

*Rebecca Albright, MSW, LCSW*  
*Tri-Lakes Center for Family Development*

## **Professional Resume**

### ***Professional Attributes***

- My private practice, located in Monument, Colorado, has allowed me to stay involved with the members of my community and provide a wide range of mental health services and parenting resources to local residents. I have further been able to work close to home, so that I can be actively involved with my own children.
- My training at the University of Chicago centered primarily on family systems therapy, which continues to have a great influence on my psychotherapy practice. As a social worker, I utilize approaches that are individually focused and may draw on various treatment philosophies and techniques, primarily: cognitive-behavioral interventions, strength and solution based therapies, experiential and narrative models and family of origin work. I recently added Eye Movement Desensitization and Reprocessing (EMDR) to my trauma work.

### ***Summary of Accomplishments:***

- I have helped to found two successful clinical practices: The Resource Center for High Risk Youth in Denver, Colorado and the Tri-Lakes Center for Family Development in Monument, Colorado.
- I have worked with a wide range of presenting problems including adult and childhood mood disorders, anxiety disorders, attachment disorders, learning disabilities, ADHD/ADD, trauma related to sexual abuse, physical abuse, family of origin issues and loss.
- I have significant experience with sexual behavioral problems in youth and complex family system situations. I continually work with clients on issues of self-confidence, self worth and identity, life changes and life stresses.
- I have been actively involved in organizing and networking the Tri-Lakes community counselors with each other, the schools and other community organizations, including our service organization, Tri-Lakes Cares.

### ***Education:***

Trinity University, San Antonio, Texas

*B.A., Psychology, Minor: Sociology, 1986*

Cum Laude Honors, Resident Assistant, Chapel Deacon, Member of three University choirs.

University of Chicago, Chicago, Illinois

*M.A. Social Work, 1988*

Field Placements at ChildServ, Family Support Services of Rogers Park and United Charities of Chicago, Parkside Family Center.

## ***Professional Experience:***

1988-1994 *Treatment coordinator/ Family Therapist:* Griffith Center Home for Boys: Larkspur, Co.

- Coordinated treatment services for adolescent males in this residential treatment program; provided individual, group and family therapy; organized and implemented multi-family group therapy workshops; led and participated in wilderness and experiential therapeutic opportunities; developed the Griffith Center's Family Therapy program.

1994-2004 *Co-founder, Partner, Family Therapist:* The Resource Center for High Risk Youth: Denver, Colorado

- Co-founded this out-patient treatment program for adolescent sexual offenders; developed and implemented the family therapy program including providing family therapy services for clients and multi-family group workshops for families of offenders; provided consultation for residential treatment programs and foster homes.

1994-2004 *Licensed Clinical Social Worker:* Private Psychotherapy Practice: Monument, Colorado.

- Provided individual and family therapy for a wide range of presenting problems in an out-patient setting; provide consultations and workshops for programs on team building, parenting skills and child development.

2004-Present *Founder and Director, Licensed Clinical Social Worker;* Tri-Lakes Center for Family Development, Monument, Colorado.

- Provide clinical services for a wide range of presenting problems, administrate center facilities for participating clinicians, provide parent education and consultations.

2006-Present *Field Site Supervisor;* Regis University School of Professional Services, Colorado Springs campus

- Provide field experience and clinical supervision for Masters of Arts in Counseling interns. Collaborate with Tri-Lakes Cares to provide low cost counseling for the community.

## ***Volunteer Activities:***

2001-Present *Parent Volunteer* – Palmer Lake Elementary School, Palmer Lake, Colorado.

- Assist teachers, chaperone field trips, previously – home room coordinator and event support.

1998- Present *Member and former Chairperson,* Tri-Lakes Health Advocacy Program – Community Domestic Violence Committee, Monument, Colorado

- Coordinating domestic violence prevention and intervention services in the Tri-Lakes area with county wide resources; training and community awareness.

2000-Present, *Worship Assistant,* Trinity Lutheran Church, Monument, Colorado

- Director of children's choir, vocalist for Sunday worship team, former assistant to minister during Sunday services.

1998-2000, *Care Group Coordinator*, Mothers of Preschoolers, Monument, Colorado

- Organized small discussion groups for mothers of young children; trained and supervised small group leaders.

2001-2002, *Board Member and Board Secretary*. Tri-Lakes Parks and Recreation District, Monument, Colorado

- Served on the Board of Directors for a Special District designed to preserve open space, create recreational trail systems and provide recreational facilities for the Tri-Lakes community.

### ***Professional Trainings:***

2009 *PTSD/TBI Assessment in Combat Veterans*, Colorado Springs, CO

2008 - present: *EMDR Regional group trainings*. Colorado Springs, CO

2007 *EMDR Basic 2*, Denver, Colorado

2007 *EMDR Basic 1*, Denver, Colorado

2005 *Mental Health Medications: Symptoms, Side Effects and Response*, PESI Health Care, Colorado Springs, Colorado

2004 *Nurturing Parenting Programs Facilitator Training*, Pikes Peak Family Connections, Colorado Springs, Colorado

2004 *Disturbing and Disruptive Behavior: Interventions to Help Elders with Behavioral, Emotional, and Psychological Quandries*, Health Education Network, Colorado Springs, Colorado

2003 *Colorado Jurisprudence for Mental Health*, Colorado State Mental Health Board, Denver, Colorado

2000 *Spring Conference*: Colorado Association for the Education of Young Children, Denver, Colorado

1998 *Family Violence Training*, The Center for Prevention of Domestic Violence, Colorado Springs, Colorado

1994 *Annual Conference*: Association for the Treatment of Sexual Abusers, San Francisco, California

1992 *Challenge Course Training – 8 day*, Adventure Designs, Larkspur, Colorado

### ***Associations:***

1988-Present, *Social Worker*, National Association of Social Workers, Colorado Chapter

2005 *Member*, Historic Monument Merchants Association

2008-Present, Colorado Springs EMDR Regional group

### ***Credentials:***

1998–Present *Licensed Clinical Social Worker*, Department of Regulatory Agencies, State of Colorado #991044