

Kristen Maines
21 Central Street, Andover, MA 01810
(978) 857-1481; kristen.maines@cvhorizons.com

EDUCATION

M.S. in Mental Health Counseling **May 2019**

Merrimack College

GPA: 4.0

Capstone Project: Clinical case study

B.S. in Accounting/ Business Administration **May 1996**

Babson College, Cum Laude

GPA 3.34

CLINICAL EXPERIENCE

Clearview Horizons Andover, MA **April 2019 - Present**

License-Eligible LMHC Clinician

- Provide individual therapy for clients with anxiety, OCD, depression, and/or general life stressors
- Facilitate group therapy for the Teen OCD and the Adult OCD Support groups
- Consult with clients' outside providers when clients provide written consent to collaborate with their other team members
- Training and supervision by Kimberly Glazier Leonte, PhD.

Anna Jaques Hospital Newburyport, MA

Adult Inpatient Psychiatric Counselor (Per Diem)

November 2018 – Present

Master's Level Practicum and Internship

September 2018 – May 2019

- Provide counseling to individuals and run groups for clients receiving inpatient level care.
- Evaluate clients' needs and create customized treatment plans.
- Assess suicide and safety risk.
- Encourage clients to communicate feelings, and help them to develop insight into themselves and improve the quality of their lives.
- Use an evidence-based and multi-culturally informed framework to identify and implement assessments and interventions, and to create collaborative treatment goals.
- Assist in the development of coping skills and strategies to overcome dependencies, adjust to life, and make necessary changes.
- Discuss with individual patients their plans for aftercare and assist in the transition.
- Supervision by Sarah Libby, LMHC

Master's Level Internship

February 2019 – May 2019

Anna Jaques Hospital, Amesbury, MA

Child & Adolescent Inpatient Psychiatric Unit

- Conducted psychosocial evaluations of clients ages 4-17 who sought care for a range of psychological conditions, which prevented them from safely functioning at home, at school, or in the community.
- Led substance-related groups to help patients develop healthier coping skills rather than reverting back to using substances as a coping strategy
- Collaborated with guardians in regards to most effective treatment plan for client.
- Coordinated with state and private agencies, outpatient providers and schools to assist in aftercare planning.
- Supervision by Sarah Libby, LMHC

ASSESSMENT EXPERIENCE

Advanced Graduate Coursework

Merrimack College, North Andover, MA

Psychological Assessment

Spring 2019

- Received training in cognitive and personality assessment construction, administration, interpretation, and report writing as part of an advanced graduate course
- Received hands-on training and assessment of test administration
- Wrote a comprehensive integrated clinical report based on raw testing data

College and Career Counseling

Fall 2018

- Received training with various assessments and tools (interest inventories, job matching programs, job prep tools, and job search tools) available to use with clients or students as part of their wholistic learning or mental health recovery process.

Evaluation and Treatment of Addictions

Fall 2018

- Received training in the use of the Addiction Severity Index (ASI) and the Structured Clinical Interview for DSM-V (SCID)

Training in Administration, Scoring, and Interpretation

Cognitive Assessments

Spring 2019

- Wechsler Adult Intelligence Scale- Fourth Edition (WAIS-IV)
- Wechsler Individual Achievement Test- Third Edition (WIAT-III)
- IVA-2 – ADHD Assessment

Personality Assessments

Spring 2019

- Minnesota Multiphasic Personality Inventory-2 (MMPI-2)
- Rorschach Test (R-PAS scoring system)

Career Assessments

Fall 2018

- Myers-Briggs Type Indicator (MBTI)
- O*NET Interest & Ability Profiler
- Campbell Interest & Skill Inventory
- Career Ability Placement Survey (CAPS)

Other Assessments

Fall 2018-Spring 2019

- Barkley Adult ADHD Rating Scale-IV (BAARS-IV)

- Beck Depression Inventory (BDI)
- Beck Anxiety Inventory (BAI)

ADDITIONAL EXPERIENCE

CVS Pharmacy **2016-2017**

Pharmacist Technician, Newburyport, MA

- Assisted licensed pharmacists calculate dosages, dispense medications, prepare prescription labels and fill prescriptions.
- Researched and resolved dosage conflicts, potentially harmful drug interactions, insurance related issues and other matters.
- Ensured patient safety/wellness and built customer loyalty and relations.

Anna Jaques Hospital **2013-2014**

Corporate Accountant, Newburyport, MA

- Prepared monthly financial statements for physician practices and executed the month-end closing process.
- Produced various revenue, collection, and accounts receivable reports as requested by physicians.

VOLUNTEER EXPERIENCE

Merrimack College **Fall 2018**

Residence Life Training & Information Session

- Facilitated training a group of Resident Assistants on the topic of microaggressions, and how to prevent occurrence on the campus.

Merrimack College **Fall 2017**

Suicide Prevention Awareness Event (Nine out of Ten)

- Helped educate college students and raised awareness about the warning signs of suicide and how to help in the prevention of it.

Juvenile Diabetes Research Foundation **2016 - 2017**

Team Captain

- Organized a team and raised money for the annual JDRF walk

Anna Jaques Hospital **2010 - 2011**

- Transport, Front Desk, and Gift Shop Volunteer

American School in Japan **2005 - 2006**

- Teacher's aide in classroom and outdoor playground

RESEARCH EXPERIENCE

- Conducted research-focused interviews with clinicians at the Jeannie Geiger Crisis Center (Domestic Violence center for women) and presented a scholarly paper on the effects of trauma (2017).

- Researched and presented a scholarly paper on Post Traumatic Stress Disorders among the Cambodian refugee population (2017).

CERTIFICATIONS

Crisis Prevention Intervention (CPI)

October 2018

SCHOLARSHIPS

Merit Scholarship

September 2017

Office of Graduate Studies and Admissions, Merrimack College

PROFESSIONAL AFFILIATIONS

- Massachusetts Mental Health Counselors Association (MaMHCA), Member