

Katerina A. Sorrell, MA, PPSC, NCC, LPCC

National Certified Counselor, PPS Credential
California Licensed Professional Clinical Counselor #4909

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EDUCATION

Chapman University **Orange, CA**

Masters of Arts in Counseling, LPCC Emphasis
PPS Credential in School Counseling

California State University **Long Beach, CA**

Bachelor of Arts, Psychology

Orange Coast College **Costa Mesa, CA**

Associate of Arts, with Honors

PROFESSIONAL EXPERIENCE

Saddleback Unified School District – High School Counselor **Nov 2017-Present**

- Performed individual student crisis counseling: anxiety, depression, suicide ideation, cutting & self-harm, divorce issues, low academic achievement, bullying, family violence, poverty issues, parentification and peer conflict
- Wrote social emotional curriculum and in collaboration implemented successful group counseling program called “Charger Empowerment”
- Evaluated student records, interviewed students, and used assessment data to develop plans to improve students’ academic achievement
- Participated in collaborative consultations with school personnel to improve students’ academic achievement and social functioning
- Interacted with parents/caregivers to administer interventions
- Ran weekly teacher/parent meetings
- Interfaced & coordinated with Police Department and Child Protective Services
- Coordinated 504 Plans & 4-Year Plans
- Parent Night College Information presentations
- Performed classroom guidance – college preparation
- Provided students with letters of recommendations for college entrance
- Evaluated student records, interviewed students, and used assessment data to develop plans to improve students’ academic achievement
- Participated in collaborative consultations with school personnel to improve students’ academic achievement and social functioning
- Interacted with parents/caregivers to administer interventions

Didi Hirsch Mental Health Services – Suicide Prevention Crisis Counselor March 2017-Pres

- Extensive clinical experience performing Suicide Assessments, providing Crisis Counseling and delivering Psychoeducation

Fullerton School District – Middle School Counselor

Oct 2016-May 2017

- Performed individual student counseling for: anxiety, depression, suicide ideation, cutting & self-harm, divorce issues, low academic achievement, bullying, family violence, poverty issues, parentification and peer conflict
- Wrote & implemented successful at-risk group counseling program called “Girls R.O.C.K.”
- Evaluated student records, interviewed students, and used assessment data to develop plans to improve students’ academic achievement
- Participated in collaborative consultations with school personnel to improve students’ academic achievement and social functioning
- Interacted with parents/caregivers to administer interventions
- Created & executed monthly Character Excellence Awards Assembly w/Olympic Gold Medalist and other speakers
- Planned & executed Special School Assembly: Imagine Foundation
- Planned & executed “Mega Awards” ceremony w/Medieval Times
- Wrote event Press Releases to increase local media coverage
- Ran weekly teacher/parent meetings
- Interfaced with Police Department and Child Protective Services
- Organized & supervised Buena Park High School Career Counseling Field Trip
- Wrote and administered School Climate Surveys for students and teachers
- Interfaced with PBIS Specialist to coordinate implementation w/teachers

Child Guidance Center, Inc. Family Mental Health Services

June 2016-Jan 2017

– Bilingual Associate Professional Clinical Counselor

- Extensive clinical experience performing assessments & diagnoses, developing treatment plans & providing individual & group psychotherapy sessions for adolescents & children. Specializations:
 - Stress Management
 - Anxiety/Panic Attacks
 - Academic Underachievement
 - Self-Injury
 - Grief & Loss
 - Suicide Ideation
 - Depression
 - Career Counseling

Fullerton School District – Mental Health Therapist Intern**Aug-Oct 2016**

- Performed individual student counseling & group counseling
- Developed & delivered a variety of classroom guidance sessions on subjects from bullying to tattling to student success skills
- Evaluated student records, interviewed students, and used assessment data to develop plans to improve students' academic achievement
- Participated in collaborative consultations with school personnel and interacted with parents/caregivers to administer interventions to improve students' academic achievement and social functioning

Insightful Matters – Professional Clinical Counselor Intern**Aug 2015-April 2016**

- Provided psychotherapy services for clientele including adults, adolescents & children in individual & group counseling settings. My specializations:
 - Stress Management
 - Anxiety/Panic Attacks
 - Academic Underachievement
 - Self-Injury
 - Grief & Loss
 - Suicide Ideation
 - Depression
 - Career Counseling

Whitman Psychology – Professional Clinical Counselor Intern**May-July 2015**

- Provided psychotherapy services for clientele including adults, adolescents & children in individual & group counseling settings. My specializations:
 - Stress Management
 - Anxiety/Panic Attacks
 - Academic Underachievement
 - Self-Injury
 - Grief & Loss
 - Suicide Ideation
 - Depression
 - Career Counseling

Survey Research Management (SRM) – Field Assessor**Jan-May 2015**

- Administered various assessment instruments such as the Woodcock Johnson, Clinical Evaluation of Language Fundamentals (CELF) & other cognitive tests to primary grade students in school districts throughout Orange County and LA County. Purpose: Help determine effectiveness of federally-funded early childhood education programs.

Costa Mesa High School – Mental Health Intern to School Psychologist**Jan-May 2015**

- Engaged by CMHS to continue independent running of “Girls R.O.C.K.” group intervention counseling program for at-risk 9-11th grade girls (see description below)

El Morro Elementary School – School Counseling Intern**Jan 2013-Jan 2015**

- Performed individual student counseling
- Developed & delivered a variety of classroom guidance sessions on subjects from bullying to tattling to student success skills
- Evaluated student records, interviewed students, and used assessment data to develop plans to improve students' academic achievement

- Participated in collaborative consultations with school personnel and interacted with parents/caregivers to administer interventions to improve students' academic achievement and social functioning
- Participated in CAST, SST, 504 and IEP meetings

Costa Mesa High School – School Counseling Intern

Jan 2013-Dec 2014

- Performed individual student counseling
- Independently developed group intervention counseling curriculum called “Girls R.O.C.K.” then implemented group intervention counseling program for at-risk 9-11th grade girls. Curriculum included goal setting, self-esteem and study skills. Hosted guest speakers including Olympic athletes. Student participation correlated with strong academic improvement and statistically significant improvement in self-concept, emotional stability and social engagement.
- Coordinated multiple student assemblies: recruited and contracted with speakers, did campus event promotion, planned event outcomes – all solo
- Evaluated student records, interviewed students, and used assessment data to develop plans to improve students' academic achievement
- Participated in collaborative consultations with school personnel and interacted with parents/caregivers to administer interventions to improve students' academic achievement and social functioning
- Achieved proficiency with Aeries Student Information System to monitor individual student academic achievement related to program outcomes
- Participated in SST, 504 and IEP meetings
- Participated in NMUSD district meeting on vocational options for non-college track students

Adventure Ark Day Care – Owner & Director

Feb 1996-Aug 2007

- Hired, trained and managed child care staff to run a safe and nurturing environment
- Planned and implemented age-appropriate child development activities and organized field trips to enrich and broaden the children's perspective
- Researched and advised parents on child development issues such as Autism
- Maintained strict record-keeping procedures for State of CA licensing requirements

PROFESSIONAL DEVELOPMENT

2017 Conferences & Trainings

- Didi Hirsch Mental Health Services “*Applied Suicide Intervention Skills Training*” (ASIST certification)

2016 Conferences & Trainings

- Orange County Department of Education “*PBIS Coach Training Series*”
- Orange County Department of Education “*Peer Assistance & Leadership Certified Secondary Advisor Training*” (PAL certification)
- FEMA “*PrePare Crisis Intervention Emergency Coordinator Training*” (PrePare certification)

2015 Conferences & Trainings

- CALPCC 2015 Spring Conference in San Diego, CA – seminars and workshops relating to mental health, distance counseling, legal and ethical best practices, plus training by Marlene Maheu
- Orange County Department of Education “*Helping Children Move Beyond Challenges with Executive Function*” Adele Diamond, Ph.D, FRSC Professor of Developmental Cognitive Neuroscience
- Orange County Department of Education “*Eliminating Barriers to Learning through Early Identification of Student Mental Health Issues*”

2013 Conference, Western Association for College Admission Counseling

- Attended seminars and workshops relating to academic advising for advancement to colleges and universities

AWARDS & RECOGNITIONS

- Inducted into Golden Key International Honor Society
- Inducted into PSI CHI, National Honor Society of Psychology – from California State University, Long Beach
- Inducted into Phi Alpha Mu Honor Society
- Recognized with Honors at Graduation from Orange Coast College
- Awarded “Day Care Provider of the Year” by Orange County Association for the Education of Young Children / National Association for the Education of Young Children
- Awarded “Dedicated Parent” Scholarship by Orange Coast College
- Awarded “Pirate's Treasure” Scholarship by Orange Coast College

CERTIFICATIONS, SKILLS & PROFICIENCIES

- License: State of California LPCC (Licensed Professional Clinical Counselor)
- Certification: PrePare Crisis Intervention
- Certification: FEMA Emergency Management Certification: CPR & First Aid
- Certification: PAL (Peer Assistance & Leadership) Secondary Advisor
- Fingerprinted/cleared through CA Department of Justice Child Abuse Index
- Licensed: State of California Licensed Family Day Care Provider
- Proficient: Solution Focused Brief Therapy
- Proficient: Cognitive Behavioral Therapy
- Bilingual: Fluent Spanish
- Software: Microsoft Word, Excel, PowerPoint
- Proficient: IBM PC & Apple Macintosh
- Proficient: Online Research

REFERENCES

- **Janice L. Duzey, M.A.**
Counselor / Costa Mesa High School + Site Supervisor (Practicum/Internship)
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