

Sandra E DaCosta

OBJECTIVE To utilize my experience and educational training effectively in a therapeutic setting.

SUMMARY OF QUALIFICATIONS

- 21 years exp. counseling children, adults, and families, with cognitive, behavioral and parental issues.
- In-patient, out-patient, in-home service and treatment planning and implementation.
- Well developed communication, assessment, treatment and documentation skills.
- Interact with doctors, treatment teams, hospitals, DCYF, CASA, families, schools and necessary networks.
- Management history, Program manager, and group leadership experience.

SKILLS / AREA OF EXPERTISE

Supervision and Administrative

- Documentation of treatment plans, assessments, evaluations, Quarterly reviews and medication orders.
- Responsible for multiple families with mental health and detox diagnosis and supervised employees.
- Organized holiday gifts for over 1000 needy families in New Hampshire.

Counseling Skills

- Trained in Evidence based practices such as CPP, TF-CBT, CBT, DBT and Motivational Interviewing.
- Counsel individuals dealing with cognitive, behavioral, parental, family and detox issues involving medication.
- Provide intake psychological assessments, Identify issues or impairments and implement treatment strategies.
- Empower individuals and families with improving functioning, problem solving and coping.
- Work closely with individuals, families and couples to develop good rapport and goal focus.
- Educate on life skills, coping, diagnosis and medication in personal or group settings.
- Experience in de-escalation of moods and behaviors.

Community Relations and Training

- CPR, CPI, restraint and seclusion training, assisted in development of training seminar
- Multiple trainings in diagnosis, EBP treatments, Illness Management Recovery, detox and effective parenting.

EMPLOYMENT

- 2017 to Present LaMora Psychological Associates, P.A., Licensed Clinical Mental Health Counselor, Nashua, NH
- 2011 to present Mental Health Center of Greater Manchester, Child and Adolescent Therapist Manchester, NH
- 2005 to 2011 Harbor Homes Inc., Program Manager and Functional Support Counseling Nashua, NH
- 2003 to present Southern NH Medical Center, Behavioral Health Nashua, NH
- 2001 to 2003 Lowell Youth Treatment Center, Mental Health Lowell, MA
- 1996 to 1998 Child and Family Services, Family Sponsor Manchester, NH

EDUCATION

- 2008 TO 2010 Rivier College Master's Degree in LMHC, Multicultural Certification
- 1998 to 2000 Springfield College Bachelor's Degree in Human Services
- 1994 to 1998 Castle College Associates Degree in Human Services

TRAINING / SEMINAR

Evidenced Based Practice trainings such as CPP, CBT, DBT, TFCBT, MI, BFT, IMR multiple trainings on diagnosis, and treatment.
CPR, CPI