

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