#### **Employment**

01/2010 - Present

Time Out (for time within) 909-878-4388 *Clinical Private Practice, Self-employed,* 10-20 hours/week

www.timeoutwithin.com carol@timeoutwithin.com

- Provide clinical counseling services to individual adults, couples, and groups.
- Integrative services using systems theory, behavior modification, cognitive restructuring, EMDR, Heart-Centered Therapy, non-violent communication techniques and the Four Agreements, Eden Energy Medicine Techniques for habit change, stress management, and managing symptoms of anxiety and depression.
- Facilitate a weekly Energy Balancing Class since 2009.
- Provide Individual Energy Balancing Sessions.
- Big Bear Yoga Festival Energy Balancing Sessions and Class Instructor.

08/2005 - 01/2010

Time Out (for time within) 909-878-4388 *Clinical Private Practice, Self-employed,* 20-30 hours/week

- Opened private practice
- Contracted with Lutheran Social Services to counsel with Adults only.
- Provide independent clinical counseling services to individual adults, couples, and groups.

11/2000 - 08/2005

Bear Valley Community Healthcare District

Big Bear Lake, CA 909-866-5721 Clinical Social Worker II 20-40 hours/week

Business moved under the Auspices of

**Lutheran Social Services** 

Big Bear Lake, CA 909-866-5721 Clinical Social Worker II 20 hours/week

 Maintained clinical caseload providing individual, conjoint, family and group counseling services to children, adolescents, adults, and families. Attended weekly clinical case conference meetings, maintained county required documentation.

11/1998 - 11/2000

**Guidance Center** 

Long Beach, CA 562-485-2550 *Clinical Social Worker Supervisor/Therapist* 40 hours/week

Provide individual and group supervision to unlicensed MFT Interns and MSW clinical staff, individual supervision of MSW interns, serve on task group developing clinical and diagnostic guidelines, serve on core strategic planning committee monitoring and improving outpatient mental health services, participate in weekly supervisor's meetings, provide in-services as needed, maintain clinical caseload providing individual, conjoint, and family counseling services to children, adolescents, and their families.

# Carol Treadwell, LCSW

### Resume

# January 2015

05/1994 - 11/1998	Maryvale
. ,	Rosemead, CA 818-280-6510  Clinical Social Worker 40 hours/week
	<ul> <li>Individual, conjoint, family and group counseling, treatment planning, quarterly</li> </ul>
	reports, consultation with multi-disciplinary team, case conferences, resource referrals, and other case management responsibilities
06/1993 - 05/1994	County of Log Angeles Department of Children's Sarvises
00/1//0	County of Los Angeles Department of Children's Services, Lakewood, CA 310-497-3500
	Children's Social Worker II 40 hours/week
	<ul> <li>Case management services to children and their families, crisis intervention, data collection, assessment, and writing reports and court testimony.</li> </ul>
Internships	
1992 -1993	Jawish Family & Children's Sarvice
1772-1773	Jewish Family & Children's Service Long Beach, CA 562-427-7916
	MSW Internship
	<ul> <li>Individual counseling sessions with adults and adolescents, co-facilitated self- esteem groups at elementary and middle schools.</li> </ul>
1991-1992	Landanda Carata Danata and Children la Carata a
1991-1992	Los Angeles County Department of Children's Services Long Beach, CA
	MSW Internship
	• Family maintenance and family reunification case management services, co- facilitated sexual abuse victims group for pre-adolescent girls in the County of Los Angeles Sexual Abuse Unit.
1990 -1991	Los Angeles County Mental Health
	Long Beach, CA
	<ul><li>BASW Internship</li><li>Co-facilitated parent and adolescent groups, individual and family counseling</li></ul>
	sessions, home visits, intervention, and resource education.
1989 -1990	City of Long Beach Alcohol & Drug Rehabilitation Program
	Long Beach, CA
	BASW Internship
	<ul> <li>Co-facilitated alcohol education group, and women's alcohol &amp; related issues group, initial intakes and needs assessment, attended HIV/AIDS education group, co-</li> </ul>
	facilitated drug diversion group
1984 -1987	Catholic Charities
	Long Beach, CA
	Case Manager 40 hours/week
	<ul> <li>Crisis intervention, initial intakes, evaluation, assessment, plan development, outreach, network, family shelter screening, and information &amp; referral.</li> </ul>

### Carol Treadwell, LCSW January 2015 Resume **Continuing** Continuing education is required to maintain Accreditation. For a review of **Education** continuing education attended, visit: www.timeoutwithin.com/ce.pdf State of California Board of Behavioral Sciences Accreditation 1997 Licensed Clinical Social Worker (LCSW) License # 18595 **Education** 1991-1993 California State University Long Beach Master of Social Work 1989 - 1991 California State University Long Beach Bachelor of Arts in Social Work 1985 - 1989 Long Beach City College Associate Arts Degree in Liberal Arts 1972 - 1974 Herbert H. Lehman College, New York, NY Sociology/Business education

National Association of Social Workers (NASW)

Refer to CAQH website <a href="http://www.caqh.org">http://www.caqh.org</a> for details

Mountain Healing Arts Association (MHAA)

or references will be provided upon request.

**Professional** 

**Associations** 

References