

# Breauna Kolesnik

Clinical Psychologist

✉ [breauna.kolesnik@gmail.com](mailto:breauna.kolesnik@gmail.com)

☎ (735) 348-7562

📍 123 Main St, Boise, ID 83702

## EDUCATION

### Doctor of Psychology (PsyD) in Clinical Psychology at Idaho State University, Pocatello, ID

Aug 2014 - May 2018

Relevant Coursework: Clinical Assessment and Diagnosis, Psychotherapy and Intervention, Neuropsychology, Ethics and Professional Issues, Cognitive Behavioral Therapy, Psychopharmacology, Research Methods, and Multicultural Psychology.

## LINKS

[linkedin.com/in/breaunakolesnik](https://www.linkedin.com/in/breaunakolesnik)

## SKILLS

Psychoanalysis

Cognitive-Behavioral Therapy (CBT)

Dialectical Behavior Therapy (DBT)

Acceptance and Commitment Therapy (ACT)

Play Therapy

Family Systems Therapy

Psychodynamic Therapy

## LANGUAGES

English

German

## PROFILE

Dedicated Clinical Psychologist with 5 years of experience providing evidence-based therapeutic interventions, assessments, and diagnoses in diverse clinical settings. Proficient in individual, group, and family therapy techniques, with a strong foundation in cognitive-behavioral, psychodynamic, and solution-focused approaches. Committed to developing and implementing personalized treatment plans to facilitate clients' mental health and well-being. Demonstrated success in collaborating with multidisciplinary teams, maintaining accurate documentation, and engaging in ongoing professional development.

## EMPLOYMENT HISTORY

### ● Clinical Psychologist at Idaho Behavioral Health, ID

Mar 2023 - Present

- Successfully treated over 150 clients with various mental health disorders, including depression, anxiety, and PTSD, through evidence-based therapies like CBT, DBT, and EMDR, resulting in a 90% improvement rate in symptom reduction and overall psychological functioning.
- Developed and implemented a comprehensive mental health program for underprivileged youth in the local community, leading to increased access to mental health services for over 300 children and adolescents, a 75% reduction in behavioral problems at school, and a 50% decrease in substance abuse.
- Conducted and published a groundbreaking research study on the effectiveness of teletherapy in rural Idaho, which led to the expansion of telehealth services within Idaho Behavioral Health, providing essential mental health care to an additional 500 clients in remote areas.

### ● Associate Clinical Psychologist at Center for Change and Well-Being Idaho, ID

Sep 2018 - Jan 2023

- Successfully implemented a new group therapy program for adolescents with anxiety disorders, resulting in a 25% increase in patient attendance and a 30% reduction in reported anxiety symptoms over a six-month period.
- Conducted a comprehensive research study on the effectiveness of cognitive-behavioral therapy (CBT) in treating eating disorders in adult females, with findings indicating a 45% decrease in disordered eating behaviors and a 50% improvement in self-reported body image satisfaction among participants after a year of treatment.
- Led a multidisciplinary team in the development and execution of a community outreach campaign focused on mental health awareness, reaching over 10,000 individuals through workshops, seminars, and online resources and contributing to a 15% increase in new patient referrals to the Center for Change and Well-Being.

## CERTIFICATES

### Board Certified Behavior Analyst (BCBA)

Mar 2022