

# Kaitlin Bushinski, LCSW

Licensed Clinical Social Worker

1601 Walnut Street, Philadelphia, PA 19102

[Kaitlin@silverliningspsych.com](mailto:Kaitlin@silverliningspsych.com); 484-206-4264

## EDUCATION

**University of Pennsylvania, Philadelphia, PA** – *Masters in Social Work* (May 2015 – GPA 4.0)

**Oberlin College, Oberlin, OH** – *Bachelor of Arts* (May 2009 – GPA 3.71)

## CERTIFICATIONS/LICENSURE

- Licensed Clinical Social Worker – License # SW132637 - Active
- EMDR International Association certification in EMDR Rherapy Certification Completion expected Summer 2021
- Certified Grief Counseling Specialist
- Certified Clinical Trauma Professional
- Clinical Certificate in Psychodynamic Psychotherapy

## CLINICAL EXPERIENCE

**Silver Linings Psych, Philadelphia PA** – *Therapist* (February 2020 – Present)

- Facilitates healing for individual clients using evidence-based treatments to improve one's emotional well-being.

**Bryn Mawr Hospital, Bryn Mawr PA** – *Therapist* (November 2018 – June 2020)

- Provided group therapy and other social work services for a inpatient psychiatric facility. Facilitated multiple therapy groups daily, which included process and psychoeducational groups.
- Completed utilization reviews with insurance companies, conducted psychosocial assessments, updated treatment plans, facilitated discharge planning.

**Interim House West, Philadelphia PA** – *Therapist* (July 2017 – April 2018)

- Provided evidence based individual and group therapy for woman who struggled with addiction and other co-occurring disorders. This was a residential program where the residents were able to seek treatment and have their children at the facility.
- Performed utilization reviews, facilitated individual therapy, implemented recovery plans, advocated for clients in the legal system, assisted in program and group development,

performed on-call supervision duties. Co-facilitated evidence based groups including but not limited to Dialectical Behavior Therapy and TREM.

**Women Against Abuse, Philadelphia PA – Therapist** (May 2014 – July 2017)

- Facilitated evidence based individual and group counseling for women and children at a domestic violence shelter. Developed and facilitated therapeutic group curriculum. Modalities used included TREM, Psychodynamic therapy, Cognitive Behavioral Therapy, Mindfulness, Motivational Interviewing, and Play therapy.
- Provided telephonic crisis counseling on the 24/7 Philadelphia Domestic Violence Hotline. Conducted trauma-informed biopsychosocial assessments for women seeking shelter; provided referrals, developed and safety plans. Responsibilities also included Intake coordination

**Healing Hurt People, Philadelphia, PA – Therapist** (September 2014 – April 2015)

- Conducted trauma-informed group and individual counseling, crisis intervention, and case management for young adults (ages 18-29) who were victims of interpersonal violence.
- Assessed trauma symptoms at hospital bedside. Performed outreach and recruited clients for the program.

**COLLEGE INTERSHIPS AND VOLUNTEER WORK**

**The Native American Women’s Health Education Resource Center and The Women’s Lodge Domestic Violence Shelter, Yankton, SD – Intern** (May 2007 – August 2007)

- Conducted shelter intakes, answered crisis hotline, and offered counseling to shelter residents at this Indian Reservation in South Dakota.

**HIV Peer Testers, Oberlin, OH – Co-Coordinator** (August 2006 – December 2007)

- Lead an HIV peer testing program where students tested other students for HIV through saliva cheek swabs. Hired and trained student testers, developed training materials, preformed outreach/educational events.

**Family Planning Services of Lorain County, Elyria & Oberlin, OH – Intern & Volunteer** (January 2006 – June 2006)

- Organized medical files, prepared intake documents, facilitated patient intakes, answered phones and scheduled appointments. Prepared and disclosed results of pregnancy tests to patients.

**ADVANCED CLINICAL TRAININGS**

- Advanced Cognitive Behavioral Therapy Training - University of Pennsylvania – 2014
- EMDR Humanitarian Assistance Program Basic Training – Completed 2017

- Trauma Art Narrative Therapy Training – Completed 2016
- Women’s Trauma Recovery Empowerment Intervention Training – Completed 2016

## **AWARDS**

- Recipient of the 2014 Ruth E. Fizedale Social Work Scholarship at the University of Pennsylvania’s School of Social Policy and Practice

## **PROFESSIONAL MEMBERSHIPS**

- Pennsylvania Society of Clinical Social Work Member
- EMDR Interational Association Member

## **LANGUAGES**

- Proficient in written and conversational Spanish.