SELINA FARMER

LPC, NCC, MA, MLD, MHA

ABOUT ME

Dedicated, Compassionate, Responsible, Loyal, Creative, Teamwork Makes the Dream Work

https://www.psychologytoday.com/Selina Farmer

CONTACT

selina.farmer@foxandtherose.com

(703) 887-9274

www.foxandtherose.com

Manassas, VA

EDUCATION

LIBERTY UNIVERSITY

PhD Psychology Behavioral Health Leadership Spring 23-Present

Master's of Clinical Mental Health Counseling (CACREP) *2022*

SAINT MARY OF THE WOODS

Master of Healthcare Administration/Master of Leadership Development

2021 High Honors

Bachelor of Psychology 2018 Cum Laude

OBJECTIVE

Licensed Professional Counselor who is a team player with a passion for quality, compassionate patient centered care with an emphasis on cultural competency and underserved population. Selina has experience working in individual, group, EMDR, grief, trauma, depression, anxiety and IOP. Excellent communication & active listening skills. Ability to establish and maintain therapeutic relationships with clients. Strong organizational and time-management skills. Experience using online platforms for sessions such as Zoom, Doximity, Advanced MD and Simple Practice. Experience working with children, adolescents, and adults. Selina has Master's Degrees in – Clinical Mental Health Counseling, Leadership & Development, and Healthcare Administration. Currently working towards her PhD in Psychology Behavioral Health Leadership.

EXPERIENCE

LICENCED PROFESIONAL COUNSELOR

Aram Wellness Center

FEB 2023- APRIL 2024

- Individual therapy sessions, comprehensive assessments to identify clients' emotional, psychological, and behavioral needs, leading to tailored treatment plans.
- Utilize evidence-based therapeutic modalities such as Mindfulness-based cognitive therapy (MBCT), Dialectical Behavior Therapy (DBT), EMDR, and training in Perinatal Mental Health & Substance Use Disorder.
- Collaborate with psychiatrists, hospitals, parole officers, and other mental health professionals to ensure a holistic, approach to care.
- Provide crisis intervention and support for clients in need of immediate assistance, including safety planning and resource referrals.
- Conduct regular case reviews and participate in professional development activities to ensure continuous growth in therapeutic practices.

PRIMARY THERAPIST

Charlie Health

MAY 2024-PRESENT

- Provide individual and group therapy sessions for adolescent and young adult clients with diverse mental health challenges, including depression, anxiety, trauma, and self-harm.
- Conduct comprehensive biopsychosocial assessments to develop individualized treatment plans based on client needs and goals.
- Utilize evidence-based therapeutic modalities including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).
- Collaborate with a multidisciplinary team of psychiatrists, social workers, and case managers to ensure comprehensive and coordinated care for clients.
- Document and maintain accurate, timely progress notes and treatment plans in accordance with legal and ethical standards.
- Lead family therapy sessions, providing guidance and support to families to promote healthy communication and enhance therapeutic outcomes.
- Assist clients in developing coping skills, managing emotions, and implementing positive changes in their daily lives.
- Participate in regular case reviews and team meetings to ensure high-quality, client-centerd care.

MENTAL HEALTH & MINDFULNESS CONSULTANT
The Healing Library

MARCH 2023- PRESENT

- Kit Contributor – editing, writing, and research on mental health issues represented in the kits.
- Presentations and content creation regarding impact of mental health issues facing children and adolescents.
- Utilizing Mindfulness and Positive Psychology to create creative activities to help the clients build resilience and healthy coping skills.

RESIDENT IN COUNSELING (VOLUNTEER)
Virginia TeleMental Health Initiative (VTMHI)

JUNE 2023-December 2024

- Counseling individuals in a clinical telehealth setting and assisting in providing access to quality mental healthcare for those who are medically underserved.
- Completed trainings on ethics, telehealth, suicide assessment, cultural competency, and patient focused care.
- Preformed intake, assessment, and implementation of treatment goals for each patient.
- Utilized a variety of interventions from CBT, Mindfulness-Based (MBCT), Compassion Focused & Patient Centred Care.

RESIDENT IN COUNSELING
Aram Wellness Center

May 2024-February 2024

- Counseling individuals in a clinical private practice setting and assisting in skill building for children, adolescents, and adults with mild to severe and persistent mental illnesses, and those with co-occurring substance abuse/use disorders.
- Performed intake, assessment, and implementation of treatment goals for each patient.
- Utilized a variety of interventions from CBT, Mindfulness-Based (MBCT), Play Therapy, Sand Play, Compassion Focused & Patient Centred Care. Proficient at using Simple Practice software.

ASSOCIATE PRIMARY THERAPIST
Charlie Health

May 2024-February 2024

RESIDENT IN COUNSELING
Crossroads Healing and Wellness, LLC
FEB 2023- APRIL 2024

SKILLS

- Crisis Intervention & Mediation
- Case Management
- Assessment & Diagnosis
- Treatment Planning
- Cognitive Behavior Therapy
- Mindfulness-Based (MBCT)
- Play Therapy & Sand Play
- Excellent Communication Skills

- Detail Oriented
- Research and Presenting
- Project Management
- Leadership Skills
- Administrative Skills
- Computer and Software - Microsoft Word, Excel, PowerPoint, Microsoft Outlook, Microsoft Teams, Adobe Photoshop/Illustrator, Zoom (HIPPA compliant), Simple Practice

PROFESSIONAL/RELATED EXPERIENCE

GRADUATE STUDENT COUNSELOR/INTERN
Crossroads Healing and Wellness, LLC (Liberty University – Master's of Clinical Mental Health Counseling)

JAN 2022-DEC 2022

GRADUATE STUDENT COUNSELOR/INTERN
Family Focus (Liberty University – Master's of Clinical Mental Health Counseling)

JAN 2022-DEC 2022

LEAD FACILITATOR, GROUP/GRIEF ART WORKSHOPS
The Compassionate Friends (JUNE 2009 – DEC 2021)

CONTEMPORARY NATIVE AMERICAN ARTIST, FREELANCE ILLUSTRATOR, CREATIVE ARTIST/CONTENT CREATOR
Mazzy Blue Studios *(JUNE 2002 – PRESENT)*

MUSEUM TECHNICIAN, COLLECTIONS
Smithsonian Institution's National Museum of the American Indian (NMAI)
Cultural Resource Centre *(DEC 1999 – AUG 2002)*

LICENSURE/CERTIFICATIONS

- Certified SYMBIS Assessment Facilitator
- Bereavement Group Facilitator
- EMDR Basic Trained
  National Certified Counselor (NCC)

PROFESSIONAL MEMBERSHIPS

- American Counseling Association (ACA)
- Society of Indian Psychologists (SIA)
- Virginia Counselors Association (VCA)
- KAPPA GAMMA PI (Graduate Honor Society)