

**EDUCATION:**           **Masters in School Counseling, Class of 2019**  
Sacramento State University 2016 - Present  
Sacramento, California

**Bachelor of the Arts, Cum Laude**  
Sonoma State University 2011 - 2013, 2015  
Rohnert Park, California

**Child Development Studies**  
Danish Institute of Study Abroad 2013 - 2014  
Copenhagen, Denmark

**EXPERIENCE:**

**Natomas Charter High School, Sacramento December 2018- Present**  
SCHOOL COUNSELING INTERN

- Working in a Performing Arts School setting, with high school students
- Client conflicts ranging from sexuality and gender, stress and suicide ideations to lack of motivation and direction
- Collaborating with other faculty, such as academic counselors and teachers, to best support student

**Fairbanks Elementary School, Sacramento January 2018 - Present**  
SCHOOL COUNSELING INTERN

- Working with individual clients on academic, social-emotional, and peer issues
- Leading group counseling for various ages and topics
- Collaborating with Lead School Counselor and other interns to provide support to staff and clients, as well as doing work with client inside the classroom

**Hanna Boy's Center, Sonoma CA. April 2015 – August 2016**  
YOUTH COUNSELOR

- Working with emotionally traumatized teenage boys, aged 14 to 16, at a live- in residential treatment center
- Acting as a surrogate parent, counselor, group facilitator and advocate for boys
- Duties included counseling boys using trained therapeutic techniques, de-escalating emotional or violent situations, and helping boys with individual needs (academics, relationships, respect)

**ACTIVITIES:**

Child Care Intern at Valley of the Moon Children's Home; Worked with ages 7-17 (2014)  
Research Assistant for a Children's Qualitative Research Study (2013)  
Interned at Camp Newman; Worked closely with Special Need individuals (2012)

4.0 GPA in Master's Program at Sacramento State

***SKILLS:***

- Trained in Trauma Informed Care, with emphasis on Somatocognitive Approaches and work with ACE study
- Psychological First Aid Certificated
- ALICE Training Certified