

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

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

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Comprehensive resume site: KaterinaSorrell.com

EDUCATION

Chapman University *Orange, CA*
Master of Arts in Counseling, Emphasis Clinical Counseling
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

LICENSES/CERTS

National Certified Counselor (National Board of Certified Counselors)
Professional Clinical Counselor #4909, #CP1146 (Licensed in California & Nevada)

RECOGNITIONS

2019 K-12 Counselor Recognition Award (OC Department of Education, Elementary Winner)
2019 School Counselor Recognition Award (Saddleback Valley Unified School District)

PROFESSIONAL EXPERIENCE

Saddleback Unified School District – Title 1 Intervention Counselor (7 Schools)
August 2018 - 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
- Held consultations with parents/caregivers on interventions to improve student academic achievement and social functioning
- Collaborated with 7 school Principals, plus school and District personnel on individualized student intervention strategies
- Trained & supervised School Counselor Intern
- Developed & delivered a variety of classroom guidance sessions on subjects from Conflict Resolution to Friendship Skills

- Developed Multi-School Student Counseling Referral Protocol
- Designed Standardized Student Counseling Referral sheet
- Introduced new Student Counseling Permission form
- Promoted College Exploration with student participation incentives
- Evaluated student records, interviewed students, and used assessment data to develop plans to improve students' academic achievement
- Participated in SST, 504 and IEP meetings

Saddleback Unified School District – High School Counselor

Nov 2017 - May 2018

- 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
- Facilitated collaborative consultations with school personnel to improve students' academic achievement and social functioning
- Collaborated with parents/caregivers on intervention reinforcement
- Wrote social/emotional group counseling curriculum called “Charger Empowerment” and supervised successful implementation of program
- 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
- Trained & supervised School Counselor Intern
- Ran weekly teacher/parent meetings
- Interfaced with Police Department and Child Protective Services
- Coordinated 504 plans
- Parent Night College Information presentations
- Performed classroom guidance for college preparation
- Wrote letters of recommendation for college admission

Fullerton School District – Middle School Counselor

Oct 2016 - May 2017

- 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 curriculum and implemented successful group counseling program called “Girls ROCK”

- 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
- Buena Park High School Field Trip – Career Counseling
- Wrote and administered School Climate Surveys for students and teachers
- Interfaced with PBIS Specialist to coordinate implementation w/teachers

Clinical Experience:

Didi Hirsch Mental Health Services – National Suicide Hotline Counselor

March 2017 - March 2018

- Performed Crisis-Level Suicide/Self Harm Assessments
- Performed Suicide/Self Harm Prevention Counseling & Psychoeducation

Clinical Experience:

Child Guidance Center, Inc. – Family Mental Health Services Counselor

June 2016 - Jan 2017

Provided, assessments, diagnosis, treatment plans and psychotherapy – individual & group counseling: Adolescents & children. Specializations:

- Stress Management
- Depression
- Anxiety/Panic Attacks
- Self-Injury
- Grief & Loss
- Suicide Ideation
- Academic Underachievement

Fullerton School District – Mental Health Therapist intern

Aug 2016 - 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 2015 - 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 2015 - 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 – School Psychology Mental Health Intern

Jan 2015 - May 2015

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

El Morro Elementary School – School Counseling Intern

Jan 2013 - Jan 2015

- Performed individual student crisis 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 crisis counseling
- Independently developed and implemented group intervention counseling program called “Girls R.O.C.K.” for 9-11th grade girls. Wrote and delivered ongoing curriculum including goal setting, self-esteem and study skills. Hosted guest speakers including Olympic athletes. Data demonstrated strong academic improvement; surveys showed 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.
- Maintained strict record-keeping procedures for State licensing requirements.

PROFESSIONAL DEVELOPMENT

2018 Conferences & Trainings

- The Orange County Department of Education Counselor Symposium 2018

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

- CALPCC 2015 Spring Conference in San Diego, CA, attended various seminars and workshops relating to mental health, distant counseling, legal and ethical best practices with Marlene Maheu
- Adele Diamond, PhD, FRSC Professor of Developmental Cognitive Neuroscience.... *"Helping Children Move Beyond Challenges with Executive Function"*..OCDE Conference - January 2015
- The Orange County Department of Education “*Eliminating Barriers to Learning through Early Identification of Student Mental Health Issues*”. January 2015

2013 Conferences

- Western Association for College Admissions Counseling Conference, attended seminars and workshops relating to academic advising for advancement to colleges and universities

AWARDS & RECOGNITIONS (COMPREHENSIVE)

- 2019 OC Dept of Ed Counseling Award (Elementary “Counselor of the Year”)
- 2019 School Counselor Recognition Award (Saddleback Valley USD)
- Golden Key International Honor Society
- PSI CHI – The National Honor Society of Psychology (at CSU Long Beach)
- Recognized with Honors at Graduation from Orange Coast College
- Phi Alpha Mu Honor Society
- 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

ADDITIONAL CERTIFICATIONS, SKILLS & PROFICIENCIES

- MTSS & ASCA Training
- PBIS/Restoratives Practices Training
- Certification: PrePare Crisis Intervention

- Certification: FEMA Emergency Management
- Certification: CPR & First Aid
- 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
- Fingerprinted/cleared through CA Department of Justice Child Abuse Index
- Licensed Family Day Care Provider, State of California (inactive)

REFERENCES

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