

Sonja D. Poole

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Licenses: Licensed Clinical Mental Health Counselor - North Carolina, 17126

Licensed Professional Counselor – South Carolina, 9661

Licensed Professional Counselor-Georgia, 015020

Licensed Professional Counselor – Virginia, 0701016171

Professional Summary

Dedicated mental health professional, with extensive experience in providing mental health care tailored to meet the social and emotional needs of clients. Expertise in assessments, diagnosis, treatment planning. Adherence to ACA policies, procedures, ethics, and client confidentiality. Therapeutic modalities, include Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Person-Centered Approach, Brief Solution Focused, Positive Psychology and certified Trauma Specialist.

Insurance Credentialed: Aetna, Am Better, Anthem BCBS, BCBS, Cigna, Humana Tri-Care, Med Cost, United Health Care and Optum & Availity EAP counseling.

Work Experience Licensed Clinical Mental Health Therapist

Transformation Counseling, Consultation, & Coaching, PLLC

12/2022 to Present

- *Administer clinical assessments, score and summarize*
- *Perform risk assessments and develop plans to support the crisis*
- *Collect and interpret social and emotional history*
- *Assign diagnostic DSM-V codes summarizing severity*
- *Develop personalized treatment plans and monitor client progress*

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- *Collaborate with healthcare professionals when needed*
 - *Provide medication management as needed, as needed*
 - *Consult with professional organizations, and provide mental health training*
 - *Maintain clinical records, bill insurance claims, and manage marketing efforts.*
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Trauma Informed Specialist

Liberty County Public Schools

12/2023 to 06/2024

- *Develop and implement school-based trauma-informed support and mental health services*
- *Assess and identify students experiencing trauma-related issues.*
- *Provide individual and group counseling to affected students.*
- *Collaborate with teachers and staff to create a trauma-informed school environment.*
- *Develop and implement training programs for staff on trauma awareness and response.*
- *Coordinate with parents and community resources for additional support.*
- *Monitor and evaluate the effectiveness of trauma intervention strategies.*
- *Identify barriers to accessing mental health care and create plans to overcome them.*
- *Foster safe learning environments and mitigate the effects of trauma.*
- *Collaborate with law enforcement on trauma-informed care practices*

Crisis Response Mental Health Clinician

Behavior Health Link, Telehealth Crisis Assessment 11/2022 to 12/2023

- *Conduct suicide screenings and risk assessments.*
- *Prepare client treatment plans based on assessments.*
- *Provide crisis intervention services, assessing risk levels and developing safety plans.*
- *Write involuntary commitment plans or 1013 when necessary.*
- *Offer Brief Solution Focused Counseling.*
- *Refer clients to external agencies for ongoing care. Collaborate with law enforcement on trauma-informed care practices*

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Licensed Clinical Mental Health Counselor: Telehealth Therapy

Bowman Family Therapy, Contractual 1099 Therapist

01/2021 to 06/2023

- *Establish a positive, trusting rapport with clients.*
 - *Diagnose and create individualized treatment plans based on client needs.*
 - *Provide therapy services to individuals, couples, families, and groups.*
 - *Conduct ongoing assessments of client progress.*
Maintain confidential case notes and records.
 - *Refer clients to outside specialists or agencies when appropriate.*
 - *Effectively manage time and prioritize tasks.*
 - *Communicate effectively with clients and stakeholders.*
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Dean of Social and Emotional Learning

Savannah Chatham Public Schools: Susie King Taylor Charter School

08/2021 to 01/2022

- *Set the vision and direction for student-facing Social and Emotional Learning (SEL).*
- *Supervise SEL projects, including centralized training and curriculum development.*
- *Promote cultural competency and sensitivity related to race and equity issues.*
- *Serve as 504 Coordinator & Evaluator.*
- *Provide group and individual counseling.*
- *Development Intervention Plans (BIP).*
- *Conduct student observations to support academic and behavioral growth. Deliver staff training on Behavior Management and Restorative Practices.*

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Dean of Counseling and Student Services

Wake County Public School System: SE Raleigh Magnet High School

09/2016 to 06/2021

Supervise the counseling and Student Services department.

- *Advise counseling teams, parents, students, and educational staff.*
 - *Develop action plans adhering to policies for the Student Services department.*
 - *Supervise data collection and maintenance of student records.*
 - *Collaborate with school teams to enhance student services.*
 - *Create classroom lessons on personal/social growth and academic success topics.*
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School Counseling Consultant

ADNOC Schools: K-12 Counseling Consultant

09/2015 to 08/2016

- *Build a comprehensive school counseling program based on standardized practices.*
 - *Establish relationships within the community to support student needs.*
 - *Train staff in best practices for comprehensive school programs.*
 - *Develop a record-keeping system for academic, personal, and emotional data.*
 - *Assist in developing counseling departments in private schools.*
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Additional Skills

- *Licensed Clinical Mental Health Counselor (NC)*
- *Licensed Professional Counselor (SC & GA)*
- *National Certified Counselor*
- *Trauma-Informed Care Specialist*
- *Crisis Intervention Trainer (16 years)*
- *Conflict Mediator (15+ years)*

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Education

- *Liberty University*

Educational Specialist Advance Degree in Educational Leadership and Supervision

05/2013 to 10/2017

- *North Carolina Central University*

Master of Arts in Guidance Counseling and Mental Health Counseling

08/1999 to 12/2000

- *Colorado State University-Pueblo*

Bachelor of Science in Psychology

01/1996 to 08/1998

Professional Affiliations

- *American Counselor Association, (ACA)*
- *Access to Capital for Entrepreneurs, (ACE)*
- *National Certified Counselor, (NCC)*
- *Substance Abuse and Mental Health Services Administration, (SAMHSA)*
- *STRONG STAR Military Training Initiative, (SSTI)*
- *Alpha Kappa Alpha Sorority, Inc., (AKA)*
- *Strong Star Military Initiative*

Licensures Acquired and Terminology: *Licensed Professional Counselor (LPC), Licensed Clinical Mental Health Counselor (LCMHC), and National Board of Certified (NBCC)*

Virgina-LPC, Georgia-LPC, South Carolina-LPC, NC-LCMHC & NBCC

Insurance Credentialed: Aetna, Am Better, BCBS, Carelon, Cigna, Humana, Optum, Med-Cost, Military One Source, Tricare, United Health Care

