated with a treatment team of case managers, psychiatrists, and co-clinicians, to provide comprehensive services to each client

### **FREIRE CHARTER SCHOOL**

***Intern Therapist***

**Philadelphia, PA**

***May 2014-May 2015***

- Managed a caseload of 12-18 clients
- Provided individual and family therapy, to students, in sessions in the school's counseling center
- Collaborated with a treatment team of teachers, deans, school staff, and co-therapists to implement the best treatment modalities
- Utilized a combination of behavioral modifications and motivational interviewing to help students succeed

**THE CHILDREN'S SCHOOL**  
*Teacher*

**Philadelphia, PA**  
*September 2012-June 2013*

- Planned and implemented tactile art projects
- Responsible for a classroom of twelve toddler-aged children
- Led enriching and engaging classroom activities

**ADDITIONAL INFORMATION**

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**Leadership and Involvement:**

- Member of PSI CHI, the international honor society in psychology
- Certification in cognitive behavior therapy through the BECK community initiative
- Accomplished marathoner and ultra-marathoner. Frequently placing in the age group awards category.
- For the past decade running has been a dominant part of my life. In 2015, I became a USATF certified track and field coach so that I could help others experience the thrill of running and racing. Running has given me a very valuable skill set. I am skilled at pushing through mental fatigue and pain, and this translates to all areas of my life. I have the discipline to finish whatever it is I set out to do.