

Lety Arreola-Garcia, MS, AMFT #94052

E-mail: letyarreolagarcia@gmail.com

(415) 727-6798

Education

M.S. Clinical Psychology: MFT/LPCC Graduate. Graduated my program in May 2016.

- Thesis: Latinos Receptiveness to Receiving Psychotherapy: A Qualitative Study, Fall 2015

B.S. Human Services Degree. Double majored in Counseling and Administration, acquired communication, conflict resolution, analytical problem solving skills.

- Research: Academic Self-Efficacy of Community College and University Students
- Accomplished Senior Seminar Project: Successfully proposed and collected financial resources to donate two computers to support a literacy program for the local Boys and Girls Club of the Peninsula.

Professional Experience

Intern, AMFT #94052

CM Private Practice, Palo Alto, CA

04/18-Currently

Supervised by Carolyn Moore, LCSW

- Providing counseling services to individuals, couples, and children/teens.
- Provide group therapy to: women and adolescents
- Specialties: Trauma, Relationship Issues, Anxiety/Depression

Mental Health Consultant, AMFT#94052

Children's Health Council, Palo Alto, CA

01/17-Currently

- Provide consultations to adults to support emotional and psychological well being of children
- Facilitate community workshops and provide education on various topics, reduce stigmatization of mental health as well as coordinating resources
- Provide program development and professional development to community partners

Well-Being Coach, Marriage & Family Therapy Intern

Able Works, East Palo Alto, CA

01/16-04/16

- Guided clients in effective therapeutic treatments integrating: CBT & Trauma Focused
- Facilitated group therapy with children, woman, & couples
- Created and facilitated the well-being curriculum & workshops

Marriage & Family Therapy Intern

Morrissey-Compton Ed. Cntr, Redwood City, CA

09/15-12/16

- Assessed, diagnosed and treated clients with psychological & emotional problems
- Lead group therapy with children, provided bilingual parent workshops
- Collaborated and supported the Executive Functioning Research Clinic

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Case Manager & MFT Intern

Live In Peace: SWAG, EPA, CA

06/15-06/16

- Managed caseload of 21 students from diverse backgrounds
- Provided in depth case management and counseling services
- Facilitated process and skill building group, & program development

Case Manager & MFT Trainee

Mental Health Association, Redwood City, CA

09/14-05/15

- Assisted transitional homeless adults with severe and co-occurring diagnosis secure housing, services and entitlements
- Provided counseling services and intensive case management to reduce hospitalization and increase level of functionality

Certifications/Training

- Certified Family Trauma Professional (Web-based Training), PESI, Robert Rhoton, PsyD-(**May 2018-Currently Pending**)
- Solution-Focused Brief Therapy, Workshop Training, May 2018
- Triple P/EPSDT Crosswalk Training, Workshop Training, April 2018
- Latino Behavioral Paradox, Workshop Training, February 2018
- Mastering DSM-5 & ICD-10 CM Codes, Web-based Training, January 2018
- Clinical Record Documentation, Web-based Training, January 2018
- Essential Tools in Family Therapy, Workshop Training, December 2017
- Introduction to Co-Occurring Disorders Part-2: Skill Building, Workshop Training, December 2017
- Introduction to Co-Occurring Disorders part 1: Theoretical Perspective, Workshop Training, October 2017
- The Ripple Effect: An Integrative Framework for Enhancing Trauma-Informed Care, Workshop Training: Dr. Chandra Ghosh Ippen, Ph.D, Marin County, September 2017
- Integrating Trauma Informed Care and Substance Abuse Treatment, Workshop training, Wayne Munchel, LCSW, September 2017
- Trauma-Focused Cognitive Behavioral Therapy, Web-based Training, MUSC & NCTSN, May 2017
- Trauma-Focused CBT 2-day Training, Dr. Mannarino; Santa Clara County, May 2017
- 12 Core Concepts for Understanding Traumatic Stress Responses in Children and Families, Web-based Training, NCTSN, 2017

Presentations

- Behavior Management, Menlo Park, CA 05/18
- Effects of Media and Screens, Redwood City, CA 04/18
- Social Emotional Learning, EPA, CA 03/18
- Healthy & Toxic Relationships, Burlingame, CA 03/18
- Family Dynamics, Redwood City, CA 02/18

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- Supporting SEL at home & school, Redwood City, CA 02/18
- Mental Health Teen Conference, Mt. View, CA 09/17
- Trauma-Informed Care Training, EPA, CA 08/17

Research Experience

- Effects of Media and Screens in Children 2018
- Healthy and Toxic Relationships 2017
- ADHD & LD in children 2016
- Latinos receptiveness in receiving psychotherapy 2015
- Parent-Child Interactive Therapy 2014
- Academic Self-Efficacy 2011

Professional Memberships

- California Associate of Marriage and Family Therapist