

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.
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- 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.
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- 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.
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- 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.
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Continuing Education

Continuing education is required to maintain *Accreditation*. For a review of continuing education attended, visit: www.timeoutwithin.com/ce.pdf

Accreditation 1997

State of California Board of Behavioral Sciences
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

Professional Associations

National Association of Social Workers (NASW)
 Mountain Healing Arts Association (MHAA)

References

Refer to **CAQH** website <http://www.cagh.org> for details or references will be provided upon request.