



Leah O'Brien

Licensed Mental Health Counselor

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STRENGTHS

- ♥ **Clinical assessment**
Built clear treatment priorities from client history, protective factors, risk indicators, and presenting concerns.
- ♥ **Therapeutic rapport**
Clients received steady support through remote sessions, practical interventions, and communication that felt personal.
- ✈ **Risk awareness**
Reviewed safety concerns early and connected clients with crisis resources or higher care when needed.
- ✍ **Written communication**
Clear notes and client updates supported continuity of care, referral decisions, and professional confidence.
- 🖥 **Virtual care**
Created private, reliable teletherapy routines; clients could engage consistently from appropriate remote settings.

SKILLS

Teletherapy Individual Counseling

Couples Counseling

Adolescent Counseling

Clinical Assessment

Treatment Planning

Cognitive Behavioral Therapy

Motivational Interviewing

Trauma Informed Care

SUMMARY

Licensed Mental Health Counselor with eight years of **independent psychotherapy** experience across outpatient and telehealth settings. Provides thoughtful counseling for adults, couples, and adolescents while completing biopsychosocial assessments, treatment plans, risk reviews, progress notes, and care coordination. Uses **cognitive behavioral therapy, motivational interviewing, trauma informed care**, solution focused methods, psychoeducation, and behavioral activation based on client goals and clinical presentation. Maintains a confidential setting, reliable internet access, professional liability coverage, clear written communication, and consistent documentation practices. Experience includes managing diverse caseloads, supporting clients through anxiety, depression, relationship concerns, life transitions, and stress related conditions, and transitioning appropriate services into secure virtual care. Independent clinical judgment, ethical practice, and client centered communication support accessible, dependable mental health services.

EXPERIENCE

Licensed Mental Health Counselor

Northstar Counseling Collective 📅 May 2023 to Present 📍 Indianapolis, IN

Provides independent outpatient and telehealth psychotherapy for adults, couples, and adolescents. Manages clinical assessment, treatment planning, risk review, documentation, secure virtual care, and ongoing client communication while maintaining professional standards for independent practice.

- Delivered independent teletherapy for adults, **couples**, and **adolescents** facing anxiety, depression, and life transitions.
- Built treatment plans from biopsychosocial assessments, client goals, risk factors, and readiness for change.
- Maintained stable virtual caseloads through structured scheduling, timely follow up, and secure **clinical documentation**.
- Applied **cognitive behavioral therapy**, motivational interviewing, trauma informed care, and solution focused interventions.
- Completed risk assessments, progress notes, treatment updates, and written communications supporting continuity of care.
- Protected privacy through a **confidential setting, reliable internet**, liability coverage, and continuing education.

Mental Health Therapist

Crossroads Behavioral Wellness 📅 January 2021 to April 2023 📍 Bloomington, IN

Delivered individual, couples, and family oriented counseling in hybrid **outpatient** care. Managed cases from intake through discharge, coordinated clinically appropriate referrals, documented services clearly, and expanded virtual care practices through **continuing education**.

- Provided individual, **couples**, and family counseling from intake through discharge in hybrid outpatient care.
- Evaluated psychosocial history, protective factors, presenting concerns, and safety needs for **treatment planning**.
- Facilitated CBT, psychoeducation, behavioral activation, communication skills training, and strengths based interventions.
- Coordinated authorized care with health professionals while protecting **confidentiality** and documenting follow up.
- Produced clear electronic records and written client communications across in person and virtual services.
- Completed education in telebehavioral health, ethics, suicide **risk assessment**, and trauma informed practice.

Risk Assessment

Clinical Documentation

Written Communication

Confidentiality

Independent Clinical Practice

Caseload Management

LANGUAGES

English Native

Spanish Beginner

MY CAREER

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MONTHS

Licensed Professional Counselor

Lakeview Family Counseling Center 📅 July 2019 to December 2020 📍 Lafayette, IN

Managed outpatient counseling for adults and couples with mood, adjustment, interpersonal, and family system concerns. Combined clinical interviews, screening results, treatment planning, safety assessment, documentation, and secure video transition support.

- Managed outpatient caseloads for **adults** and **couples** with mood and relationship concerns.
- Developed treatment plans from interviews, screening results, client goals, and functional impact.
- Used cognitive behavioral interventions, motivational techniques, and communication exercises for emotional regulation.
- Assessed safety concerns and followed referral procedures for crisis resources and higher care.
- Maintained progress notes, treatment summaries, and professional correspondence within confidentiality timelines.
- Transitioned appropriate clients to secure video sessions through privacy and technology readiness routines.

Mental Health Counselor

Riverbend Community Counseling 📅 October 2018 to June 2019 📍 Evansville, IN

Provided supervised to independent counseling for adults while completing requirements for full independent licensure. Conducted intake work, foundational therapy, electronic documentation, case presentations, referral coordination, and advanced clinical training.

- Provided counseling for **adults** while completing requirements for independent licensure.
- Conducted intake interviews and gathered psychosocial histories for case formulation.
- Delivered foundational CBT, coping skills education, **motivational interviewing**, and person centered counseling.
- Documented session content, client response, risk observations, and planned interventions in electronic records.
- Strengthened **written communication** through case presentations, client education, referrals, and follow up.
- Completed supervised clinical hours supporting progression toward independent **LMHC** practice.

PROJECTS

Secure Teletherapy Practice Transition 📅 2021

Transitioned appropriate outpatient clients into secure video sessions by establishing privacy routines, technology readiness checks, and consistent therapeutic engagement practices.

Independent Caseload Documentation System 📅 2023

Structured scheduling, follow up, risk documentation, and treatment updates into a dependable workflow supporting continuity across virtual counseling services.

LEADERSHIP & AWARDS

- Independent clinical practice recognition for sustained outpatient and telehealth counseling service.
- Continuing education achievement in telebehavioral health, ethics, and suicide risk assessment.
- Leadership through case presentations, referral coordination, and peer supported clinical communication.

EDUCATION

Master of Arts in Clinical Mental Health Counseling

University of Indianapolis 🎓 GPA: 4.0 📅 2018 📍 Indianapolis, IN

Coursework: *Clinical assessment, counseling theory, ethics and professional practice, psychopathology*

Bachelor of Science in Psychology

Ball State University 🎓 GPA: 4.0 📅 2016 📍 Muncie, IN

Coursework: *Abnormal psychology, developmental psychology, research methods, counseling foundations*

CERTIFICATIONS

- Indiana Licensed Mental Health Counselor 📅 2019
- TeleMental Health Training Certificate 📅 2021
- Professional Liability Insurance 📅 2026

TECHNICAL SKILLS

- **Telehealth Platforms:** Secure video sessions, virtual client communication, remote care delivery
- **Clinical Assessment:** Biopsychosocial assessment, psychosocial history, clinical interviews
- **Treatment Planning:** Collaborative treatment plans, treatment updates, discharge planning
- **Evidence Based Therapy:** Cognitive behavioral therapy, motivational interviewing, behavioral activation
- **Trauma Care:** Trauma informed care, solution focused therapy, person centered counseling
- **Risk Management:** Risk assessment, safety planning, crisis referrals
- **Clinical Documentation:** Electronic clinical records, progress notes, treatment summaries
- **Privacy Standards:** Confidentiality, private setting, professional boundaries
- **Care Coordination:** Referral coordination, authorized care, health professional communication
- **Professional Practice:** Independent licensure, professional liability insurance, continuing education

PROFESSIONAL AFFILIATIONS

- Licensed Mental Health Counselor, Indiana professional counseling community.
- Telebehavioral health practitioner community, focused on ethical virtual care.

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST