

PAMELA M. BERTOLINO, M.S.W., L.C.S.W
PEACE OF MIND, INC.
L.C.S.W. North Carolina C005646

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EDUCATION: Master of Social Work (MA-M.S.W)
Boston University School of Social Work, Boston, MA.

Bachelor of Arts in Psychology.
Merrimack College, North Andover, MA.

AWARDS AND HONORS:

2010. Wake County Employee of the Year.

PROFESSIONAL AFFILIATIONS:

National Association of Social Workers.

PROFESSIONAL CERTIFICATIONS:

2014. Specialty Certificate: Perinatal Mood and Anxiety Disorders:
2017. Basic Life Support / CPR.

PROFESSIONAL EXPERIENCE:

Independent Contractor. 09/12 – present.
Peace of Mind, Inc., Lillington, NC
Psychotherapist and Clinical Supervisor. Specializing in Perinatal Mood and Anxiety Disorders.
Specializing in short term psychotherapy with individuals, couples, and groups. Supervision of
MSW's and social work students.

Mobile Crisis Counselor. 11/13 – present.
Holly Hill Hospital, Raleigh, NC
Crisis counseling, stabilization, and referral of acute Emergency Department patients.

- Psychotherapist.** 02/08 – 06/13.
Wake County Human Services Behavioral Health, Raleigh, NC
 Responsible for the treatment and medication management of a very diverse and severely mentally ill population. Coordination with psychiatrist. Initiation and coordination of the integrated care model of practice through a multi-agency grant. Integrated treatment team member. Supervision of MSW and BSW students. Networking with primary care physicians. Employee of the Year award in 2010.
- Independent Psychotherapist.** 09/01 – present.
Fuquay Varina, NC.
 Psychotherapy Services for individuals, couples, families and groups.
- Psychotherapist.** 11/04 – 01/07.
Hallmark Health Community Counseling Services, Medford, MA.
 Outpatient psychotherapy for a wide range of psychiatric issues. Affiliated with Lawrence Memorial Hospital's Geri-psychiatric Inpatient Unit.
- Psychotherapist.** 12/99 – 02/02.
Tri-City Mental Health and Retardation Center, Wakefield, MA.
 Outpatient Psychotherapy services for an indigent and severely mentally ill population.
- Psychotherapist.** 12/98 – 02/02.
New Passages, P.C., Winchester, MA.
 Psychotherapy services for individuals and families, specializing in short term, solution focused treatment.
- Director of Social Work Services.** 12/97 – 11/98.
Sun Healthcare, Meadowview Rehabilitation and Nursing Center, N. Reading, MA.
 Responsible for providing counseling and support to patients and families in nursing home admissions. Supervision of staff, marketing, and discharge planning.
- Psychotherapist / Marriage Counselor.** 10/95 – 03/98.
Wilmington Family Counseling Service, Inc., Wilmington, MA
 Individual, family, marriage, and group psychotherapy;. Case consultation. Groups for adolescent girls.
- Psychotherapist / Social Worker.** 11/94 – 01/98.
Bay Colony Outpatient & Family Service, Inc., Woburn, MA.
 Providing Geri psychiatric assessment and treatment, coordination of treatment teams. Staff consultation and supervision in various nursing homes.
- Psychotherapist / Crisis Counselor.** 11/92-11/94.
Emerson Hospital, Concord, MA.
 Responsible for psychosocial assessment in the context of an interdisciplinary team in a medical hospital. Treatment of individuals, families, and couples; family support group. Emergency Department crisis intervention. Addiction recovery program. Outpatient psychotherapy.

Psychotherapist / Social Worker. 7/90-11/92.
Arbour Hospital, Jamaica Plain, MA.

Inpatient psychiatric hospital- Psychosocial assessment and treatment; case coordination. Responsible for integrating the care of a very diverse population of psychiatric, geriatric and substance abuse patients and their families in a short-term setting. Student supervision and training.

Graduate Intern to Clinical Social Worker. 9/87-07/90.
McLean Hospital, Belmont, MA.

Clinical Internship which lead to a position as Clinical Social Worker. Rotation on all treatment units; Child Relative Program, Neurobehavioral Unit; Outpatient Psychotherapy.

PRESENTATIONS:

Integrated Care – A Collaborative Model. February, 2009.
Presentation with M. Sved, MD.
Wake County Human Services, Raleigh, NC..

Integrated Care: A Collaborative Model. April, 2009.
Apex Family Medicine, Apex, NC.

Teamwork. August 13, 2013.
Fayetteville State University (UNC Fayetteville).

Postpartum Depression. April 5, 2014.
Harnett/Lee Family Collaborative.

WORKSHOPS, INSTITUTES, AND TRAINING:

3/27/08 “The Therapeutic Process-Fruitful Folly” Holly Hill Hospital. Raleigh NC. 1 ceu

3/27/08 “Mental Health Problems Among Active and Reserve Component Soldiers Returning from Iraq and Afghanistan” Southern Regional AHEC. Fayetteville, NC, Southern Regional AHEC. -2.25 ceu

4/4/08 “Two Worlds Unite Symposium-Bridging the divide” MAHEC Asheville, NC. 6 ceu

4/15/08 “Psychiatric Medication Review”. Wake County, Raleigh NC 1.5 ceu 5/6/08 “Anger Management” Wake County, Raleigh NC. 1.5 ceu

5/20/08 “Alcoholics an overview” Wake County Raleigh NC 1.5 ceu

6/3/08 “Principles of Family Therapy” Wake County Raleigh NC 1.5 ceu

6/17/08 “The Importance of Schizophrenia” Wake County Raleigh, NC 1.5 ceu

6/19/08 "Depression in Primary Care Settings" webinar 1 ceu

6/19/08 "Pediatric Bipolar Disorder" ICARE partnership webinar 1 ceu

6/30/08 "Adult Depression" I-care Partnership webinar 1 ceu

7/15/08 "DBT Origins" Wake County Raleigh, NC 1.5 ceu

8/5/08 "DBT Principles for Individual Therapy" Wake County Raleigh, NC 1.5 ceu

8/19/08 "The Hidden Cost of War: Treatment Issues for Returning Veterans" Wake County, Raleigh, NC 1.5 ceu

8/21/08 "Bipolar Disorder in Primary Care Settings" webinar 1 ceu

9/2/08 "Assessing Substance Abuse" Wake County Raleigh NC 1.5 ceu

9/18/08 "Major Depressive Disorder-Latest Evidence based treatment.". Webinar 1 ceu

10/17/08 Basic Introduction to Interpersonal Psychotherapy (IPT) for Depression. Raleigh, NC 6 ceu

10/21/08 Problem Gambling Part I Wake County Raleigh NC 1.5 ceu

11/18/08 "Adolescent Substance Abuse 101" webinar 2.75 ceu

2/3/09 "Integrated Care" Wake County Raleigh, NC 1.5 ceu

2/17/09 Family Therapy: An Overview Wake County Raleigh NC 1.5 ceu

3/21/09 "Two Worlds Unite Conference on Integrated Care" Chapel Hill, NC 6 ceu

5/27/09 Ethical and Legal Issues in psychotherapy Wake County Raleigh, NC 4 ceu

7/21/09 "Motivational Interviewing" Wake County Raleigh, NC 1.5 c.e.u.

9/1/09 "Matrix Outpatient Modes" Wake County Raleigh, NC 1.5 ceu

9/1/09 Mental Health/Substance Abuse Issues of Veterans of Combat in Iraq and Afghanistan. Wake County Raleigh, NC 1.5 ceu

9/9/09 Bipolar Depression: Treatment and Diagnosis webinar 1 ceu

11/4/09 "Ethics for the visible helper" Wake County Raleigh NC 4 ceu

11/21/09 "Survivors of Suicide" Wake AHEC Raleigh, NC 4 ceu

3/2/10 Introduction to Matrix Outpatient Treatment Model Wake County, Raleigh, NC 1.5 ceu

3/4/10 Secondary Trauma Wake County Raleigh, NC 1.5 ceu

3/16/10 Overview of STEPPS and Comparison to DBT. Wake County Raleigh, NC. 1.5 ceu

01/2018

5/4/10 Wake County Informed Consent and Competency Raleigh, NC 1.5 ceu

5/18/10 Historical Perspectives of Same Sex Relationships, Wake County Raleigh, NC. 1.5 ceu

5/19/10 Case for Collaborative Care Wake AHEC webinar 1 ceu

6/9/10 Psychopharmacology in Primary Care Wake AHEC webinar 1 ceu

8/3/10 Psychiatric Meds Update, Wake County Raleigh, NC 1.5 ceu

8/17/10 Mindfulness and Health Wake County Raleigh, NC 1.5 ceu

2/1/11 Dry Mouth Wake County Raleigh, NC 1.5 ceu

4/2/11 “DBT” NASW Raleigh, NC 3.5 ceu

5/3/11 Continuum of care for elderly with dementia, Wake County Raleigh NC 1.5 ceu

5/18/11 “Prolonged Exposure Therapy for PTSD” Raleigh, NC 6 ceu

5/25/11 Clinical Applications of Motivational Strategies, webinar 3 ceu

6/7/11 Co-existing Substance Abuse and DD Wake County Raleigh NC 1.5 ceu

8/30/11 Advanced Ethical Issues Wake County Raleigh NC 4 ceu

12/22/11 Group Dynamics and Implications of CBT Wake County Raleigh NC 6 ceu

5/1/12 Person-Centered Treatment Planning. Wake County Raleigh, NC 1.5 ceu

5/9/12 Psychopharm. Update for Non prescribers Wake AHEC Cary, NC 3 ceu

6/15/12 Ethics-Know your code, live your code Wake AHEC Cary, NC 4 ceu

6/19/12 Group CBT for Depression. Wake County Raleigh, NC 1.5 ceu

7/5/12 “How to treat Anxiety” Reid Wilson Phd, Wake County Raleigh NC 2 ceu

8/21/12 Evidenced Based Psychosocial Treatments for SPMI Wake County Raleigh, NC 1.5 ceu

8/18/12 An Online Training Course : Trauma Focused CBT . Medical University of South Carolina and The National Center for Child Traumatic Stress. 10 ceu

9/4/12 An Online Training Course for Using TF-CBT with childhood traumatic grief. Medical University of South Carolina and The National Center for Child Traumatic Stress. 6 ceu

9/12/12 “Emergency Shelter Worker Training” Wake County and Red Cross , 3 ceu

9/14/12 “Foundations of Disaster Mental Health” , Red Cross, 3 ceu.

9/26/13 Substance Abuse Treatment for Adolescents, Sanford, NC 2 ceu.

01/2018

9/27/13 Fetal Alcohol Syndrome-NASW 1 ceu.

10/10/13 Developing Multiple Income Streams-NASW 1 ceu.

10/12/13 Grief and Loss, NC State Veterinary School-NASW 3 ceu.

10/15/13 CPR and First Aid Training Harnett County 4 ceu.

10/16/13 NCI Sandhills Training 4 ceu.

11/6/13 Bullying Awareness and Prevention Harnett County 1.5 ceu.

12/5/13 Spiritual Assessments in Psychotherapy NASW 1 ceu.

3/9/14 Risk and Substance Abuse and Assessment in Sexual Minority Groups, NASW 1 ceu.

3/14/14 Social Work in A Digital Age: Ethical and Risk Management Challenges, NASW 3 ceu.

6/18/14-6/20/14 Perinatal Mood and Anxiety Disorders: Components of Care: UNC School of Medicine and PSI. Specialty Certificate, 15 ceu.

11/20/14 Review of HIPPA Security Rule, NASW 1 ceu.

9/15/15 Veritas Collaborative on Eating Disorders, 5.5 ceu.

2/15/16 Let's Talk about HI/AIDS NASW 1 ceu.

4/6/16 One Child, Multiple Homes. NASW 1 ceu.

4/29/16 Complex Ethical Challenges NASW 3 ceu. Ethics CEU

5-2-16 NASW Clinical Social Work Institute: Ethics Environment -2 ceu. Ethics CEU

5-2-16 NASW Clinical Social Work Institute: Subpoenas-Reading Fine Print 2 ceu.
LGBTQ Affirmative Practice 2 ceu.
How to Excel in Supervision 2 ceu.

5-3-16 NASW Clinical Social Work Institute: Guided Trauma 2 ceu.
Self Care and Ethical Awareness 1 ceu. Ethics CEU
State Resources for Providers 2 ceu.
Ethics and Risk Management 2 ceu. Ethics CEU
The Behavioral Health Kaleidoscope 2 ceu.
Recovery of the brain. 2 ceu.

6-19-17 How to provide best treatment for Young Children 1.25 ceu.

6-19-17 Making Relationships Work PESI 1.75 ceu.

6-20-17 Preventing Medical Errors: Best Practices 2 ceu.

6-20-17 Ethics and Boundaries 2017 3 ceu Ethics CEU

01/2018

6-20-17 Suicide Assessment and Treatment 3 ceu.

7-14-17 CPR training 4 ceu.