

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

National Certified Counselor, National Certified School 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

Master of Arts in Counseling, Emphasis Clinical Counseling
PPS Credential in School Counseling

Orange, CA

California State University

Bachelor of Arts, Psychology with Honors

Long Beach, CA

Orange Coast College

Associate of Arts, with Honors

Costa Mesa, CA

LICENSES/CERTIFICATIONS

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

National Certified School Counselor (National Board for Certified Counselors)

California Licensed Professional Clinical Counselor #4909

Nevada Licensed Clinical Professional Counselor #CP1146

RECOGNITIONS

2021 National Certified School Counselor Award (National Board for Certified Counselors)

2021 Educator of the Year Award (California Senate District 37)

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

The Professional Counselor / CEO & Clinical Counselor

Oct 2016 - Present

- Performing individual mental health counseling for children, youth, and adults: anxiety, depression, grief, relationship issues, career malaise, suicide ideation, cutting & self-harm, divorce issues, social-emotional challenges, academic underperformance, bullying & peer conflict, family violence, poverty issues, and parentification
- Evaluating client mental health records
- Providing second opinions and guidance for mental health colleagues on third-party client cases
- Developing counselor training/mentoring curriculum & presenting webinars on Group Counseling and Managing Anxiety for the Orange County Department of Education
- Supervising Associate Professional Clinical Counselors towards their licensing hours

Saddleback V. Unified School Dist. / Bilingual Mental Wellness Counselor (8 Schools) Aug 2021 - Pres

- Performing individual student mental health and crisis counseling: anxiety, depression, suicide ideation, cutting & self-harm, divorce issues, low academic achievement, bullying, family violence, poverty issues, parentification and peer conflict
- Holding consultations with parents/caregivers on interventions to improve student academic achievement and social functioning
- Collaborating with 8 school Principals, plus school and District personnel on individualized student intervention strategies
- Co-authoring a successful \$5,000 grant proposal for a Wellness Garden at San Joaquin Elementary, organizing volunteers, budgeting, involving teachers & administrators
- Running a weekly bilingual (English/Spanish) group counseling program for recent immigrants
- Developing & running a monthly stress management program for 15 school principals
- Evaluating student records, interviewing students, and using assessment data to develop plans to improve students' academic achievement

Saddleback V. Unified School District / Title 1 Counselor (5-7 Schools)

Aug 2018 - June 2021

- 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
- Recruited Medieval Times to provide actors for assemblies at 2 schools: Character Awards and Conflict Resolution
- Created and published videos on anxiety coping strategies for distance learners during the COVID-19 pandemic
- Developed & delivered a variety of classroom guidance sessions on subjects from Conflict Resolution to Friendship Skills, delivered both in person, as well as remotely during pandemic
- Scripted & directed SVUSD's Suicide Awareness/Prevention Month videos, 2 years
- Trained & supervised School Counselor Interns
- Served on the SVUSD Candidate Interview Panel for hiring elementary counselors
- Developed & implemented Multi-School Student Counseling Referral Protocol
- Designed & introduced new Standardized Student Counseling Referral form
- Designed & 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 V. 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

- Interacted with parents/caregivers to administer interventions
- Instructed 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
- Trained & supervised School Counselor Intern
- Ran weekly teacher/parent meetings
- Interfaced with Police Department and Child Protective Services
- Coordinated 504 plans
- Created & delivered 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 2015 - 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 programs:
1) “Girls ROCK” for at-risk girls / 2) “BOLD” for students with anxiety
- Created & executed monthly Character Excellence Awards Assemblies w/Olympic Gold Medalist, Military Veterans, Authors, Magician, Motivational Speakers & others
- Planned & executed Positive Body Image/Self Concept assembly (partner: Imagine Foundation)
- Planned & executed end-of-year “Mega Awards” ceremony (partner: Medieval Times)
- Wrote event Press Releases, garnering local media coverage
- Ran weekly teacher/parent meetings
- Coordinated and administered interventions with students & parents/caregivers
- 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
- Interfaced regularly 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
- Coordinated with PBIS Specialist to deliver first-ever PBIS implementation w/teachers
- Developed and maintained school counseling website
- Managed all official school counseling social media accounts: YouTube, Twitter, Instagram

Clinical Experience:

Didi Hirsch Mental Health Services / National 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. / Family Mental Health Services Counselor

June 2016 - Jan 2017

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

Fullerton School District / Title 1 Mental Health Therapist Intern

Aug 2015 - Oct 2015

- 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
 - Grief & Loss
 - Anxiety/Panic Attacks
 - Depression
 - Academic Underachievement
 - Suicide Ideation
 - Self-Injury
 - 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
 - Grief & Loss
 - Anxiety/Panic Attacks
 - Depression
 - Academic Underachievement
 - Suicide Ideation
 - Self-Injury
 - 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 Conferences & Trainings – CE Units (29 Hours)

- Orange County Department of Education Counselor Symposium (honoree)
- Cognitive Behavioral Intervention for Trauma in Schools (CBITS):
 - High School
 - Middle School
 - Elementary School
- Trish Hatch: Hatching Results Leadership Trng & Consultation for School Counselors Conference

2020 Trainings

- 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 (speaker & honoree)

2018 Conferences & Trainings

- Orange County Department of Education Counselor Symposium

2017 Trainings

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

2016 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 & Trainings

- 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

PROFESSIONAL PRESENTATIONS

- *Navigating the LPCC Licensing Process*
Chapman University, 2017 (22 participants)
- “*Save a Life Now*” *Suicide Prevention Training for Adult Continuation Students*
Corona-Norco Unified School District, 2017 (40 participants)
- *Mental Wellness & Anxiety: Removing Barriers to Academic Excellence*
2019 Orange County Counselor Symposium, Breakout Session (200 participants)
- *LPCC Supervision & Licensing Success*
Chapman University, 2020 (19 participants)
- *Dealing with Disruptive Behavior*
City of Newport Beach Dept of Recreation, 2021 (18 participants)
- *New Counselor Training/Mentoring Presentation*
Orange County Department of Education, 2021 (30 participants)
- *The Power of Group Counseling*
Orange County Department of Education, 2021 (130 participants)
- *Anxiety Coping Strategies*
Orange County Department of Education (curriculum created, sched. April 2022)

AWARDS & RECOGNITIONS (COMPREHENSIVE)

- 2021 National Certified School Counselor Award & Cash Grant (NBCC)

- 2021 Educator of the Year Award (California Senate District 37)
- 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 Association for the Education of Young Children / National Association 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
- California PPS Credential
- Certification: CA BBS Clinical Licensing Supervisor
- 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
- **Dr. John Brady, Ph.D.**
Professor Emeritus / Chapman University, College of Educational Studies
One University Drive
Orange, CA 92866
jbrady@chapman.edu
714 628-7286
- **Dr. 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
- **Dr. 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