

CRYSTAL HERRING

[REDACTED], Anchorage, AK 99524.
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SUMMARY

Dedicated Licensed Professional Counselor with 27 years of experience in providing mental health services (ie: individual and group psychotherapy, crisis management, case management, and psychoeducation) to diverse population of young adolescents, young adults and their families. Experience working in different types of settings including voluntary and involuntary hospital inpatient units, residential treatment programs, community-based outpatient programs, and outpatient private practice. My therapeutic orientation is multimodal, person-centered, reality-oriented and collaborative and built around human connection, perspective, growth, internal strengths and self-awareness.

LICENSURE

Alaska Licensed Professional Counselor (LPC), August 2013 – Present
License number: PCOP816

EDUCATION

2000-2001	University of Alaska	Anchorage, AK
M.Ed, Guidance and Counseling		
1992 – 1996	Bob Jones University	Greenville, SC
B.A., Counseling and Guidance Psychology		

EXPERIENCE

July 2018 – Present TRINITY COUNSELING, LLC
Owner/Practice Manager

- Deliver appropriate therapy to adolescents, young adults, and their families based on diagnosis and individual needs.
- Perform comprehensive assessment for each client.
- Develop individualized treatment plans addressing client needs and routinely review progress to ensure quality and effective treatment
- Respond to emergency situations and provide crisis support as needed.
- Document treatment plans, treatment reports, and progress notes according to accepted therapeutic practices.
- Create and employ marketing strategies to advertise and produce successful referral process for all practice providers.
- Adhere to HIPAA requirements to safeguard client confidentiality.
- Manage customer service, schedule and confirm client appointments, complete relevant insurance and other claim forms, and manage billing and administration tasks.
- Consult and collaborate with up to five other practice providers to improve overall client outcomes.

Dec 2012 – Present WEKA, LLC

Chief Executive Officer

- Created and developed security agency specializing in secure transports of individuals suffering from mental, emotional, and behavioral issues.
- Educate WEKA, LLC security officers in the core values of transporting safely, while treating in-custody individuals with respect and dignity.
- Develop and implement current training protocol of RES-PECT, Verbal Judo, and basic psychoeducation for secure transport officers.
- Oversee aspects of day to day operations, including human resources.
- Provide clinical supervision to secure transport officer on interventions with specific in-custody individual.

Mar 2010 – Dec 2012 Providence Alaska Discovery Adolescent Mental Health Unit

Family Therapist/Discharge Planner

- Provide individual and family therapy for SED adolescents and their families in an acute-care, inpatient program.
- Participate in treatment planning; provide case management, clinical assessments, and discharge planning.
- Function as part of a multi-disciplinary treatment team and participate in treatment team reviews.
- Maintain a safe and secure environment and provide immediate crisis interventions when needed.
- Provide clinical supervision to therapists and nurses who work the floor on interventions with specific patients.
- Role model positive relationship and communication skills.

Sept 2004 – Mar 2010 Providence Portland Child/Adolescent Mental Health Unit

Mental Health Therapist

- Provided individual and group therapy for SED children and adolescents in an acute-care, secure inpatient program.
- Functioned as part of a multi-disciplinary treatment team, participated in treatment planning, assessment, and charting.
- Created and facilitated psycho-educational groups for weekend group program.
- Maintained a safe and secure environment and provided immediate crisis interventions when needed.
- Role modeled positive relationship and communication skills.

Jan 2002 – Aug 2004 Providence Alaska Discovery Adolescent Mental Health Unit

Mental Health Therapist

- Provided individual, family, and group therapy for SED adolescents and their families in an acute-care, inpatient program.
- Participated in treatment planning, case management, assessment, and charting.

- Created and facilitated psycho-educational groups.
- Functioned as part of a multi-disciplinary treatment team and participated in treatment team reviews.
- Maintained a safe and secure environment and provided immediate crisis interventions when needed.
- Role modeled positive relationship and communication skills.
- Created and delivered in-service education to co-workers and participated in training new employees.

Jan 2003 – Jan 2004 Denali Family Services, Alaska

Clinical Team Leader – Kids Klub

- Developed a therapeutic after school program servicing our 6-12 year old SED clients.
- Responsible for creating and facilitating psycho-educational groups and activity therapy to address issues.
- Provided individual counseling and crisis intervention when needed.
- Provided direct clinical supervision and job training to Care Coordinators and Life Skill Specialists.
- Completed comprehensive mental health assessments and developed treatment plans.
- Participated in treatment planning and review, case management, and discharge planning.

Nov 1998 – Jan 2002 Providence Alaska Adolescent Residential Treatment Program

Mental Health Specialist

- Helped develop and implement this program for SED adolescent girls.
- Maintained a safe and secure environment and provided immediate crisis interventions when needed.
- Created and facilitated psycho-educational groups.
- Participated in treatment team reviews.
- Role modeled positive relationship skills
- Provided individual counseling.

Oct 1997 – March 1999 Covenant House Alaska, Crisis Center, Youth Resource Center, Rights of Passage, Passage House

Youth Worker and Live-in Residential Counselor

- Primary counseling and case management of up to seven at-risk youth per shift.
- Performed intake/discharge interviews.
- Provided direct supervision of all students and residents.
- Provided academic and employment counseling.
- Provided crisis intervention through street outreach.
- Educated and supported youth in an independent living environment.
- Responsible for the safety and well being of up to five pregnant and/or parenting teenage girls and their children during the overnight shift.

- Role-modeled positive interactions in the residential program households.
- Provided support to day staff and case management team.
- Functioned as part of a therapeutic and crisis intervention team.

SKILLS and PROFESSIONAL TRAINING

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| * HIPAA regulations | * Trauma Informed approaches and crisis interventions |
| * Workflow Management | * Suicide Risk Assessment |
| * Policy and Procedure Development | * RES-PECT certified trainer |
| * High level of autonomy | * Verbal Judo certified trainer |
| * Strong conceptualization, problem solving, analytical skills, and logical thinker | * Specialized training in the following approaches: CBT, DBT, Havening Therapy, sand tray therapy, milieu therapy, attachment theory, mindfulness, reality and choice therapy, disordered eating, body image and acceptance. |
| * Management and supervising experience | * MANDT |
| * Experience with credentialing process and billing | * CPR/First Aid |
| * Strong communication and interpersonal skills | |
| * Exceptional leadership within a team | |