

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

National Certified Counselor, National Certified School Counselor, PPS Credential

California Licensed Professional Clinical Counselor #4909

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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 CA Senate Educator of the Year Award (District 37)

2019 Orange County Elementary Counselor of the Year Award (OC Department of Education)

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

2019 School Counselor Exceptional Service Award (CASC)

PROFESSIONAL EXPERIENCE

Private Practice:

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
- Contracted with Aetna Insurance Company as an Orange County Transportation Authority Employee Assistance Program (EAP) On-site Counselor.

- Contracted with The Learning Center of Costa Mesa to provide on-site mental health counselor for low social economic status population.
- Awarded a mental health grant from the Picerne Foundation to provide on-site counselor/camp for 25-30 at risk youth for a six-week summer camp. Also worked with local community, Chapman University, California State University of Fullerton in managing master's level school interns, fundraised, coordinated various schedules, activities, curriculum to camp participants.

Education:

OC Dept. of Education / Mental Health Counselor Licensing Supervisor

Aug 2022 - Jun 2023

- Developed and implemented training curriculum and provided formal clinical supervision (pursuant to CA State BBS licensing requirements) for 10 school-based clinical mental health counselors throughout Orange County Districts
- Helped develop hiring and compensation guidelines, and served on hiring panel, for 40+ school-based mental health counselors in Orange County Districts
- Developed recordkeeping and reporting protocols for OCDE school-based mental health counselor program.
- Management/Supervised 10 Clinical Associates to integrate with existing mental health supports in Elementary, Middle School and High school throughout various Orange County Districts

OC Dept. of Education / Restorative Practices Trainer & Implementation Coach *Aug 2022 - Jun 2023*

- Served as trainer and coach for grant-based Restorative Practices program implementation through 100 faculty and counselors serving 40 schools in 20 Districts
- Implemented detailed recordkeeping and reporting protocols in accordance with grant program standards to ensure OCDE compliance. Passed program audit...

Saddleback V. Unified School Distr. / Bilingual Mental Wellness Couns. (8 Sites) *Aug 2021 - Jun 2022*

- Performed individual student mental health and crisis counseling on anxiety, depression, suicide ideation, cutting & self-harm, divorce issues, low academic achievement, bullying, family violence, poverty issues, parentification and peer conflict
- Conducted consultations with parents/caregivers on interventions to improve student academic achievement and social functioning
- Evaluated student records, interviewed students, and used assessment data to develop plans to improve students' academic achievement
- Collaborated with 8 School Principals, school faculty & staff, and District personnel to develop and implement individualized student intervention strategies
- Conducted weekly bilingual (English/Spanish) group counseling sessions for recent immigrants
- Developed & conducted monthly stress management program for 15 School Principals
- Co-authored a successful \$5,000 grant proposal for a Wellness Center & Garden at San Joaquin Elementary; handled budgeting, organized volunteers, recruited teachers/administrators/media

Saddleback V. Unified School District / Title 1 School Counselor (7 Sites) *Aug 2018 - June 2021*

- Performed individual student mental health and crisis counseling on anxiety, depression, suicide ideation, cutting & self-harm, divorce issues, low academic achievement, bullying, family violence, poverty issues, parentification and peer conflict
- Conducted consultations with parents/caregivers on interventions to improve student academic achievement and social functioning
- Evaluated student records, interviewed students, and used assessment data to develop plans to improve students' academic achievement
- Collaborated with 7 School Principals, school faculty & staff, and District personnel to develop and implement individualized student intervention strategies
- Recruited Medieval Times to provide actors for Character Awards and Conflict Resolution assemblies at 2 schools
- 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 (in person, as well as remotely during pandemic)
- Scripted & directed SVUSD's annual Suicide Awareness/Prevention Month videos
- Trained & supervised 2 School Counselor Interns (both successfully placed)
- Served on SVUSD Candidate Interview Panel for hiring elementary counselors
- Promoted College Exploration with student participation incentives
- Participated in SST, 504 and IEP meetings with faculty, students, and families
- Developed & implemented Multi-School Student Counseling Referral Protocol
- Designed & introduced new Standardized Student Counseling Referral form
- Designed & introduced new Student Counseling Permission form

Saddleback V. Unified School District / High School Counselor (El Toro H.S.) *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 (Nicolas Jr. H.S.) *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

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.

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

Clinical:

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

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
 - Anxiety/Panic Attacks
 - Academic Underachievement
 - Self-Injury
 - Grief & Loss
 - Depression
 - Suicide Ideation
 - Family Crisis

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
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PROFESSIONAL DEVELOPMENT

2023 Conferences & Trainings – CE Units (29 Hours)

- Orange County Department of Education Counselor Symposium (speaker)
- 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

2022 Conferences & Trainings – CE Units (29 Hours)

- Orange County Department of Education Counselor Symposium (speaker) ???
- RP TRAINING
- WEBINARS GIVEN & TAKE +CE
- 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

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
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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: Positive Behavioral Interventions & Supports Coach (PBIS)
 - Certification: Restorative Practices Trainer (International Institute for Restorative Practices)
 - Proficient: Cognitive Behavioral Therapy
 - Proficient: Solution Focused Brief Therapy
 - Proficient: Restoratives Practices Implementation
 - Bilingual: Fluent Spanish
 - Software: Microsoft Word, Excel, PowerPoint
 - Proficient: Windows PC & Apple iOS
 - Fingerprinted/cleared through CA Department of Justice Child Abuse Index
 - Licensed Family Day Care Provider, State of California (inactive)
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PROFESSIONAL AFFILIATIONS

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| • 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 |
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REFERENCES

- **Dr. Jami Parsons, Ed.D**
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