

To the Cora Services Hiring Committee,

My name is Daniel Golden, and I am writing to apply for the School Counselor position. After working for five years as a Special Education teacher in Chicago Public Schools, I earned my Masters of Science in School and Mental Health Counseling from the University of Pennsylvania this spring. My goal as a counselor is similar to my approach as an educator, to nurture an environment where students feel safe and supported with unconditional positive regard and empathy. I aim to help students increase feelings of self-worth and self agency through goal-setting activities and techniques that improve emotional intelligence.

Over this past school year, I have completed over 600 supervised hours, with more than 300 direct service hours at a high school in the School District of Philadelphia. I have collaborated with teachers and clinicians to support students with academic advising and college/career counseling. In addition, my primary responsibility has been supporting the wide range of behavioral health needs of students. Throughout the year, I have delivered individual and group interventions to support students coping with stress, anxiety, anger, depression, grief, and trauma, while also facilitating referrals for specialized care and community resources.

My counseling orientation can best be described as strengths-based and eclectic. I approach my work through a trauma-informed and person-centered lens, while utilizing Cognitive Behavioral Therapy and psychodynamic treatment methods. As we continue to learn how to function in the uncharted waters of the current pandemic, supporting the social and emotional well-being of students and staff alike will be vital during the upcoming school year and beyond. I look forward to the 2020/21 school year with hope and optimism, while also paying close attention to the ever-changing needs of a counselor. I recently completed a two day Telehealth training for mental health professionals, and I am currently participating in the Google Educator certification program to increase my level of expertise with distance learning and virtual counseling.

I would love the opportunity to be a part of Cora Services' effort to provide a sense of physical, social, and psychological safety as we all cope with past and present traumatic experiences. I hope that I can help with the process of bringing the awareness and instillation of hope for the future that is necessary to persevere through adversity. Thank you for considering me for the School Counselor. Please contact me through email at DGolden30@gmail.com or by phone at 203-530-4844. I hope you are all staying safe and finding ways to be positive during these trying times.

Sincerely,
Daniel Golden