

Elyse J. Yarmosky, LCSW

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Licensure

Licensed Certified Social Worker (LCSW), Massachusetts, #222078

Education

Columbia University School of Social Work, New York, NY – Master’s of Science in Social Work, 2016
Advanced Clinical Practice, Dialectical Behavioral Therapy Training Program and Lab, GPA: 3.9

University of Massachusetts, Amherst, MA — Bachelor of Arts in Philosophy, 2012
Commonwealth Honors College, *summa cum laude*, GPA: 3.8

National Outdoor Leadership School, Loreto, Mexico — 2008
Wilderness leadership semester in Baja California; earned sixteen college credits through the University of Utah

Experience

Clinical Social Worker, Psychiatric Partial Hospital Program—2016-present

Brigham and Women’s Faulkner Hospital

Boston, MA

- Provide initial diagnostic evaluation upon intake, followed by daily group and individual therapy to patients ages 18 and up with acute psychiatric needs in a short-term, highly intensive all-day program
 - *provide 30 minute intensive individual therapy for 3 patients each, daily, focusing on skill-building, crisis management, and after care planning*
 - *provide comprehensive group therapy for 5-10 patients daily, focusing on psychotherapy, coping skills, and psycho-education*
- Responsible for managing and tracking individual patients’ intake assessments and diagnostic tests

Adolescent Dialectical Behavior Therapy Intern—2015-2016

NYU Child Study Center

New York, NY

- Fully adherent to the DBT-Adolescent model as created by Alec Miller and Jill Rathus, PhDs
 - *provided weekly individual therapy (60 minutes) for a caseload of 3-5 adolescent patients*
 - *was on-call 24/7 for skills coaching and crisis-suicide calls*
 - *co-led a DBT multi-family skills group for 20 weeks, including creating and implementing lesson plans for patients and parents*
 - *conducted suicide risk assessments; constructed and implemented safety contracts with patients*
- Established protocol for data collection and outcome tracking, including scoring assessments, graphing data, maintaining an individualized schedule for following up with patients, and recruiting for focus groups
- Conducted intake assessments to evaluate appropriateness for DBT program and made referrals to non-DBT programs if necessary

Clinical Social Work Intern—2014-2015

Generation Q @ Queens Community House

Forest Hills, NY

- Provided weekly individual and group counseling (CBT) to a caseload of 8-12 adolescents, all of whom identified on the LGBTQ spectrum, with a focus on addressing familial and peer relationships, improving social skills, setting goals, and working through basic symptoms of complex trauma
- Developed and implemented curriculum for inaugural weekly Social Justice Training Program, leading a group of 10 adolescents through workshops and exercises designed to increase awareness and advocacy skills related to important social issues

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Program Leader, Travel and Service Program—Summers 2014, 2015, 2016

Becket-Chimney Corners YMCA

Becket, MA

- Led 15 adolescents through a leadership development program for five weeks, focused on community service, positive behavioral interaction, communication skills, and self-reflection
- Led three separate trips: Montana/Wyoming in 2014, Australia in 2015, and Vietnam in 2016
- Directly responsible for day-to-day supervision and guidance of group with one other co-leader
- Responsible for facilitating and maintaining relationships with on-site hosts, including community service partners and hosts
- Conducted individualized conferences three times throughout each program with each participant, focusing on goal-setting, individual leadership development, and overall evaluation

Behavior Therapist, Teen Foster Care—2012-2014

Children's Aid Society

New York, NY

- Provided case management and behavioral therapy for a caseload of 7-9 adolescents in foster care, all of whom had mental health diagnoses
- Met for 60-120 minutes 2-3 times per week individually to outline a detailed goal plan and use behavior modification techniques to assist in reaching goals
- Focused on independent living skills with each client including emotional coping skills
- Facilitated communication between clients and foster parents to help ensure strong, sustainable relationships
- Acted as the co-liasion for LGBTQ policy and practice between the agency and Administration of Children's Services by attending monthly meetings at ACS and helping to plan and implement competency training for all agency staff

Senior Unit Leader—2011

Becket-Chimney Corners YMCA

Becket, MA

- Directly responsible for 90 girls aged 12-14 and 30 college-aged staff at a residential YMCA summer camp
- Responsible for daily parent phone communication
- Responsible for staff support and evaluation, including individual conferences for goal development
- Planned and led weekly staff seminars on leadership skills, basic adolescent development, and self-care

Leadership Director—2010

Becket-Chimney Corners YMCA

Becket, MA

- Directly responsible for 24 16-year-old leaders-in-training for an intensive nine-week training experience
- Oversaw daily training and evaluation for all participants, including individual conferences for goal development
- Directed large-scale activities for camp as a whole
- Facilitated shadowing opportunities with counseling staff, program staff, kitchen staff, and lifeguards, requiring communication, follow-up and weekly evaluations

Other Training

- Dialectical Behavior Therapy Training Program and Lab (*see attached*)
- DBT Skills with Multi-Problem Adolescents: Jill Rathus and Alec Miller/Behavioral Tech—October 20-21, 2016

References

Available upon request

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Program Requirements Fulfilled May 2015 - May 2016

Dialectical Behavior Therapy Intensive Training

Provided by Behavioral Tech LLC

Intensive Training (Part One) (36 Hours)

Intensive Training (Part Two) (36 Hours)

Specialized Coursework

Adult Psychopathology

Advanced Clinical Practice - CBT

Advanced DBT Consultation Seminar (2 semesters)

Suicide, Research & Evaluation: DBT Protocols Seminar

Chemical Dependency

Motivational Interviewing

Online Trainings

Administered by Behavioral Tech LLC

Chain Analysis and Strategies for Dialectical Behavior Therapy (8 contact Hours)

DBT Skills Training (20 contact Hours)

Dialectical Behavior Therapy Validation Principles and Strategies (4 contact Hours)

Foundations of Exposure Therapies (10 contact hours)

Translating Difficult Moments in Therapy (12 contact hours)

Other Training

Suicide Risk Assessment & Management Training (2.5 day workshop)

Internship

600+ hours in DBT focused program supervised by intensively-trained, certification eligible supervisor, participating in all modes of DBT

Completion of above specialized academic coursework and training does not constitute endorsement of clinical competence, fidelity or adherence to model. Prospective employers are encouraged to obtain individual references.

Andre Ivanoff PhD
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