

Laira Wolfmeyer

Counselor

Profile

Dedicated Counselor with 2 years of experience providing empathetic support and evidence-based guidance to diverse clients. Skilled in building strong rapport and implementing effective therapeutic interventions. Proficient in individual and group counseling, crisis management, and case documentation. Committed to empowering individuals to overcome personal challenges and achieve their goals.

Employment History

Counselor at Bay State Counseling, MA

May 2023 - Present

- Successfully managed a caseload of over 100 clients, providing effective mental health counseling and support to individuals and families at Bay State Counseling, MA.
- Implemented a group therapy program that led to a 60% improvement in the overall mental wellbeing of participants, as measured by standardized assessments and client feedback.
- Developed and conducted 5 community outreach events per year, resulting in a 30% increase in new client referrals and a stronger relationship with local healthcare providers.
- Collaborated with a multidisciplinary team to create an integrated care plan for 50 high-risk clients, leading to a 40% reduction in hospitalizations and crisis interventions.

Associate Counselor at Thriveworks Counseling, MA

Aug 2021 - Mar 2023

- Successfully managed a caseload of over 100 clients, providing individualized and group therapy sessions that led to a 90% satisfaction rate among clients and a 30% decrease in reported mental health symptoms.
- Developed and implemented a new intake assessment process, which streamlined the onboarding of new clients, increased efficiency by 25%, and reduced client wait times by 50%.
- Collaborated with a multidisciplinary team of mental health professionals to create and facilitate a series of mental health workshops, reaching over 200 community members and resulting in a 15% increase in new client referrals.

Certificates

National Certified Counselor (NCC)

Dec 2021

Licensed Professional Counselor (LPC)

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📍 123 Main St, Boston, MA 02108

Education

Master of Arts in Counseling Psychology at Boston College, Chestnut Hill, MA

Sep 2016 - May 2021

Relevant Coursework:

Psychopathology, Human Development, Counseling Theories and Techniques, Group Dynamics, Psychological Assessment, Cultural Diversity, Ethics and Legal Issues, Family Therapy, Research Methods, and Practicum/Internship.

Links

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

Skills

Active Listening

Empathy

Motivational Interviewing

Cognitive-Behavioral Therapy

Solution-Focused Brief Therapy

Conflict Resolution

Crisis Intervention

Languages

English

Russian