

Ayodele Ritzie

Outpatient Therapist

Profile

Dedicated Outpatient Therapist with 2 years of experience providing compassionate and evidence-based mental health care to diverse populations. Skilled in conducting comprehensive assessments, developing individualized treatment plans, and implementing various therapeutic modalities. Adept at building strong therapeutic alliances, collaborating with interdisciplinary teams, and consistently striving for continued professional growth. Committed to promoting client wellness and improving mental health outcomes in outpatient settings.

Employment History

Outpatient Therapist at Cape Counseling Services, NJ

Apr 2023 - Present

- Successfully managed a caseload of over 50 clients, providing high-quality outpatient therapy services and helping clients achieve a 75% improvement rate in mental health outcomes.
- Implemented evidence-based treatment plans tailored to clients' individual needs, resulting in a 90% adherence rate and significantly reducing the number of missed appointments.
- Collaborated with a multidisciplinary team of psychiatrists, case managers, and support staff, effectively coordinating care and contributing to a 20% reduction in client hospitalizations.
- Conducted over 200 psychoeducational workshops and group therapy sessions, promoting mental health awareness and fostering a supportive community for clients at Cape Counseling Services.

Associate Outpatient Therapist at Thriveworks Counseling and Coaching, NJ

Jul 2021 - Feb 2023

- Successfully managed a caseload of over 75 clients per week, providing individual and group therapy sessions tailored to their specific mental health needs, resulting in a 90% overall improvement in client well-being.
- Implemented a new cognitive-behavioral therapy approach for clients with anxiety disorders, leading to a 30% decrease in symptoms and a 25% increase in client satisfaction rates within six months.
- Developed and facilitated a weekly support group for individuals coping with grief and loss, attracting an average of 20 participants per session and receiving positive feedback from 95% of attendees.

Education

Master of Social Work (MSW) at Rutgers University School of Social Work, New Brunswick, NJ

Sep 2017 - May 2021

Relevant Coursework: Human Behavior and Social Environment, Social Welfare Policy, Foundations of Social Work Practice, Clinical Assessment and Diagnosis, Research Methods in Social Work, Community and

Details

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Links

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

Skills

Psychoeducation

Cognitive-Behavioral Therapy (CBT)

Dialectical Behavior Therapy (DBT)

Motivational Interviewing

Solution-Focused Brief Therapy (SFBT)

Eye Movement Desensitization and Reprocessing (EMDR)

Mindfulness-Based Stress Reduction (MBSR)

Languages

English

Spanish

Hobbies

Art therapy

Gardening

Yoga