Thomas Nakamura

Licensed Marriage and Family Therapist

thomas.nakamura@email.com (619) 555-0193 San Diego, CA linkedin.com/in/thomasnakamura-lmft

Summary

Licensed marriage and family therapist with 9 years in outpatient and hospital programs, treating couples, families and adults with depression, trauma and substance use. Brings steady clinical judgment to crisis intervention, thorough biopsychosocial assessments and clinical supervision of associates working toward licensure.

Experience

Licensed Marriage and Family Therapist

06/2021 - Present

Pacific Crest Behavioral Health San Diego, CA

Outpatient behavioral health program of 40 clinicians within a regional health system.

- Carry a caseload of **30** clients, providing psychotherapy to couples, families and adults in person and by video.
- Complete biopsychosocial assessments and treatment planning for 8-10 new intakes a month, matching each to a level of care.
- Provide clinical supervision to 4 associate MFTs weekly; all 6 associates supervised since 2022 passed the clinical exam.
- Lead crisis intervention for the clinic two days a week, completing suicide risk assessments and coordinating hospital transfers.

Marriage and Family Therapist

08/2017 - 05/2021

Harbor View Medical Center San Diego, CA

Adult intensive outpatient program for mood and substance use disorders.

- Facilitated **3** group therapy sessions a day for intensive outpatient cohorts of 10-12 adults.
- Ran weekly multifamily sessions that raised family participation in the program from 35% to 60%.
- Wrote documentation in Epic for Medicare and commercial payers, with a 99% clean-claim rate on audited notes.
- Presented cases in daily treatment team meetings with psychiatrists and nurses, protecting confidentiality on every release.

Education

Master of Arts

05/2017

University of San Diego San Diego, CA

Marital and Family Therapy

Skills

- Psychotherapy
- Biopsychosocial Assessments
- Treatment Planning
- Crisis Intervention
- Clinical Judgment
- Clinical Supervision
- Group Therapy
- Documentation
- Confidentiality
- Interpersonal Skills

Certificates

Licensed Marriage and Family Therapist (LMFT)

04/2019

California Board of Behavioral Sciences

AAMFT Approved Supervisor

02/2023

American Association for Marriage and Family Therapy