

# DAVID SANCHEZ

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## Licensed Professional Counselor Licensed Clinical Addictions Specialist

My career goal is to listen to and serve the individuals I work with regarding their psychological, spiritual, substance abuse and emotional challenges and needs.

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### PROFESSIONAL EXPERIENCE

#### **Licensed Professional Counselor, Licensed Clinical Addictions Specialist—MS, LPC, LCAS, 1/12-present**

Metrolina Psychotherapy Associates, Belmont, NC

- ◆ Conduct initial assessment including diagnosing and treatment planning.
- ◆ Working closely with each individual client utilizing a non-judgmental and empathetic platform in order to work with each client to reach their own personal goals.
- ◆ Administering individual and group mental health and substance abuse counseling utilizing a mind, body and spirit approach facilitated through Acceptance and Commitment Therapy.
- ◆ Collaborating with other medical professionals, with client's written consent, in the case that client will be best served with a combination of counseling and medical aid.

#### **Behavioral Counselor II PRN Inpatient (Weekends)—MS, LPC, LCAS, 10/11-04/12**

Carolinas Medical Center, Behavioral Health, Randolph, Charlotte, NC

- ◆ Responsible for all clinical functions including assessment, individual, group, and family counseling services for all inpatient consumers.
- ◆ Working closely with staff psychiatrists, nurses, & other clinical staff in order to provide the best patient care.
- ◆ Coordinating care with outside community agencies and private entities in order to continue ongoing care for all patients after discharge.

#### **Licensed Professional Counselor (Lead Clinician)—MS, LPC, LCAS, 11/10-present**

Belmont Abbey College Wellness Center, Belmont, NC

- ◆ Responsible for all clinical functions including assessment, diagnosing, and counseling services for the students of Belmont Abbey College.
- ◆ Working closely with the director of the wellness center, nursing staff, clinical staff and the office manager in order to provide the best client care.
- ◆ Individual and group mental health and substance abuse counseling utilizing a solution- focused, person centered approach. Tailoring specific theories of counseling for each individual student's treatment plan utilizing acceptance & commitment therapy, cognitive behavioral therapy, mindfulness, motivation interviewing, holistic and reality therapy.
- ◆ Collaborating with Belmont Abbey faculty and outside professional resources, with client's consent, in order to achieve the best possible results in counseling utilizing a systems approach.
- ◆ Collaborating with Belmont Abbey faculty in order to develop workshops to better enhance student success. Some of these workshops will include information on: Depression, substance abuse, trauma, anxiety, stress management, anger, time management and organization etc.
- ◆ Adjunct Professor during the summer term teaching special topics such addiction and mental health challenges.

#### **McLeod Disease Addictive Center**

#### **Program Manager--MS, LPC, LCAS, 09/09 to 11/10**

McLeod Addictive Disease Center, Opioid treatment program, Monroe, NC

- ◆ Responsible for the planning, design and implementation of the Monroe methadone clinic under the guidance of the director of narcotic treatment programs and the medical director.
- ◆ Working closely with the medical director in order to coordinate client care.
- ◆ Responsibilities include monitoring, scheduling, training, and clinical supervision of counseling and nursing staff.
- ◆ Ensuring federal, state, and local regulations are met in the delivery of services to clientele, and other duties as assigned.
- ◆ Marketing and delivering educational presentations in the community regarding our substance abuse treatment services and how they could benefit drug addicted individuals in the local community.

- ◆ Through the help of McLeod employees led the efforts to increase the clinic's clientele by 40% within nine months.
- ◆ Individual and group counseling utilizing cognitive behavioral therapy, motivational interviewing and reality therapy with adult outpatient Methadone program clients.

#### **Substance Abuse Counselor II--MS, QP, 02/08-to 09/09**

McLeod Addictive Disease Center, Opioid treatment program, Charlotte, NC

- ◆ Responsible for all clinical functions for which qualified, including: clinical lectures, progress notes, assessments, and treatment plans.
- ◆ Individual and group counseling utilizing cognitive behavioral therapy with adult outpatient methadone program clients.
- ◆ Working with community key players regarding the best interest of the client's treatment goals.

#### **Drug Education Instructor—Evening contract work with the McLeod Center, Charlotte, NC. 6/08- 11/10**

McLeod Addictive Disease Center, Charlotte, NC

- ◆ Led a five part drug education lecture series for up to 40 individuals that were arrested for drug possession or driving under the influence of drugs or alcohol.
- ◆ Five part series included: Drug facts I, Drug Facts II, Sexually Transmitted Infections and good decision making, the disease of addiction and a DWI section.
- ◆ In addition to giving lectures utilized, videos, and interactive group activities in order to help educate the individuals on the dangers of drug use.

#### **C.B.I. Group Facilitator—Evening contract work with the McLeod Center, Charlotte. NC. 6/09-09/11**

McLeod Addictive Disease Center, Charlotte, NC

- ◆ Facilitated a cognitive behavioral intervention group with up to 13 individuals that were arrested for various infractions of the law.
- ◆ Engaged the group utilizing motivational interviewing to gain client's motivation in order to utilize group process to explore and identify the laws that each individual broke and what they could have done differently.
- ◆ Encouraged all group members to participate and educated clients on the benefits of cognitive behavioral therapeutic interventions in helping with making better decisions in the future.

#### **Family Counselor, 01/07-02/08**

Youth Villages, Concord, NC

- ◆ Providing intensive in-home family counseling, three times a week for six hours per family, utilizing a family systems approach-- Multi-systemic Therapy
- ◆ Working with parents and their children with referral behaviors such as crisis planning, substance use, physical and verbal aggression, suicidal and homicidal ideation, legal issues and low school performance
- ◆ Aligning key players such as the school system, extended family members, probation officer, and other community supports to work with family in reducing referral behaviors
- ◆ Responsible for completion of paperwork such as treatment plans, progress notes, assessments, person centered plans, and discharge plans

#### **Mental Health Counselor Intern, 5/06- 11/06**

Seminole Community Mental Health Clinic, Sanford, FL

- ◆ Patiently and effectively worked with individuals and groups; counseled various types of mental health diagnosis in an outpatient setting
- ◆ Worked with diverse mental health population as well as dual diagnosis while utilizing an eclectic style of therapy
- ◆ Completed required paperwork on time such as progress notes, treatment plans, and admission paperwork  
Researched the internet and utilized published works and books in order to remain current with therapy  
Obtained activities to utilize in individual and group counseling
- ◆ Counseled in English and Spanish

#### **Substance Abuse Counselor Intern, 1/06-3/06**

Center for Drug Free Living: New Horizons Program. Orlando, FL

- ◆ Patiently and effectively counseled individuals and groups consisting of students at Boone High School
- ◆ Aggressively worked with students dealing with substance abuse, grief counseling, students of parents with substance abuse and students of verbal and physical abuse
- ◆ Utilized psycho-education and Cognitive-behavioral therapy styles with students

**Substance Abuse Counselor, Intern, 09/05-11/05**

The Grove: Counseling Center Inc. Winter Springs, FL

- ◆ Practicum site including 100 of my total 1,000 internship hours
- ◆ Patiently and effectively counseled individuals and groups consisting of residential substance abuse adolescents
- ◆ Researched the internet and utilized published works and books in order to remain current with therapy and obtain written activities to use in individual and group counseling

**Guidance school counselor, Intern 04/05-05/05**

Lockhart middle school, Orlando, FL

- ◆ Worked with guidance counselor on daily paperwork, testing, and seeing students
- ◆ Implemented several presentations on career choices and giving a career assessment test to middle school students

**Notary Public, 4/2004-1/2007**

Mendez Financial Services, Orlando, FL

- ◆ Traveled to several finance locations in the city of Orlando to notarize re-finance loans and debt consolidation loans
- ◆ Educated clients on the terms and conditions of their loan transaction to promote client understanding and satisfaction
- ◆ Established loyal and long-lasting relationships with several companies in order to promote future business for my employer

**EDUCATION****Bachelor of Science, Liberal Studies May 2001**

University of Central Florida, Orlando, FL

Major in pre-medicine and education /Minor in Psychology

1995 Walt Disney World--Most Likely to Succeed Scholarship

1999 Dean's List at University of Central Florida with 4.00 GPA

2000 Dean's List with University of Central Florida with 3.75 GPA

**Master of Science, Counseling and Psychology December 2006**

Troy University, Winter Park, FL

2004-2006 Troy State University overall 3.9 GPA

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**Licensures:****Licensed Professional Counselor, State of North Carolina**

Licensed obtained on 06/2009, License Number 7447

**License Clinical Addictions Specialist, State of North Carolina**

Licensed obtained on 06/2010, License Number 1648

**ACTIVITIES**

- ◆ 2001-2005 Mentoring foster children.
- ◆ 2001-2003 Collection of donations for underprivileged middle school students for required immunizations
- ◆ 2001 Junior Achievement volunteer with middle school children
- ◆ 2001-2003 Teen ministry church youth leader
- ◆ 2004-2005 Part time substitute teacher at Lake Brantley High School and Teague middle school, Altamonte Springs, FL
- ◆ 2008- Hands on Charlotte Community Volunteer
- ◆ 2008-Toast Masters, University area member.
- ◆ 2009 to present-Hope Charlotte Volunteer