

**Kristen Maines**

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**EDUCATION**

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**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

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**CLINICAL EXPERIENCE**

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**Clearview Horizons** Andover, MA

**April 2019 - Present**

*Therapist*

- Specialize working with clients struggling with anxiety, OCD, perfectionism, and depression
- Also have significant experience working with individuals struggling with alcohol/substance use
- Consult with clients' outside providers when clients provide written consent to collaborate with their other team members
- Facilitated group therapy for the Teen OCD and the Adult OCD Support groups
- Supervisor: Kimberly Glazier Leonte, PhD

**Anna Jaques Hospital** Newburyport, MA

*Adult Inpatient Psychiatric Counselor (Per Diem)*

**November 2018 – February 2020**

*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

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## **ASSESSMENT EXPERIENCE**

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### **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)

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**ADDITIONAL EXPERIENCE**

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**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.

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**VOLUNTEER EXPERIENCE**

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**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

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**RESEARCH EXPERIENCE**

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- 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).

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**CERTIFICATIONS**

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Crisis Prevention Intervention (CPI)

**October 2018**

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**SCHOLARSHIPS**

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**Merit Scholarship**

Office of Graduate Studies and Admissions, Merrimack College

**September 2017**

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**PROFESSIONAL AFFILIATIONS**

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- Massachusetts Mental Health Counselors Association (MaMHCA), Member