

Elizabeth M. Ivey, M.A., LPC-S

813 8th Street Suite 550-I Wichita Falls Tx, 76301 • 940-263-1309 • elizabeth.ivey@msutexas.edu

SUMMARY OF QUALIFICATIONS

- Enthusiastic psychologist with experience providing direct client services to diverse populations
- Ability to use independent judgment to manage, develop, and maintain individualized treatment plans
- Works effectively with service users, staff, and other professionals in high-intensity environments

EDUCATION

Midwestern State University

August 2015

Master of Arts: Clinical/Counseling Psychology (MACCP)

GPA: 3.6

Midwestern State University

May 2013

Bachelor of Science: Psychology

GPA: 3.0

LICENSES

Licensed Professional Counselor (LPC) Texas - #75302

January 2016 - Present

Supervisor

May 2025

THEORETICAL ORIENTATION/APPROACHES

- Humanistic
- Psychoeducation
- Cognitive Processing Therapy

ASSESSMENTS

- Wechsler Intelligence Scale for Children (WISC)
- Wechsler Adult Intelligence Scale (WAIS-IV)
- Wechsler Individual Achievement Test (WIAT)
- Minnesota Multiphasic Personality Inventory (MMPI-2)
- Personality Assessment Inventory (PAI)
- Child Behavior Checklist (CBCL)
- Beck Depression Inventory (BDI)
- Beck Anxiety Inventory (BAI)
- Outcome Questionnaire-45 (OQ-45)
- Patient Health Questionnaire-9 (PHQ-9)

AREAS OF INTEREST

- Domestic Violence
- Sexual Assault
- Client Conceptualization
- Advocacy
- Boundaries of Practice
- Skills Development
- LGBTQ+ Populations
- Post Traumatic Stress

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DISORDERS/POPULATIONS

- Domestic Violence
- Bipolar
- Adjustment Disorder
- Posttraumatic Stress Disorder (PTSD)
- Sexual Assault
- Gender Dysphoria
- Depression
- Anxiety

INTERNSHIP EXPERIENCE

Midwestern State University, Psychology Clinic/ First Step Inc.

2014-2015

Intern Counselor

Training/ Debriefing

- Theories of Counseling, a critical survey of major theories of counseling including: effectiveness of therapy; models for assessing needs of clients; development and maintenance of cognitive, emotional, and /or behavioral; theory specific treatment goals; and the application of theory specific techniques
- Core counseling skills (i.e., session patterns, active listening, body language, open/closed questions, paraphrasing, summarizing, and note taking).
- Crisis Management (i.e., assess crisis, assess client safety, and notify appropriate parties as necessary, help clients obtain needed resources / assistance).

Treatment/ Diagnosis

- Developing a plan of action designed for the client to treat their problems/ and reach desired goal
- Using assessments to gain a better understanding of client function and possible pathology
- Case Conceptualization (extensive overview of a client; i.e., presenting problem/ history of problem, relevant history (family, social, and relational history, education/work history, and medical/psychological history), testing information, and theoretical conceptualization using client information, summary of report, DSM 5 diagnosis, and treatment goals).

Public Relations

- Collaborated in communications with speakers and setup of special topics presentations for local mental health professionals to obtain Continuing Professional Education hours (CEUs).
- Maintain a mailing list of local mental health professionals.
- Promoting services provided by the clinic to local mental health professionals.

SEMINAR PRESENTATION

Leading with Emotional Intelligence

Humane Society of El Paso

January 2025

- Developed and taught two day curriculum for leadership development with a focus on emotional intelligence, stress management, and boundary setting

Understanding Stress Management

North Texas State Hospital – WF's Clinical Enrichment Day

August 2024

- Educational presentations focused on how stress work and management techniques
- Guided participants through Progressive Muscle Relaxation exercise
- Trouble shot additional ways to manage stress as helping professional

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Advocating for Victims of Non-Physical Intimate Partner Violence

Greenbelt Counseling Association

October 2019

- Educational presentations focused on non-violent factors of intimate partner violence
- Advocating for victims of non-violent intimate partner violence
- Providing resources to help navigate non-violent intimate partner violence

EMPLOYMENT

Garden Counseling

July 2018 - Present

Owner/ Counselor

- Overseeing day-to-day operations to ensure best ethical practices are followed.
- Managing finances, legalities, tech support, and community outreach.
- Offering outpatient, individualized mental health services in Wichita Falls.
- Helping clients to heal, energize, and build awareness of inner strengths.
- Providing support for cathartic discharge in a comfortable and safe environment.
- Supervise graduate level interns and LPC-Associate in compliance with BHEC recommendations

Common Ground Recovery Ministries

Director/ Group Facilitator

January 2022 - Present

- Oversee day-to-day operation to ensure best ethical practices are followed.
- Engage with local outreach and mental health services to provide resources and documentation.
- Recruit enthusiastic volunteers to facilitate groups.
- Help build curriculum for weekly groups: Parenting, Anger Management, Trauma Recovery
- Facilitate Parent Skills Training Group- Designed curriculum:
 - Identifying causes of child behaviors
 - Managing parental stress
 - Learning and understanding the Five Love Languages developed by Gary Chapman
 - Attending to positive child behavior and establishing positive interactions
 - Effective parental commands for eliciting child compliance
 - Integrating effective attending skills to increase immediate independent non-disruptive child compliance to parental commands
 - Increased parental attention to and reinforcement of child compliance and appropriate social conduct
 - Effective time out methods and appropriate use of token systems
 - Understanding and developing age appropriate emotional IQ and anger management skills
 - Building healthy boundaries for child, self, and others
 - Developing protective features, healthy boundaries, and healthy relationship dynamics
 - Appropriate co-parenting skills
 - The importance of individuation

First Step Inc.

Survivor Specialist

2015 - 2018

Safety/Advocacy

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- Ensuring safety of self (e.g., physically, psychological, personal information) while working in shelter environment with unknown/ new clients
- Promoting a sense of self-worth in clients by encouraging them to advocate for themselves
- Supporting all clients in and outside of session
- Maintaining confidential information and security when working with various agencies in the area
- Accommodating client's non-traditional schedules using a digital calendar system and co-coordinating with other staff
- Cooperate in facilitating student outreach on Midwestern State University campus through First Step Advocacy Program

Resourcing/ Limited Resources

- Utilizing/ locating available resources to obtain information, materials, and services for clients in a limited means environment
- Working within a multidisciplinary facility, with specialized personnel to gain access to available resources (e.g., scheduling information, office supplies, available space)

Victims of Crime Act/ Violence Against Women Act (VOCA/VAWA) and Office of the Attorney General (OAG)

- Filing paperwork to account for service provide to clients qualifying for these services
- Maintaining privileged communication shared during consultations/ sessions
- Not using provided information to take advantage of clients or associated parties

Public Relations

- Promoting services provided by the shelter and managing the spread of information between an individual or an organization and the public
- Facilitating relationships between clients and shelter staff/administration to maintain working relationships
- Working together with students in different departments/ disciplines to ensure optimal client care
- Collaborated in communications with speakers and setup of special topics presentations for clients within the shelter.
- Outreach presentation in the community to promote healthy relationships, psychoeducation on Domestic Violence, and non-physical parenting (i.e., Juvenal probate, Headstart, MSU Sociology and Psychology Department, Helen Farabee Focus Groups, Faith Refuge and Faith Refuge Academy).

Supervision

- Maintain on-site supervision of practicum students completing mandatory one on one counseling hours.
- Provide training to all practicum students and LPC- Interns (i.e., paperwork, policy, day to day operations, crisis management, resourcing).
- Provide support for practicum students as needed (i.e., difficult clients, new/unusual cases, discomfort with subject matter).

Skills Development

- Situational Termination- Optimizing each session with clients, with the expectation that it will be the last session due to unexpected situations within the client's life
- Emotional Processing- Helping clients understand where difficult emotions originate and the negative effects they are having on the client

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- Psychoeducation- Educating/informing clients about various topic having to do with diagnosis, treatment, symptoms, barriers, benefits, expectations, and processing
- Grant Writing- understanding the complex ins and outs of applying for grants

PROFESSIONAL MEMBERSHIPS

Greenbelt Counseling Association

2018 - Present

PROFESSIONAL DEVELOPMENT

- Telehealth for Mental Health Professionals: 2-Day Distance Therapy Training (Digital Seminar) **May 2020**
- Boundary Setting in Clinical Practice: The Best Ethical Practices (Live Webinar) **April 2021**
- "Ethics" Harlan Steph Counseling Conference **May 2021**
- Human Trafficking: Overview for Texas Healthcare Professionals **August 2021**
- Counselor Supervision and Texas Ethics: Best Practices **May 2022**
- Counseling Queer Clients **June 2022**
- FarmResponse **July 2022**
- Ethics: Money, Sex, and Power **May 2023**
- Polyvagal Theory: How the Brain Responds to Stress **May 2023**
- Imposter Syndrome: Treating Anxiety, Depression, and Burnout **May 2024**
- Trauma Survivors: Ethical Decision Making **May 2024**
- A Fresh Perspective on Cultural Competency **May 2024**
- What is Emotional Intelligence? **May 2024**
- Ethics: Give Them the Pickle **May 2024**
- Changing the ADHD Brain: Moving Beyond Medication **June 2024**
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- Counseling Malpractice Data Trends Update **February 2025**
- Protecting Your License Against Common State Board Profession State Matters **March 2025**
- Understanding and Treating Survivors of Human Trafficking **April 2025**
- The Slippery Slope of Ethics **April 2025**
- Kate Walker Training Online 40 Hour Supervisor Training **May 2025**
- Untangling the Spectrum: Social Pragmatics, Schizoid Traits, and Autism Spectrum Disorder **May 2025**
- Trauma-Informed Care in Women's Health: Clinical Strategies to Improve Patient Experience **August 2025**