

Michael Rosen

Licensed Mental Health Counselor

✉ michael.rosen@email.com ☎ (718) 555-0168 📍 Brooklyn, NY 🔗 linkedin.com/in/michaelrosen

SUMMARY

Licensed mental health counselor in New York with 5 years of clinical experience, 3 of them as an LMHC, in outpatient mental health counseling and psychotherapy. Treats a caseload of 36 adults with CBT and trauma-focused approaches, handles crisis intervention, and keeps electronic health records complete and confidential.

EXPERIENCE

Licensed Mental Health Counselor

09/2023 – Present

Ocean Parkway Behavioral Health

Brooklyn, NY

State-licensed outpatient clinic serving 3,000 adults a year.

- Counsel a caseload of **36** adults with depression, anxiety, PTSD and personality disorders in weekly psychotherapy.
- Apply CBT and clinical counseling methods, with 61% of clients showing a 50% PHQ-9 drop by 6 months.
- Manage crisis intervention and safety planning for high-risk clients, coordinating 9 mobile crisis referrals in 2025.
- Document treatment planning and progress notes in the electronic health records system within 24 hours.

Mental Health Counselor (Limited Permit)

07/2021 – 08/2023

Bay Ridge Community Counseling

Brooklyn, NY

Nonprofit outpatient clinic for children, families and adults.

- Counseled 30 clients a week, including teens and parents, under LCSW and LMHC supervision.
- Completed 12 intake assessments a month with DSM-5-TR diagnoses and risk screens.
- Co-facilitated a weekly DBT-informed skills group for 10 young adults.
- Coordinated case management with schools and psychiatrists for 20 families.

Graduate Counseling Intern

09/2020 – 05/2021

Greenpoint Recovery Center

Brooklyn, NY

Graduate internship at an outpatient substance use program.

- Counseled 10 adults in recovery each week under licensed supervision.
- Facilitated 2 relapse prevention groups a week for 8 to 12 members.
- Logged 600 clinical hours toward the master's internship requirement.

SKILLS

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|----------------------------|-----------------------------|-------------------|
| • Mental Health Counseling | • Crisis Intervention | • HIPAA |
| • Psychotherapy | • Treatment Planning | • Confidentiality |
| • Clinical Counseling | • Case Management | |
| • CBT | • Electronic Health Records | |

EDUCATION

Master of Science in Education

05/2021

Brooklyn College

Brooklyn, NY

Mental Health Counseling

CERTIFICATES

Licensed Mental Health Counselor (LMHC)

08/2023

New York State Education Department, Office of the Professions