

Ceslie Tobin

Tyler, Texas 903.316.9777 ceslietobin@gmail.com

PROFESSIONAL SUMMARY

Dedicated Mental Health Professional with unique experience, looking to utilize strong interpersonal skills and grow with a company. Experience and skills include program coordination, database management, employee supervision and training, and individual and group therapy. Strengths in adaptability, organization, and problem solving.

SKILLS

Cognitive Behavioral Therapy	Personnel Management	Employee Training	Interpersonal Communication
Psychometrics	Interdisciplinary Collaboration	Microsoft Access & Excel	Customer Service

EDUCATION & LICENSURE

The University of Texas at Tyler, Tyler, Texas - *MS, Clinical Psychology, Specialization in Neuropsychology*
AUGUST 2012 - AUGUST 2020

Lee University, Cleveland, Tennessee - *BA, Psychology*
AUGUST 2008 - MAY 2012

Texas Licensed Professional Counselor - *License #75935*
LPC-I -2016, LPC- 2018

EXPERIENCE

Therapy Inspired, Tyler, Texas - *Therapist*

SEPTEMBER 2020 - PRESENT

- Utilize Cognitive Behavioral Therapy, Solution-Focused Brief Therapy, and Mindfulness-Based Interventions to address client issues, including anxiety, depression, trauma, interpersonal conflict, and substance abuse.
- Maintain a caseload of approximately 35 clients per week.
- Provide child, adolescent, and adult clients psychoeducation and coaching for the development and improvement of coping skills, distress tolerance, goal setting, time management, and effective communication techniques.

The University of Texas at Tyler, Tyler, Texas - *Program Coordinator*

APRIL 2017 - SEPTEMBER 2020

- Managed a team of 50+ employees, with six direct reports, as part of 3 Academic Support Programs serving a campus of 10,000+ students.
- Personally handled recruitment and hiring of well-qualified candidates, trained all employees, coordinated tracking, reporting, and insights for program activities, created and facilitated promotional events, updated and distributed marketing materials, and coordinated with university faculty and staff to improve interdepartmental collaboration and overall student success.
- Implemented changes in procedures, training, and reporting to meet high standards and receive international accreditation for responsible programs (ICSI Accreditation, CRLA ITTPC) and transitioned all program processes from paper to an online format.

UT Health East Texas Behavioral Health Center, Tyler, Texas - *Therapist*

SEPTEMBER 2015 - JUNE 2019

- Performed case management duties for a five unit psychiatric hospital, participated in treatment plan reviews with hospital Psychiatrists and Nurses, and worked closely with patient families to provide continuity of care and relapse prevention.
- Provided individual, group, and family therapy and conducted formal psychosocial assessments to assess and meet patient treatment needs.
- Received training to ensure safety of patients, including CPR, de-escalation and crisis intervention, and SAMA.