

Jacki Neblett

Mental Health Therapist

Profile

Mental Health Therapist with 4 years of experience providing compassionate and effective therapy to diverse populations. Skilled in evidence-based approaches, including Cognitive Behavioral Therapy and Dialectical Behavioral Therapy. Adept at building strong therapeutic relationships, developing treatment plans, and facilitating group sessions. Committed to continuous professional development and staying current with best practices in mental health care.

Employment History

Mental Health Therapist at Therapy in the Village, ME

Feb 2023 - Present

- Successfully implemented a new group therapy program for anxiety and depression, resulting in a 25% increase in overall client satisfaction and a 30% reduction in individual therapy session frequency within six months.
- Conducted comprehensive mental health assessments for over 200 clients in a twelve-month period, leading to more accurate diagnoses and personalized treatment plans, which contributed to a 40% improvement in clients' symptoms and overall mental well-being.
- Developed and facilitated a series of mental health workshops for the local community, reaching over 500 participants and increasing awareness of mental health issues and available resources, leading to a 15% increase in new client referrals for Therapy in the Village.

Associate Mental Health Therapist at Health Affiliates Maine, ME

Aug 2019 - Jan 2023

- Successfully managed a caseload of over 60 clients, providing comprehensive mental health therapy and ensuring timely documentation and communication with other healthcare providers.
- Implemented a new group therapy program that increased client engagement by 30%, leading to improved treatment outcomes and overall client satisfaction.
- Developed and delivered a series of mental health workshops for the local community, reaching over 200 participants and raising awareness about mental health issues and available resources in Maine.

Certificates

Licensed Clinical Social Worker (LCSW)

Mar 2022

National Certified Counselor (NCC)

Aug 2020

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📍 123 Maple Street, Portland, ME 04101

Education

Master of Arts in Counseling Psychology at University of Southern Maine, Portland, ME

Sep 2014 - May 2019

Relevant Coursework: Advanced Counseling Theories and Techniques, Psychological Assessment and Testing, Multicultural Counseling, Psychopathology, Group Therapy, Family and Couples Counseling, Human Growth and Development, Social and Cultural Foundations, Research Methods, Professional Ethics, and Practicum/Internship experiences.

Links

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

Skills

Empathy

Active Listening

Mindfulness

Cognitive-Behavioral Techniques

Dialectical Behavior Therapy

Motivational Interviewing

Solution-Focused Brief Therapy

Languages

English