

Elena Rodriguez

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PROFESSIONAL SUMMARY

Licensed Clinical Psychotherapist with over 10 years of experience specializing in Cognitive Behavioral Therapy and trauma-informed care. Proven track record of reducing patient symptom severity by 40% through evidence-based interventions and personalized treatment planning. Expert in leading multidisciplinary teams within residential and outpatient settings.

WORK EXPERIENCE

Senior Clinical Psychotherapist | Harborview Medical Center | Seattle, WA

May 2018 - Present

- Lead intensive outpatient therapy for a caseload of 25+ adults with complex PTSD and co-occurring disorders.
- Pioneered a DBT skills group that resulted in a 35% decrease in self-harm incidents among the cohort over 12 months.
- Supervise 4 junior clinicians, providing weekly clinical oversight and professional development mentoring.
- Redesigned the intake assessment process, reducing average wait times for new patients by 15 days.
- Collaborate with psychiatric staff to manage medication integration for 100% of high-risk clients.

Staff Psychotherapist | Cascadia Behavioral Healthcare | Portland, OR

Jun 2014 - Apr 2018

- Delivered individual and group therapy using Systemic Family Therapy models for diverse urban populations.
- Achieved an 88% success rate in client goal attainment as measured by standardized outcome tracking tools.
- Facilitated community outreach programs that increased clinic engagement among Spanish-speaking residents by 50%.
- Managed a diverse caseload of 30 clients per week while maintaining 100% compliance with clinical documentation standards.
- Negotiated with insurance providers to secure coverage for specialized trauma treatments for low-income patients.

Associate Therapist | Mindful Wellness Associates | Portland, OR

Aug 2011 - May 2014

- Provided evidence-based psychotherapy to children and adolescents under the supervision of a Licensed Psychologist.
- Implemented a play-therapy curriculum that improved social interaction scores for 20+ pediatric clients.
- Coordinated with school districts to integrate therapeutic goals into Individualized Education Programs (IEPs).
- Maintained a consistent client attendance rate of 95% through proactive communication and engagement strategies.

EDUCATION

University of Washington | Master of Social Work | Clinical Social Work

Sep 2009 - Jun 2011

Seattle University | Bachelor of Arts | Psychology and Sociology

Sep 2005 - Jun 2009

SKILLS

Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), Systemic Family Therapy, Psychodynamic Therapy, Empathetic Listening, Crisis Intervention, Cross-Cultural Competency, Conflict Resolution, Patient Advocacy, Electronic Medical Records (EMR), HIPAA Compliance, Clinical Assessment Tools, Telehealth Platforms, Treatment Planning Software

CERTIFICATIONS

Licensed Independent Clinical Social Worker (LICSW) | Washington State Department of Health (Oct 2013)
Certified Trauma Professional (CTP) | International Association of Trauma Professionals (Nov 2016)

LANGUAGES

English (Native)
Spanish (C2 - Bilingual)

ACTIVITIES

Volunteer Crisis Counselor

Providing on-call support for the National Suicide Prevention Lifeline for 8 hours per month.

Annual American Psychological Association Conference

Regular attendee and occasional workshop contributor since 2012.