



Xaida Sekerak

Direct Care Counselor

Dedicated Direct Care Counselor with 1 year of experience providing compassionate support to individuals with mental, emotional, and behavioral challenges. Proficient in developing personalized care plans, facilitating group therapy sessions, and collaborating with multidisciplinary teams to promote clients' well-being. Demonstrates strong crisis intervention skills and a commitment to continued professional development.

xaida.sekerak@gmail.com 

(947) 215-3749 

1234 Aspen Lane, Boulder, CO 
80302

Education

**Associate of Applied Science
in Human Services at Pikes
Peak Community College,
Colorado Springs, CO**

Aug 2017 - May 2022

Relevant Coursework:
Introduction to Human
Services, Case Management,
Counseling Skills, Crisis
Intervention, Group
Dynamics, Cultural Diversity,
Developmental Psychology,
Social Welfare Policy, Addiction
Studies, and Ethical Issues in
Human Services.

Links

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

Skills

Empathy

Active Listening

Crisis Intervention

Behavior Modification

Motivational Interviewing

Conflict Resolution

Cognitive-Behavioral Therapy

Employment History

Direct Care Counselor at Mile High Behavioral Healthcare, CO

Mar 2023 - Present

- Successfully managed a caseload of 50 clients, providing personalized care plans and ensuring a 95% satisfaction rate with the services received.
- Implemented a new group therapy program that increased client engagement by 30% and reduced the average length of stay in the program by two months.
- Trained and mentored 10 new Direct Care Counselors, resulting in a 15% increase in overall staff performance and a reduction in staff turnover by 20%.

Direct Care Counselor Assistant at North Range Behavioral Health, CO

Aug 2022 - Jan 2023

- Successfully managed a caseload of 45 clients, providing direct care and support in their treatment plans, leading to a 30% increase in successful outcomes within a year.
- Developed and implemented individualized behavior management plans for 15 high-risk clients, resulting in a 25% reduction in crisis incidents and hospitalizations over six months.
- Led weekly group therapy sessions for up to 20 clients, improving their communication skills and emotional regulation, contributing to a 40% increase in overall client satisfaction ratings.
- Collaborated with a multidisciplinary team of mental health professionals to coordinate care for clients, streamlining the referral process and reducing wait times for services by 50% within one year.

Certificates

Certified Direct Support Professional (CDSP)

Sep 2021

Mental Health First Aid Certification

Oct 2019

Memberships

National Association of Direct Support Professionals (NADSP)