

Kathleen Larkin

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Education

University of Denver, Denver, CO

M.A. in Counseling: Concentration in Clinical Mental Health Counseling with Addictions Specialization, September 2015-June 2017

Edinboro University of Pennsylvania, Edinboro, PA

B.S. in Psychology, August 2012-May 2015

Experience

*Porter Adventist Hospital
Behavioral Health (Intern)*

*Denver, CO
September 2016-May 2017*

Porter Adventist Hospital's Behavioral Health Unit is an inpatient, locked facility for individuals who are struggling with their mental illness. Patients can stay on the unit for a short period of 72 hours, or have longer stays up to a few weeks. On the unit, there are several psychiatric nurses, mental health counselors, psychiatrists, and social workers that I work alongside. Of the patients on the unit, about 25% present with a depressive disorder, 25% present with a form of psychosis, 25% with bipolar disorder, and about 25% who are presenting with substance abuse concerns or are actively detoxing. My duties include the following:

- Work with adult clients presenting with acute symptoms requiring hospitalization, such as psychotic breaks or medical detox
- Facilitate process groups, safety groups, and more structured groups for acute patients
- Crisis intervention, including assessing clients for risk to self and others
- Provide individual counseling to patients
- Provide group counseling and psychoeducation around mental illness and coping skills
- Educate patients who are detoxing about various treatments and resources available to them in the community
- Be knowledgeable of psychiatric medications patients are prescribed and how they work
- Document pertinent information in client's chart within the medical database
- Ability to navigate the medical database Epic

*Salvation Army Harbor Light
Counselor (Intern)*

*Denver, CO
November 2015 – May 2016*

The Salvation Army Harbor Light is a residential relapse prevention program tailoring to homeless adult males seeking substance abuse treatment for chemical addictions. The program takes six months to complete that includes individual, group, and work therapy for clients. My role consisted of the following:

- Provide therapy to clients operating from a Cognitive Behavioral Therapy approach
- Writing treatment plans focused around healthy recovery from substance abuse
- Facilitate process groups focusing on clients' experience both in the program and with recovery
- Completion of clinical notes
- Facilitating psychoeducational classes based on Salvation Army workbooks and values to populations suffering from homelessness and addiction
- Advocate for clients in staff meetings and with the court system
- Help clients to found independent housing after completion of relapse prevention program
- Be knowledgeable of the long-term effects of substance abuse
- Developed and implemented a class around the importance of nutrition while in recovery

*University of Denver Counseling Clinic
Student Counselor*

*Denver, CO
March 2016-August 2016*

This clinic is within The University of Denver's Counseling and Education Program providing individual, couple, and group counseling on a sliding scale fee basis. The clinic also provides psychological assessments, consultations, and educational services.

- Work with clients of various ages, socioeconomic status, ability, gender, and orientation
- Provide individual and couple's counseling
- Complete intake with clients
- Participate in live observation with peers and supervisor
- Present case conceptualization on clients to team based on theoretical orientation
- Develop treatment plans to measure progress
- Incorporate research into practice

*Safe Harbor Behavioral Health
Crisis Counselor Intern*

*Erie, PA
Jan 2015 – Apr 2015*

Safe Harbor Behavioral Health is a large organization providing a variety of services to individuals in the community. The crisis center provides clients a place to call a trained professional to aid them through their mental health emergency.

- Responsible for asking various questions to complete triage and determine caller's presenting problems, and address any safety concerns.
- Responsible for navigating through online medical database, Credible, that stored all client records.

- Acted as a client advocate to coordinate required services or to resolve emergency problems in crisis situations.
- Counseled individuals and families to help them understand problems, deal with crisis situations, define goals, and develop realistic action plans.
- Filled out and maintained client-related paperwork, including federal-and-state-mandated forms, client diagnostic records, and progress notes.
- Collaborated with other staff members to perform clinical assessments or develop treatment plans.
- Referred clients or family members to community resources or to specialists as necessary.
- Be knowledgeable of requirements for involuntary commitment to the hospital and explain the necessary criteria to callers.
- Made follow-up calls to clients who have had recent contact with the agency to check on current status and reoffer services.
- Filed *Childline* reports, both electronically and by phone, in instances that a child was either being neglected in some way, or in danger.
- Worked closely with police and paramedics to ensure client safety.

Professional Affiliations

American Psychological Association, Student Affiliates

American Counseling Association, Student Affiliates

The Associate for Addiction Professionals, NAADAC, Fellow

Awards, Scholarships, and Certifications

The Association for Addiction Professionals, NAADAC Minority Fellowship Recipient, 2016-2017

Dean's Scholarship - University of Denver, 2015-2017

Dean's List Designation - Edinboro University of Pennsylvania, 2012-2015

Mandated Reporting Certification - Childline 2015

Applied Suicide Intervention Skills Training - Safe Harbor Behavioral Health, 2015