

Matlyn Birney

Mental Health Clinician

✉ matlyn.birney@gmail.com
☎ (202) 182-1154
📍 123 Maple Street, Hartford, CT 06105

EDUCATION

Master of Arts in Clinical Mental Health Counseling at University of Connecticut, Storrs, CT

Sep 2017 - May 2021

Relevant Coursework: Advanced Counseling Theories and Techniques, Assessment and Diagnosis, Group Counseling, Multicultural Counseling, Human Development, Research Methods, Ethics and Professional Issues, Trauma and Crisis Intervention, Substance Abuse Counseling, and Practicum/Internship experiences.

LINKS

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

SKILLS

Psychotherapy
Cognitive-Behavioral Therapy (CBT)
Dialectical Behavior Therapy (DBT)
Motivational Interviewing
Mindfulness-Based Stress Reduction (MBSR)
Eye Movement Desensitization and Reprocessing (EMDR)
Play Therapy

LANGUAGES

English
Mandarin

PROFILE

Mental Health Clinician with 2 years of experience providing evidence-based therapeutic interventions and support for clients coping with diverse mental health conditions. Proficient in conducting comprehensive assessments, developing individualized treatment plans, and facilitating group therapy sessions. Skilled in building strong therapeutic relationships, promoting client engagement, and collaborating with multidisciplinary teams to optimize client care. Strong commitment to ethical practice, cultural competence, and ongoing professional development.

EMPLOYMENT HISTORY

Mental Health Clinician at Silver Hill Hospital, CT

May 2023 - Present

- Successfully implemented a new group therapy program, resulting in a 25% increase in patient engagement and satisfaction, as well as a 15% reduction in hospital readmissions for patients with depression and anxiety.
- Conducted comprehensive mental health assessments for over 200 patients within a six-month period, leading to more accurate diagnoses and personalized treatment plans, ultimately increasing the rate of patient recovery by 20%.
- Collaborated with a multidisciplinary team to develop and launch a mental health awareness campaign within the community, reaching over 5,000 individuals and resulting in a 30% increase in referrals and admissions to Silver Hill Hospital's outpatient programs.

Associate Mental Health Clinician at Wheeler Clinic, CT

Aug 2021 - Apr 2023

- Successfully provided therapy to over 150 clients, resulting in a 90% improvement rate in mental health symptoms and overall well-being.
- Developed and implemented a new group therapy program for adolescents, leading to a 75% increase in patient engagement and a 60% decrease in hospitalization rates.
- Collaborated with a multidisciplinary team to create individualized treatment plans for 200+ patients, leading to a 95% adherence rate and a significant reduction in crisis situations.
- Conducted comprehensive mental health assessments for over 300 clients, ensuring accurate diagnoses and appropriate interventions, contributing to a 50% decrease in emergency room visits for mental health crises.

CERTIFICATES

Certified Clinical Mental Health Counselor (CCMHC)

Sep 2021

Registered Play Therapist (RPT)

Feb 2020

MEMBERSHIPS