

# 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

## **TEACHING RESPONSIBILITIES**

### **Adjunct Professor - Midwestern State University**

#### **Department of Psychology**

- General Psychology - PSYC 1103 Fall 2025
- General Psychology - PSYC 1103 Spring 2026

### **West College of Education**

- Suicidice Violence Assessment , Prevention, and Treatment - COUN 4243 Fall 2025
- Personal Wellness - Professional Practice - COUN 3003 Spring 2026

## **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

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- 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**

- 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., Juvenile 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).

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- 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
- 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

• 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
• Changing the ADHD Brain: Moving Beyond Medication	June 2024
• 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
• Cultural Competency	October 2025
• Paperwork Shape Up	January 2026