

Amanda Caruso, M.Ed., LPC

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The Pennsylvania State University,
College of Education University Park, PA
8/24/01-05/09/03 GPA 3.6/4.0
M.Ed. Counselor Education

The Pennsylvania State University,
College Of Education University Park, PA
8/20/95-05/08/99 GPA 3.5/4.0
B.S. Rehabilitation Services
Psychological Minor

Licensure and Certifications

- Pennsylvania Licensed Professional Counselor since 2012 License Number PC006205
- Certified Guidance Counselor for Pennsylvania
- Student Assistance Program certified for Pennsylvania Elementary, Junior and Senior High Schools
- Trauma Focused Therapy Certified
- CPR Certified

Professional Experience

Amanda Caruso, LPC Private Practice

Altoona, PA 9/21-Present

- Provides individual, family and marriage therapy to patients in office, engages families in the assessment and treatment processes.
- Utilizes a relevant and evidence based treatment approaches, including CBT, TF-CBT, Mindfulness, Mindfulness Meditation, Yoga, Family Systems Therapy.
- Conduct assessments of new patients, and develop treatment plans. Encourage patients to be a part of clinical decisions regarding treatment, interventions and referrals.
- Documents all assessments, treatment sessions, case management and other work done on behalf of patients according to guidelines of each insurance provider.

- Reviews cases and/or groups periodically, as well as serious clinical patient condition changes with psychiatrist and other clinical personnel as indicated.
- Assesses changing needs of patients per guidelines for outpatient, and incorporates these into treatment plan and treatment plan review.
- Discusses need for additional services with client and family to determine appropriateness of recommendations. Refers patients to other levels of care, community based self-help programs for physical health or other community social or human services as needed.

UPMC

Altoona, PA 11/20-Present

Behavioral Health Therapist III

- Provides Clinical supervision to Therapists, Behavior Specialists and Mobile Therapists.
- Provides individual and group therapy to patients in office, and school, settings and engages families in the assessment and treatment processes when indicated. Provides education to patients on recovery as appropriate.
- Participates in regular treatment team meetings to discuss clinical cases, review and update patient treatment plans, monitor therapeutic progress and initiate recommendations for referral and continuing care.
- Utilizes a relevant and evidence based treatment approach in the context of the program as appropriate.
- Conducts assessments of new patients using the identified format for documentation (EPIC) and clinical decisions regarding treatment, interventions and referrals. Implements, improves, and adapts concepts, models, and constructs of treatment for application in service delivery to patients.
- Creates a treatment plan that includes an effective continuum of therapeutic, supportive and other services for the patients a variety and complexity of needs serviced by the program.
- Documents all assessments, treatment sessions, contacts, case management and other work done on behalf of patients according to guidelines.
- Reviews cases and/or groups periodically, as well as serious clinical patient condition changes with supervisor, psychiatrist and other clinical personnel as indicated.
- Assesses changing needs of patients per guidelines for outpatient, and/or partial hospitalization programs, community and school based programs, and incorporates these into treatment plan and treatment plan review.
- Discusses need for additional services with the clinical team to determine appropriateness of recommendations. Refers patients to other levels of care, community based self-help programs for recovery or other community social or human services as needed.

Skills of Central Pennsylvania

Altoona, PA 3/20-10/20

Trauma Clinical Specialist

- To assist the Behavior Support Staff working with clients with mental, physical, emotional and behavioral needs.
- To use and teach Person Center Practices to the Behavior Support staff
- The Trauma Clinical Specialist supports the client and his or her team as needed and advocates on behalf of the individual for any other needed support
- Demonstrates specialized knowledge (trauma) and skills for effective clinical interventions with individuals with mental illness and intellectual disabilities.
- Possess knowledge about local community services and assist with appropriate referrals.
- Attends and conducts meetings and trainings remotely and in person.
- Creates skill builders and other training material for Behavioral Support Staff.
- Writes Behavioral Support Assessments and Behavioral Support Plans
- Assists or completes all case management needs of clients
- Encourages and enhances the ability of the client to exercise their rights, and encourages personal decision making,

Blair Family Solutions

Altoona, PA 9/08-3/20

Outpatient Therapist/ Mobile Therapist/ Behavior Specialist/Family Based Therapist

- Conduct individual and family sessions for adults and children
- Write joint treatment plans and all pertaining paperwork
- Complete psychological evaluations and mental health assessments
- Act as a liaison between clients, parents, schools and community agencies
- Conduct sessions in office, local school district elementary, junior high and high schools
- Work with other mental health professionals, physicians, psychiatrist, schools, county agencies, court systems, managed care and community service agencies
- Provide case management to clients and their families
- Crisis intervention, hospitalization as needed
- Clinically supervise school based outpatient therapists and TSS

Cove Forge/White Deer Run/CRC Health Group

Williamsburg, PA 5/08-9/08

Adult Counselor

- Counsel adult in a Drug and Alcohol rehabilitation setting.
- Conduct individual, group and family sessions

- Develop treatment plans conducive to Drug and Alcohol treatment
- Case manage adults in the MISA program
- Act as a liaison between adults, family members and county case workers

Cove Forge/White Deer Run/CRC Health Group

Williamsburg, PA 2/08-5/08

Adolescent

- Counsel adolescents in RTF setting
- Conduct individual, group and family sessions
- Develop mental health treatment plans and behavior modification plans
- Case manage Adolescents in RTF setting
- Act as a liaison between adults, family members and county case workers

Petroski Psychologicals

Hollidaysburg, PA 12/05-2/08

Psychological Associate

- Travel to different mental health agencies, interview and assess children, adolescents and their families
- Write psychological evaluations
- Refer mental health services, family based or wrap-around
- Counsel children, adolescents and parents
- Work with other mental health professionals, schools, county agencies, court systems and community service agencies

North Western Human Services-Canal Ways Center-Therapeutic Foster Care

Hollidaysburg, PA 6/03-12/05

Program Specialist/Mobile Therapist/Behavior Specialist

- Counsel children, adolescents and families
- Work with other mental health professionals, schools, county agencies, court systems and community service agencies
- Case manage foster children
- Manage/monitor foster care homes
- Act as a liaison between foster parents, biological parents, schools and community agencies
- Marketed NHS Therapeutic foster care at mental health/career fairs and Penn State University