

ZOE KAHN

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EDUCATION

Master of Science in Mental Health Counseling

August 2016 - July 2018

Philadelphia College of Osteopathic Medicine, Philadelphia PA

Concentration: Addictions and Offender Counseling

Bachelor of Arts in Psychology and Speech Language Hearing Sciences

August 2011 - May 2015

University of Connecticut, Storrs CT

WORK EXPERIENCE

Monte Nido, Eating Disorder Center of Philadelphia, Villanova PA

August 2017 - July 2018

Mental Health Counselor, Practicum Intern

- Led group therapy for adolescents and adults with eating disorders and comorbid disorders in Partial Hospitalization, and Intensive Outpatient programs.
- Facilitated specialty groups such as; skills, cognitive behavioral therapy, dialectical behavioral therapy, mindfulness, processing, family, and psychoeducation.
- Taught clients emotional regulation techniques, coping skills, mindfulness approaches, effective communication, and interpersonal skills.
- Collaborated with Licensed Counselors, Dieticians, and Psychiatrist's on course of treatment and effective client care.
- Executed team's treatment plans.
- Implemented psychological interventions and experiences to insure client's adaptability to diverse stimuli and environments.
- Completed daily and weekly clinical notes, chart reviews, and weekly updates.
- Provided and engaged in meal experiences and exposures to support client's nutritional needs.
- Prepared clients meal and supervised client's preparing their own meals.

Philadelphia College of Osteopathic Medicine, Philadelphia PA

August 2016 - July 2018

Circulation Desk, Work Study

- Charged and discharged library books and equipment to students and faculty.
- Maintained a full position throughout Graduate school career.
- Answered phones, emails, and demonstrated the ability to solve problems and communicate effectively.
- Conducted research for supervisors and students on a weekly basis.
- Reported research findings to the appropriate recipients in a timely manner.

Comkey Therapy, West Hartford CT

May 2015 - February

2016

Speech Language Pathologist Assistant

- Provided in-home speech and behavioral therapy to a diverse range of individuals of different disabilities, ages, and populations.
- Exhibited the ability to adapt plans based on behavioral cues and situations to ensure a productive and efficient therapy session.
- Accomplished a 100% work productivity on a weekly basis, which included therapy notes, and reports.
- Facilitated individual and group therapy sessions on a weekly basis.
- Incorporated family system into clients therapy sessions.
- Frequently collaborated with client's family, teachers, aids, physicians, psychiatrist, and psychologists on course of treatment.
- Worked collaboratively with families to ensure effective client care

TRAININGS/SEMINARS ATTENDED

Interprofessional Education Series 2017-2018

- Three-hour seminars hosted by guest speakers followed by small group discussions.
- Able to collaborate, discuss, and learn along side of other students professionals such as; DO, PA, PsyD, and School Counseling.

Persons with Chronic Illness and Permanent Physical Disabilities May 2018

- Attended a seminar focused on patient care for individuals with chronic illnesses and permanent physical disabilities.
- Participated in a Q&A with an individual with Cerebral Palsy.

When Cultures Meet April 2018

- Participated in a cultural awareness activity with other student professionals.
- Discussed the importance of cultural awareness in the healthcare field.

Business of Healthcare March 2018

- Collaborated with other student professionals on the business of healthcare.
- Discussed the legal and ethical considerations of the healthcare industry.

Care of Intellectual Disabled Patients January 2018

- Learned about the appropriate protocols and handling of intellectual disabled patients to meet their medical, physical, and emotional needs.
- Discussed appropriate resources for future clients and patients.

Evidence Based Medicine with Senior and Aging Focus December 2017

- Participated in seminar discussing the current and relevant evidence based medicine implemented with the senior and aging populations.

Self-Care October 2017

- Collaborated with other professionals about the integration of self-care into routine.
- Discussed the impact self-care has on the medical field.

Impairment October 2017

- Discussed implications of professional impairment due to lack of self-care, depression, anxiety, and substance use.
- Researched and presented appropriate resources for healthcare individuals.

Dialectical Behavior Therapy: Beyond the Basics Stephanie Mattei, PsyD April 2018

- Attended a one-day seminar with Stephanie Mattei, PsyD.

- Participated in a comprehensive review and discussion about DBT techniques.
- Practiced learned DBT skills in small groups and received feedback.

PROFESSIONAL PRESENTATIONS

“Implementation of CBT at Eating Disorder Centers”

February 2018

- Presented CBT techniques, worksheets and activities to First year M.S Mental Health Counseling/Clinical Psychology students.
- Facilitated discussion about Practicum/Internship expectations.

Bridging the Gap: Eating Disorders and Substance Use Disorders

May 2018

Philadelphia College of Osteopathic Medicine Poster Presentation

- Showed the prevalence for the co occurrence of Eating Disorders and Substance Use Disorders.
- Presented ways to standardized assessments and treatment of Eating Disorders in a Substance Abuse setting.