

Rebecca Shaw, MA

EDUCATION

William James College | Newton, MA Graduated June 2022
Master of Arts in Clinical Mental Health Counseling
Emphasis in Forensic and Correctional Counseling

Kenyon College | Gambier, OH Graduated May 2018
Bachelor of Arts in Psychology
Minor in Philosophy, Concentration in Legal Studies

CLINICAL EXPERIENCE

Clearview Horizons | North Andover, MA September 2024 – Present

- *Outpatient Mental Health Therapist*
- Provide outpatient individual therapy to children, adolescents, and adults through in-person and telehealth sessions
- Specialize in working with clients with OCD, anxiety, and perfectionism
- Utilize evidenced-based therapies including exposure and response prevention (ERP), acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and compassion-focused therapy (CFT)
- Facilitate the bi-weekly adult OCD support group
- Receive on-going training and education from Kimberly Glazier Leonte, PhD

Mentor South Bay an affiliate of Sevita | Lawrence, MA July 2022 – Present
Outpatient Mental Health Therapist

- Provide individual therapy to multiculturally diverse clients at a community mental health clinic through in-person and telehealth sessions, and utilize a person-centered approach
- Conduct intake interviews, develop treatment plans, and document progress
- Coordinate referrals and research community resources, and facilitate case consultations

ABC Counseling | Arlington, MA November 2021 – July 2023
Clinical Group Leader

- Facilitated weekly dialectical behavior therapy (DBT) skills group for outpatient youth
- Provided skills instruction for targeting depression, anxiety, and avoidant behaviors
- Documented treatment progress and coordinated with outpatient therapists

Triad Adolescent Services | Lexington, MA January 2020 – July 2023
Clinical Group Leader

- Facilitated weekly dialectical behavior therapy (DBT) skills group for outpatient adolescents
- Taught skills instruction for emotion dysregulation and behavior regulation difficulties
- Conducted intake interviews for new clients and documented group notes in patient records
- Transitioned from group leader to referral coordinator in July 2022

DBT Skills Tutoring | Massachusetts

November 2020 – July 2022

Private Tutor

- Planned interactive curriculum to teach skills in individualized sessions
- Adapted curriculum to target specific goals and behaviors for each student

Wellpath Correctional Healthcare | Concord, MA

September 2021 – April 2022

Mental Health Professional Intern

- Managed 15+ clients at medium and minimum-security facilities
- Provided supportive counseling to incarcerated clients during crisis situations
- Collaborated with an interdisciplinary team of healthcare and correctional staff
- Documented treatment progress, conducted risk assessments, and determined diagnoses

Youth Opportunities Upheld (Y.O.U., Inc.) | Worcester, MA

September 2020 – April 2021

In-Home Therapy Intern

- Planned and facilitated therapeutic interventions for family and individual sessions
- Supported families and clinicians in finding community resources
- Communicated with collateral providers about clients' progress on therapeutic goals
- Documented progress notes, administered assessments, and created treatment plans
- Attended intern training, staff meeting, group supervision, and individual supervision

McLean Hospital | Belmont, MA

September 2018 – July 2020

Clinical Educator Specialist of 3East Continuum

- Led and evaluated clinical groups about dialectical behavior therapy (DBT) modules
- Developed curriculum materials and exercises to facilitate skills generalization
- Reviewed program development with supervisors and resolved challenges
- Managed daily classroom functioning and mentored new group leaders
- Documented group notes about patient engagement and participation for clinical review

Community Residence Counselor

May 2016 – September 2018

- Provided individual dialectical behavior therapy (DBT) skills coaching
- Implemented treatment plans of patients ages 13-20 with borderline personality disorder
- Supervised patients and intervened in crisis situations on outings and in therapeutic milieu
- Collaborated with therapeutic team to provide evidence-based and individualized treatment
- Documented patient care, interpersonal effectiveness, and skills use for clinical review

Kenyon College Counseling Center | Gambier, OH

August 2016 – May 2018

Peer Counselor

- Provided emotional validation, social support, and non-judgmental listening to peers
- Facilitated self-harm support group for students each week

Hospice of Knox County | Gambier, OH

August 2015 – May 2016

Volunteer

- Tended to the physical, emotional, and intellectual needs of hospice patients
- Provided companionship and assessed patient well-being during each visit

Samaritans, Inc. | Boston, MA
Suicide Crisis Hotline Responder

August 2013 – August 2014

- Offered support to potentially suicidal, lonely, and depressed callers
- Assuaged individuals' concerns and completed risk assessments

VOLUNTEER

Communities for Restorative Justice (C4RJ) | Concord, MA
Facilitator

February 2019 – May 2022

- Supported and affirmed victims during the restorative justice process
- Engaged responsible party in reflective exercises, online research, and apology letters to foster accountability and deepen understanding of the harm caused to victims

Alternatives to Violence Project (AVP) | Massachusetts DOC
Workshop Facilitator

May 2015 – March 2019

- Led experiential conflict resolution workshops for prisoners to reduce violence
- Processed participants' demonstration of empathy, communication, and problem-solving
- Developed a comprehensive curriculum for participants of varying experience levels

Knox County Juvenile Mental Health Court | Gambier, OH
Youth Mentor

January 2017 – May 2018

- Coordinated weekly meetings with juveniles whose crimes were due to mental health issues
- Provided support, coaching, and strategies to manage symptoms
- Modeled prosocial behavior and shaped mentees' impulsive and delinquent behaviors

Span, Inc. Social Services | Boston, MA
Span Substance Abuse Services (SSAS) Intern

May 2016 – August 2016

- Administered psychosocial intakes to determine program eligibility and referrals
- Connected clients to ongoing case management services and documented client progress

RESEARCH

Kenyon College, Department of Psychology | Gambier, OH
Social Psychology Research Assistant

January 2018 – May 2018

- Researched methods for emotion manipulation of pride and maintained 150+ records
- Conducted in vivo study with human participants and provided feedback on study design

Kenyon College, Department of Psychology | Gambier, OH
Functional Psychology Research Assistant

September 2016 – May 2017

- Researched and summarized literature on the topic of social contagion
- Constructed and provided feedback on the study design

HONORS AND AWARDS

- Earned Distinction on Psychology Senior Comprehensive Exercise (2018)
- Merit List Scholar for four semesters (2014 – 2018)

CONFERENCES

- Peace and Justice Summit, *Bryan Stevenson & EJI* (2018) Montgomery, AL
- American Correctional Association (2016) Boston, MA
- Massachusetts Coalition for Suicide Prevention (2014) Framingham, MA

TRAININGS

- Exposure and Response Prevention (ERP) School (2024) | Kimberley Quinlan, LMFT