

SOPHIA BROWN

Adolescent Counselor

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🌐 www.qwikresume.com



PROFESSIONAL SUMMARY

As an Adolescent Counselor with two years of experience, I specialize in nurturing emotional resilience in youth facing various challenges. I employ evidence-based techniques to create personalized treatment plans that empower adolescents to navigate their struggles. My goal is to cultivate a safe and supportive environment that fosters growth and inspires positive life changes.

WORK EXPERIENCE

Adolescent Counselor 📅 Mar / 2024-Ongoing
Pineapple Enterprises 📍 Santa Monica, CA

- 1. Conducted comprehensive biopsychosocial assessments to inform tailored treatment plans for adolescents.
- 2. Delivered individual, family, and group therapy sessions, focusing on emotional and behavioral challenges.
- 3. Implemented therapeutic interventions in home and school environments to promote consistent support.
- 4. Partnered with community agencies to coordinate services and resources for clients.
- 5. Educated adolescents on coping strategies and substance use prevention during psychoeducational sessions.
- 6. Designed engaging therapeutic activities to enhance clients' social and emotional skills.
- 7. Monitored client progress and adjusted treatment plans based on ongoing assessments and feedback.

Adolescent Counselor 📅 Mar / 2023-Mar / 2024
Lakeside Apparel Co 📍 Chicago, IL

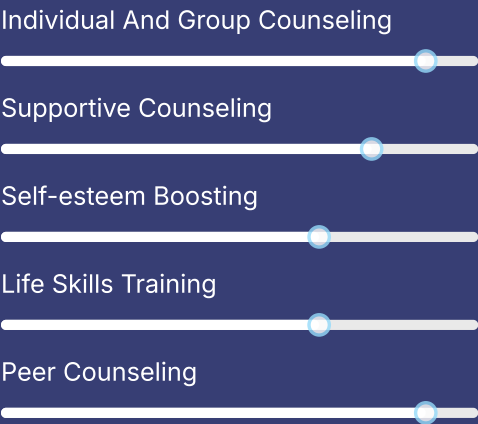
- 1. Supervised and supported emotionally challenged adolescents aged 13-19 in a group home setting.
- 2. Assisted residents with daily routines, promoting life skills such as hygiene and responsibility.
- 3. Organized community outings, fostering social skills and positive peer interactions.
- 4. Led therapeutic craft activities, enhancing self-expression and emotional release.
- 5. Collaborated with social workers to develop and implement effective behavioral management plans.

EDUCATION

Bachelor of Arts in Psychology 📅 Mar / 2022-Mar / 2023
State University 📍 Chicago, IL

Studied psychological principles with a focus on adolescent development and counseling techniques.

SKILLS



INTERESTS

- 🏠 Home Brewing 🦋 Wildlife Conservation
- 🐾 Running ❤️ Public Speaking

STRENGTHS

- 👍 Willingness 📖 Wisdom
- 🔥 Zeal 💡 Ingenuity

LANGUAGES



ACHIEVEMENTS

- 🌟 Developed and implemented a new therapeutic program that improved emotional regulation skills in adolescents by 30%.
- 🌟 Facilitated group therapy sessions that resulted in a 25% increase in peer support among participants.