

KRISTEN M. DIETZ

kmdietz@email.wm.edu | 703-509-0634 | Philadelphia, PA 19130

CERTIFICATIONS and TRAINING

Pennsylvania Certified School Counselor PK-12(Educational Specialist I)

Expires 6/2022

Licensed Professional Counselor (LPC)

Licence No PC011245

National Certified Counselor (NCC), National Board for Certified Counselors

Expires 8/2021

COUNSELING EXPERIENCE

Therapist, Onward Behavioral Health Partial Hospitalization Program, *Lansdale, PA* 07/2017- Present

- Facilitates daily therapeutic curriculum for adolescents ages 12-18 in Acute Partial Program needing emotional and behavioral stabilization using CBT, DBT, and mindfulness approaches.
- Oversees case management for caseload; conducts transition meetings with schools, consults with outside mental health providers, communicates with insurance providers, and sets up client aftercare.
- Performs Level of Care Assessments, psycho-social evaluations, group therapy, family therapy, and individual therapy
- Completes required documentation efficiently and on-time including Treatment Plans, Utilization Reviews, Progress notes, Safety Plans, Aftercare Plans, and Discharge Summaries

Clinical Therapist, Wordsworth Academy Acute Partial Program, *Philadelphia, PA* 10/2016- 05/2017

- Provided Trauma-informed individual and family therapy for children ages 5-13 working towards successful stabilization and discharge from 4-week partial program.
- Created and conducted a specialized social skills group curriculum for each age group in the program
- Collaborated with area mental health providers, schools, and Community Behavioral Health(CBH) for consultation and coordination of aftercare.
- Contributed to bi-weekly treatment team meetings to collaborate with colleagues for the strongest treatment plan for client

Outpatient Therapist, Northwestern Human Services, *Montgomery, PA* 08/2016-10/2016

- Provided evidence-based individual therapy to clients with mental health diagnoses in the outpatient setting
- Collaborated with clients and treatment team to create measurable, clinical treatment plans
- Maintained medical records, treatment forms, client correspondence, and progress notes for all clients on caseload

School Counseling Intern, Southeast Middle School, *Kernersville, NC* 08/2015- 05/2016

- Conducted group guidance lessons on college and career exploration for 8th and 7th graders using the Strong Interest Inventory
- Advised students on both the high school and middle school class registration
- Collaborated with staff, school social worker, and Latino community leader on the creation of Southeast's chapter of the Latino Achievers Club
- Attended and consulted on IEP Meetings and 504 Plans for caseload students. Gathered and managed behavior observational data for the Intervention School Team (IST)
- Tracked and provided individual counseling to students at risk of being retained on a quarterly basis to promote better academic achievement and behavior to pass current grade level
- Provided crisis counseling for individual students issues ranging from suicidal ideation, teenage pregnancy, abuse to anxiety

Counseling Practicum Student, Brenner Childrens Hospital, *Winston Salem, NC* 01/2015 - 5/2015

- Collaborated with staff Psychiatrists, Nursing Staff, and Social Workers to create treatment plans for adolescent patients in the hospital's Psychiatric and Behavioral Health Unit

- Participated in morning treatment meetings to assess patient progress and evaluate treatment goals
- Facilitated group therapy sessions for patients using Cognitive Behavioral Therapy and Motivational Interviewing
- Assisted in family meetings between patients, guardians, and staff to prepare the family for their child's discharge
- Created and submitted a research proposal to investigate treatment outcomes for discharged patient to the hospital's Internal Review Board(IRB)

College to Career Group Leader, WFU, *Winston Salem, NC*

01/2015 – 04/2015

- Co-Facilitated a four week structured, psycho-educational group for five WFU undergraduates in a Career Counseling course
- Utilized and processed Strong Interest Inventory and Myers Briggs assessments
- Integrated assessments into group activities to promote self-awareness and insight into career decisions
- Educated and guided students through mock interviews providing instruction, feedback, and advice

EDUCATION

Wake Forest University, *Winston Salem, NC*

08/2014 - 05/2016

M.A. in Counseling, School Counseling Specialty, CACREP-accredited program, Cumulative GPA: 3.98

Vice President of Chi Sigma Iota Honor Society

College of William and Mary, *Williamsburg, VA*

08/2008 - 05/2012

B.A. in Government, Cumulative GPA: 3.24

Relevant Coursework: Life Span Development, Group Procedures in Counseling, Career Development & Counseling, School Guidance and Counseling, Issues in School Counseling, Classification of Mental Health Disorders, Advanced Counseling Skills & Crisis Management

OTHER RELEVANT PROFESSIONAL AND LEADERSHIP EXPERIENCE

CHARGE Administrator, WFU *Winston Salem, NC*, *Graduate Assistant*

08/2014 –04/2016

- Managed 80 undergraduate students through a structured 10 week leadership program
- Organized the recruitment, interviews, and selection of over 120 program candidates
- Coordinated annual service days partnering with several local community agencies in Winston Salem
- Constructed the objectives and activities for the program's weekly Leadership Labs to improve participant's organizational, communicative, and networking skills that culminate in a student-driven proposal for the university.

Riverwood Therapeutic Riding Center Volunteer, *Tobaccoville, NC*

07/2014- 06/2015

- Assisted at an accredited therapeutic riding horse-back program helping to provide riding lessons to children with mental disorders and physical disabilities
- Aided riders from the Special Children's School during 45 minute lesson to help improve muscle tone and directional skills through riding based activities and lessons.

Marketing Coordinator, The Advisory Board Company, *Washington D.C.*,

04/2013- 06/2014

- Managed the need of the ICD-10 marketing team at one of the top healthcare and higher education consulting firms in the county
- Member of the Performance Technology Team, coordinated internal and external meetings while managing multiple team operations.
- Assisted high-level leadership with establishment of new contracts and maintained relationships with existing corporate members.