

Selin Strait, MA, LPC
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Education & Training

- 4/17 **CIMBS**
Complex Integration of Multiple Brain Systems: PsychoPhysiological Therapy
- 4/16-present **Monthly Professional Individual and Group Consultation**
- 2/15-9/16 **Somatic Experiencing**
Trauma Training Program, Beginning I, II, III
- 9/12-Present **M.E.T.A. (Mindful Experiential Approaches)**
Clinical skills training in Mindful Experiential and Somatic Therapies: Hakomi, Attachment and Trauma, and assistant teaching
- 9/11-9/16 **Portland State University**
Interpersonal Neurobiology Certificate of Completion
- 8/8 – 7/11 **Antioch University New England**
Master of Arts in Dance/Movement Therapy and Clinical Mental Health Counseling
Alternate Route Drama Therapy Certificate
- 6/10 **Yoga and the Traumatized Body: A Training for Clinicians**
Trauma Center at the Justice Resource Institute
Intensive 2 day workshop in trauma informed clinical yoga interventions.
- 10/9 – 5/10 **Contemplative Dance/Authentic Movement Year Long Program I**
Intensive 6 weekend course developing awareness of body, movement, imagination, contemplation and witnessing for professional and personal practice.
- 8/89 – 6/93 **Georgetown University**
Bachelor of Arts in English

Organizational Experience

- 6/13 – present **M.E.T.A., LLC., Portland, OR**
Training Coordinator
- Oversee scheduling and delivery of trainings and workshops
 - Coordinate training registration
 - Oversee M.E.T.A. communications
 - Publicize and market trainings
 - Maintain student and training records and database
 - Coordinate with staff

Clinical Experience

- 6/17-present **Alliance Counseling, Canby, OR**
Mental Health Therapist

- Individual and family therapy with adults, children and adolescents
- Focus on attachment, trauma, depression and anxiety
- Eco-therapy, equine and other animal assisted Therapy
- Specializing in mindful experiential therapy
- Maintain case files
- Participate in upkeep of facilities

4/4/16 – present **Licensed Professional Counselor, Private Portland, OR**

- Completed education, client contact hours, supervision and passed national exam required for professional licensure in counseling in Oregon

3/13 – 8/17 **Cascadia Behavioral Healthcare, Portland, OR**

Mobile Crisis Clinician

- Assess mental health crises and client immanent risk factors in the community
- Determine appropriate resources and safety measures
- Initiate Multnomah County Director's Custody Holds as needed
- Conduct follow up support and coordinate with service providers
- Coordinate with police bureau, emergency medical transport, and mental health facilities

4/12 – present **Private Practice, Portland, OR**

- Individual and group therapy with adults
- Focus on attachment, trauma, depression and anxiety
- Specializing in mindful experiential therapy
- Maintain case files
- Initially under supervision for state licensure, licensed since 4/16

3/12 – 6/17 **Cascadia Behavioral Healthcare, Portland, OR**

On-Call Counselor, Urgent Walk-In Clinic

- Assess and diagnose mental health and substance abuse disorders
- Assess client imminent risk factors including suicidal and homicidal ideation
- Determine appropriate treatment and resources based on client acuity and need
- Maintain case files, documentation, billing and electronic health records

11/11-3/12 **Cascadia Behavioral Healthcare, Portland, OR**

Integrated Counselor

- Assess and diagnose mental health and substance abuse disorders
- Provided individual and group therapy for individuals with substance abuse and mental health disorders
- Developed and implemented treatment plans
- Provided case management for approximately 30 clients
- Participated in regular supervision for licensing (LPC) and credentialing (CADC)
- Maintained case files, documentation, billing and electronic health records

1/10 – 7/11 **Behavioral Health Adult Inpatient Unit, Providence Medical Center, Portland, OR**
Dance/Movement Therapy Intern

- Provided therapeutic process groups in movement therapy, expressive therapy, and verbal therapy for patients in treatment
- Contributed to milieu management and worked with patients individually
- Oversaw and conducted therapeutic groups in supervisor's absence
- Participated in unit clinical supervision
- Developed and implemented a gentle yoga relaxation group

8/9 – 6/10

Keene High School North Campus, Keene, NH

Counseling Intern

- Provided individual and group counseling for adolescents labeled with emotional handicap
- Experience with reporting abuse to child protective services
- Formulated treatment plans and participated in case management
- Worked with parents and court system in relation to student's cases
- Used creative and nonverbal therapies in work with students