[Your Name]

[Address]

[City, State, ZIP Code]

[Phone Number]

[Email Address]

Objective:

Highly dedicated and compassionate Mental Health Counselor with [number] years of experience providing exceptional counseling services to individuals of all ages. Skilled in identifying and addressing mental health concerns, developing effective treatment plans, and promoting overall well-being. Seeking a challenging position in a reputable organization to utilize my expertise in helping clients achieve optimal mental health.

Education:

Master of Science in Mental Health Counseling

[University Name], [City, State]

[Year]

Bachelor of Arts in Psychology

[University Name], [City, State]

[Year]

License and Certifications:

Licensed Mental Health Counselor (LMHC)

[Certification Name], [Year]

Professional Experience:

Mental Health Counselor

[Company Name], [City, State]

[Dates]

- Conduct comprehensive assessments to identify clients' mental health needs, utilizing evidence-based tools and techniques.

- Develop and implement individualized treatment plans based on clients' specific goals and needs, utilizing a variety of therapeutic modalities.

- Provide individual and group counseling sessions to address a wide range of mental health concerns, such as anxiety, depression, trauma, and addiction.

- Utilize cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and other evidence-based practices to facilitate positive change and improve clients' overall well-being.

- Collaborate with a multidisciplinary team of healthcare professionals to ensure comprehensive and coordinated care for clients.

- Conduct crisis intervention and provide emotional support to clients in acute distress, promoting their safety and stabilization.

- Maintain accurate and confidential client records, ensuring compliance with ethical and legal standards.

- Offer psychoeducation to clients and their families, equipping them with coping strategies and resources to manage mental health challenges.

- Participate in professional development activities, including workshops and conferences, to stay updated on the latest research and therapeutic techniques.

Intern Mental Health Counselor

[Company Name], [City, State]

[Dates]

- Assisted senior counselors in conducting client assessments, treatment planning, and therapy sessions.

- Facilitated group therapy sessions on topics such as stress management and communication skills.

- Observed and participated in therapy sessions, gaining practical experience in various therapeutic approaches.

- Conducted research on mental health topics to contribute to the development of treatment plans.

- Assisted in crisis intervention and provided emotional support to clients in need.

Skills:

- Excellent interpersonal and communication skills, facilitating strong therapeutic alliances with clients.

- Proficient in various therapeutic modalities, including CBT, DBT, and solution-focused therapy.

- Strong assessment and diagnostic skills to accurately identify clients' mental health concerns.

- Ability to collaborate effectively with a multidisciplinary team to ensure comprehensive care.

- Exceptional crisis intervention skills to provide immediate support during emergencies.

- Proficient in maintaining accurate and confidential client records in compliance with ethical and legal standards.

- Proficient in using electronic health record (EHR) systems and other relevant software.

Professional Affiliations:

- American Counseling Association (ACA)

- [Other relevant professional associations]

References:

Available upon request