

Megan H. Foss, M.S.

Addiction | Mental Health | Mindfulness

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SKILLS

Compassionate | Mindful | Addiction | Connecting | Community Outreach | Mental Health | Microsoft Office | Research | Mindfulness-based Stress Reduction | Case Management | Organized | Authentic | Project Planning | Time Management | Fluid | Creative | Intelligent | Kind | Team Player | Wholehearted |

PROFESSIONAL EXPERIENCE

Center for Brief Therapy; Phila., PA

August 2018- October 2018

Behavior Health Consultant Intern

- Participated in the Happier You program, the Health Support Program, as well as working with the Geriatric Medicine Team along with receiving both individual and group supervision
- Responsible for initial evaluation, treatment planning, and discharge plan for each client on caseload

Center for Healing; Ewing, N.J.

February 2018- June 2018

Clinical Therapist Intern

- Facilitated Intensive Outpatient Therapy Group
- Responsible for completing treatment notes for each client after IOP group, case management, or individual encounter
- Responsible for initial evaluation, treatment planning, and discharge plan for each client on caseload

Solstice Counseling & Wellness Center; Woodbury, N.J.

August 2017-December 2017

Clinical Therapist Intern

- Facilitated Intensive Outpatient Therapy Group
- Responsible for completing treatment notes for each client after IOP group
- Responsible for attending weekly treatment team meetings

Well-Being Counseling Center; Ardmore, PA

August 2017

Mindfulness Teacher

- Facilitated 3-hour Mindfulness group comprised of mental health therapists with a focus on building connection and cultivating compassion
- Facilitated discussion and led guided meditation

Thomas Jefferson University; Philadelphia, PA

Maternal Addiction Treatment, Education, & Research (MATER)

September 2013- March 2017

Intern & Case Manager for Mindfulness-based Parenting (MBP) & Research Associate for Practicing Safety Mindfulness Project for Mothers in Drug Treatment (PSMDT)

- Co-facilitation and coordination of Mindfulness-based Parenting, while assisting instructor in delivering of curriculum-driven mindfulness education and interventions

EDUCATION

Masters of Science, Mental Health

Counseling, Addiction & Offenders [2018]

Philadelphia College of Osteopathic Medicine; Philadelphia, PA

Bachelor of Arts, Psychology [2013]

Summa Cum Laude

West Chester University, West Chester, PA

PROFESSIONAL DEVELOPMENT

Medical Marijuana CME Training, 2018

Philadelphia College of Osteopathic Medicine

Mind Body Intelligence, 2018

Philadelphia College of Osteopathic Medicine

PCA Advocacy Day, 2018

Harrisburg Capital Building

7-day Silent Meditation Retreat, 2017

Insight Meditation Society

Practicum in MBSR For Professionals, 2016

Myrna Brind Center for Integrative Medicine

5-day Silent Meditation Retreat, 2016

Insight Meditation Society

Trauma Training, 2015

Institute for Family Professionals

Cultivating Joy & Compassion, 2015

Myrna Brind Center for Integrative Medicine

Mindfulness Leadership Summit, 2014

Washington, DC

Mindfulness Inquiry Training, 2014

Myrna Brind Center for Integrative Medicine

Mindfulness-based Stress Reduction, 2013

Penn Program for Mindfulness

Acceptance & Commitment Therapy

Workshop, 2012

Philadelphia Behavior Therapy Association



- Responsible to work in collaboration with the PSMDT pediatric social worker to ensure needed referrals are successfully accomplished
- Responsible for special projects such as the Building Community Capacity project planning, coordination, and networking event execution
- Responsible for identifying and consenting eligible women and scheduling all assessment measures and other necessary events such as focus groups and orientations

FIELD WORK at WEST CHESTER UNIVERSITY

Fall 2012 – Spring 2013

Mindfulness research investigating the effects of an adapted Learning to Breathe curriculum; a mindfulness-based stress reduction program for adolescents in terms of emotion regulation and stress management

- Co-led 6 week Learning to Breathe MBSR training group with incoming freshman

Spring 2012

Early Childhood Cognition and Emotions Lab (ECCEL)

Kaleidoscope Head Start Preschool in Philadelphia

- Collected cortisol samples from students to measure stress levels
- Assessed cognitive and emotional development by utilizing evidence-based measures

VOLUNTEER EXPERIENCE

May 2011- Fall 2013

Philly Ambassadors of The Trevor Project

Philadelphia, PA

Volunteer Coordinator

- Planned and coordinated volunteer recruitment events, fundraising events, as well as participated in LGBTQ events in Philadelphia to raise awareness of the prevalence of suicide among this population and increase suicide prevention efforts
- Maintained social media presence on Facebook

WORK EXPERIENCE

May 2003- October 2008

Wyeth Pharmaceuticals/MediFIT; Great Valley, PA

Administrative Assistant

- Assisted with the coordination of Fitness Center sponsored programs and events, including direct involvement in the planning and execution of the 2003 and 2004 Health Fairs at the Great Valley and Collegeville locations
- Maintained member database information using HealthCalc to ensure confidentiality
- Maintained Wyeth budget for Great Valley and Collegeville sites using Microsoft Excel, and directly interacted with Accounts Payable and Receivable

VALUE STATEMENT

My philosophy when working with individuals who are attempting to manage substance use and/or other mental health disorders is influenced by a climbing metaphor I read years ago: As someone with experience in the role of a trained climber, I can help the client, who might be a novice mountain climber. As the more experienced mountain climber, I can watch out for you as you climb, offering cautious redirection when I see places where you might slip or bring harm upon yourself. I'm able to do this because I am standing on my own mountain, offering me a broader perspective of your mountain. At the same time, the trained mountain climber must ask for the other climber's personal experience on their mountain because even a trained mountain climber does not know what it's like to climb the terrain of the client's mountain. In other words, I must acknowledge that although I may have climbed many mountains, I do not know the client's unique lived experience on their mountain. They are the expert of the terrain they have just traversed as well as what the terrain looks like where they are standing and just ahead of them. Empowering each client to climb their own unique mountain is something I am honored and humbled to do, while simultaneously recognizing this experience is a part of something so much greater than myself.

