

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

National Certified Counselor, PPS Credential

California Licensed Professional Clinical Counselor #4909

Post Office Box 15003 • Newport Beach, CA 92659

949 463-7777 • Katerinas463@gmail.com

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 with Honors

Orange Coast College

Costa Mesa, CA

Associate of Arts, with Honors

LICENSES/CERTS

National Certified Counselor #1068479 (National Board for Certified Counselors)

California Licensed Professional Clinical Counselor #4909

Nevada Licensed Clinical Professional Counselor #CP1146

RECOGNITIONS

2019 K-12 Counselor Recognition Award (OC Department of Education, Elementary Winner)

2019 School Counselor Recognition Award (Saddleback Valley Unified School District)

2019 School Counselor Exceptional Service Award (CASC)

PROFESSIONAL EXPERIENCE

Saddleback Unified School District – Title 1 Counselor (5-7 Schools) *Aug 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 – Title-1 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 effective, data-driven group counseling program called “Girls ROCK”
- Evaluated student records, interviewed students, then used assessment data to develop plans to improve students' academic achievement
- Participated in collaborative consultations with school personnel to improve students' academic achievement & social functioning

- Coordinated and administered interventions with students & parents/caregivers
- Created & executed monthly Character Excellence Awards Assemblies w/Olympic Gold Medalist, Military Veterans, Authors, Motivational Speakers & others
- Planned & executed Special School Assembly: Imagine Foundation
- Planned & executed end-of-year “Mega Awards” ceremony w/Medieval Times
- Wrote event Press Releases, garnering local media coverage
- Ran weekly teacher/parent meetings
- Interfaced with Police Department and Child Protective Services
- Coordinated & supervised Career Day Field Trip to Buena Park High School
- Wrote & administered School Climate Surveys for students and teachers
- Interfaced with PBIS Specialist to coordinate implementation w/teachers
- Developed and maintained school counseling website
- Managed all school counseling social media accounts: YouTube, Twitter, Instagram

Clinical Experience:

Didi Hirsch Mental Health Svcs – Nat’l Suicide Hotline Counselor *Mar 2017 - Mar 2018*

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

Clinical Experience:

Child Guidance Center, Inc. – Fam. Mental Health Svcs Counselor *Jun 2016 - Jan 2017*

- Performed assessment & diagnosis, created treatment plans, and provided individual psychotherapy & group counseling for adolescents & children. Specializations:
 - Stress Management
 - Anxiety/Panic Attacks
 - Academic Underachievement
 - Self-Injury
 - Grief & Loss
 - Depression
 - Suicide Ideation
 - Family Crisis

Fullerton School District – Title-1 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. Specializations:
 - Stress Management
 - Anxiety/Panic Attacks
 - Academic Underachievement
 - Self-Injury
 - Grief & Loss
 - Depression
 - Suicide Ideation
 - 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. Specializations:
 - Stress Management
 - Anxiety/Panic Attacks
 - Academic Underachievement
 - Self-Injury
 - Grief & Loss
 - Depression
 - Suicide Ideation
 - 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 - Jan 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 & implemented “Girls R.O.C.K.” group intervention counseling program for 9-11th grade girls. Wrote & delivered ongoing curriculum

- including goal setting, self-esteem & study skills. Hosted guest speakers: Olympic athletes, authors. Data demonstrated strong academic improvement & statistically significant improvement in self-concept, emotional stability & social engagement
- Coordinated multiple student assemblies: researched, recruited & 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 Newport-Mesa Unified School District meeting on vocational options for non-college track students
 - Maintained strict record-keeping procedures for State licensing requirements
-

PROFESSIONAL DEVELOPMENT

2021 Trainings

- Trish Hatch: Hatching Results Leadership Training and Consultation for School Counselors Conference

2020 Trainings

CE Units (29 Hours)

- A Practitioner's Guide to Telemental Health: How to Conduct Legal, Ethical, and Evidence-Based Telepractice
- Suicide Assessment Treatment & Management
- Supervision: A Guide for Mental Health Professionals
- Clinical Supervision: Legal, Ethical, and Risk Management Issues
- HIV/AIDS: A Comprehensive Review

2019 Conferences & Trainings

- OCDE/Trish Hatch: Hatching Results School Counselor Training
- Orange County Department of Education Counselor Symposium

2018 Conferences & Trainings

- Orange County Department of Education Counselor Symposium

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”

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
- 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 & workshops relating to academic advising for advancement to colleges & universities

PUBLICATION: American Psychological Association, 2005, Washington D.C.

- *Amount of Daily Walking Predicts Energy, Mood, Personality, and Health*
California State University, Long Beach – Robert E. Thayer, Lisa Biakanja, Priscilla O’Hanian, Katerina A. T. Sorrell, Anna Balasanian, Amber S. Clemens, Jennifer O. Fasi

AWARDS & RECOGNITIONS (COMPREHENSIVE)

- 2019 Orange County Department of Education Elementary School Counselor Recognition Award (“Counselor of the Year”)
- 2019 School Counselor Recognition Award (Saddleback Valley USD)
- 2019 School Counselor Exceptional Service Award (CASC)
- M.A. Academic Scholarship, Chapman University
- Inducted into PSI CHI/National Honor Society of Psychology, CSU Long Beach
- Honors at Graduation, Orange Coast College
- Phi Alpha Mu Honor Society, Orange Coast College
- Golden Key International Honor Society, Orange Coast College
- “Dedicated Parent” Scholarship, Orange Coast College
- “Pirate’s Treasure” Scholarship, Orange Coast College
- “Day Care Provider of the Year” Award, Orange County Assn for the Education of Young Children / National Assn for the Education of Young Children

LICENSES, CREDENTIALS, CERTIFICATIONS, SKILLS & PROFICIENCIES

- California Licensed Professional Clinical Counselor #4909
- Nevada Licensed Clinical Professional Counselor #CP1146
- National Certified Counselor #1068479
- National Certified School Counselor (# pending)
- CA PPS Credential
- Certification: FEMA Emergency Management
- Certification: CPR & First Aid
- Certification: PrePare Crisis Intervention
- Certification: ASIST (Applied Suicide Intervention Skills Training)
- MTSS & ASCA Training
- Certification: PBIS Coach
- Proficient: Restoratives Practices Implementation
- 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)

PROFESSIONAL AFFILIATIONS

- California Licensed Professional Clinical Counselors (CALPCC) Member
- National Board of Certified Counselors (NBCC) Member
- California Association of School Counselors (CASC) Member
- American School Counselor Association (ASCA) Member

REFERENCES

- **Dr. Jami Parsons, Ed.D**
Director, Learning Supports / Orange County Department of Education
200 Kalmus Drive
Costa Mesa, CA 92626
jparsons@ocde.us
714 966-4000
- **Janice L. Duzey, M.A.**
Counselor / Costa Mesa High School + Site Supervisor (Practicum/Internship)
2650 Fairview Rd.
Costa Mesa, CA 92626
jduzey@nmusd.us
714 424-8704
- **Kathy Frazer, M.A.**
Adjunct Professor / Chapman University + Site Supervisor
One University Drive
Orange, CA 92866
frazerdc@charter.net
949 723-7419
- **John Brady, Ph.D.**
Professor Emeritus / Chapman University, College of Educational Studies
One University Drive
Orange, CA 92866
jbrady@chapman.edu
714 628-7286
- **Deborah Phoenix Wampole, Ph.D.**
Professor / Orange Coast College (fmr) Professor / Chapman University (fmr)
Department of Psychology Department of Psychology
2701 Fairview Rd. One University Drive
Costa Mesa, CA 92628 Orange, CA 92866
pwampole@icloud.com
949 376-3503
- **Cathy Margolin, Ed.D**
Assoc. Dean / Brandman Univ. (fmr) Dean / University of Phoenix (fmr)
16355 Laguna Canyon Rd. 4035 S Riverpoint Pkwy
Irvine, CA 92618 Phoenix, AZ 85040
cgmargolin@POBox.com
949 645-5950