

# WHITNEY GREGG, M.S., LPC

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## PROFESSIONAL EXPERIENCE

### PEACE OF MIND, INC. – LILLINGTON, NC

#### *Licensed Counselor (1/2014 – Present)*

- ❖ Implement advanced counseling skills into effective practice with clients from diverse backgrounds to include At-Risk Adolescence, Victims of Sexual Trauma, Active Duty and Veteran service members. .
- ❖ Use of culturally responsive individual, couple, family, group, and/or systems modalities in counseling relationship, and consider the unique needs of the client when making clinical decisions.
- ❖ Complete initial intake sessions and complete mandated insurance file compilation and consistent, complete progress notes.
- ❖ Incorporate information obtained from human service providers for treatment planning, effective delivery of mental health counseling services, and prevention of mental health disorders.
- ❖ Consistently communicate clearly and appropriately with colleagues, clients, supervisors, and other professionals.
- ❖ Adhere to ethical and legal standards in clinical mental health counseling.
- ❖ Complete comprehensive treatment plans to include diagnosis, goals, interventions, and mental health assessments.
- ❖ Maintain consistent and comprehensive communication with primary care physicians, case workers, education entities and any identified parties to ensure continuity of care and coordination of needs of the client.
- ❖ Complete physician reports and referrals for recommendations of treatment for clients when requested to initiate or support holistic care.
- ❖ Schedule and manage psychotherapy appointments for each client
- ❖ Maintain active referrals, physician documentation for medical necessity of mental health services, and manage authorization requests from insurance companies (Medicaid, Blue Cross, Blue Shield, IPRS, etc.)
- ❖ Facilitate clients meeting goals defined in treatment plan and provide unconditional positive regard
- ❖ Maintain fidelity with treatment modalities to include Eye Movement Desensitization and Reprocessing (EMDR) therapy.

### HENRY JACKSON FOUNDATION – FORT BRAGG, NC

#### *Research Assistant, Army STARRS (6/2012-12/2013)*

- ❖ Facilitate recruitment of participants by communicating with Womack Army Medical Center's Inpatient Psychiatry Ward.
- ❖ Conduct informed consent presentation, explaining the research study to participants in detail.
- ❖ Complete in person interviews specifically inquiring about the suicide attempts with intent to die during the participant's life.
- ❖ Facilitate interview with researchers at Harvard University, blood sample, computerized neurocognitive testing, and questionnaires.
- ❖ Utilize research-tracking software to input case notes and interview observations.
- ❖ Facilitate scheduling for control subjects, including blood collection and computerized neurocognitive testing.
- ❖ Attend daily staff meetings on the inpatient ward to discuss possible case referrals with attending physician/psychiatrist on staff
- ❖ Communicate with nursing staff to coordinate appropriate meeting times and scheduling of potential and active participants
- ❖ Engage in weekly supervision with project managers via teleconference and report case studies.
- ❖ Manage ordering of essential materials needed to perform research related tasks to include communication with Rutgers University to order blood tubes and packaging.
- ❖ Manage safety protocol for participants in the event of active suicidal ideation and suicidal behavior.

### PEACE OF MIND, INC. – LILLINGTON, NC

#### *University Intern (1/2013 – 9/2013)*

- ❖ Appropriately implement advanced counseling skills into effective practice with clients from diverse backgrounds.
- ❖ Use of culturally responsive individual, couple, family, group, and/or systems modalities in counseling relationship, and consider the unique needs of the client when making clinical decisions.
- ❖ Apply appropriate strategies to promote client understanding of, and access to, a variety of community resources.
- ❖ Incorporate information obtained from human services providers for treatment planning, effective delivery of mental health counseling services, and prevention of mental health disorders.
- ❖ Consistently adhere to ethical and legal standards in clinical mental health counseling.

### BUTNER ELEMENTARY SCHOOL – FORT BRAGG, NC

#### *Substitute Teacher (8/2011 To 7/2012)*

- ❖ Implement learning objectives set by teacher through lesson plans.
- ❖ Interact with students, parents, and staff regarding daily activities, behavior, and education goals.
- ❖ Follow school protocol, policies, and manage time while in the classroom.

### UNIVERSITY OF MICHIGAN (SURVEY RESEARCH CENTER) – FORT BRAGG, NC AND ASSIGNMENTS

#### *Group Session Proctor (1/2011 To 7/2013)*

- ❖ *Group Session Proctor* Manage administrations of ARMY STARRS mental health survey assessments in a group setting of soldiers.
- ❖ Understand and execute safety plans, confidentiality, and protocols in each session.
- ❖ Independently manage communications, travel arrangements, and weekly reports with group and university.

## EDUCATION

**M.S., MENTAL HEALTH COUNSELING, CAPELLA UNIVERSITY, MINNEAPOLIS, MINNESOTA (2013) G.P.A.: 3.794**

**B.S., PSYCHOLOGY, FAYETTEVILLE STATE UNIVERSITY, FAYETTEVILLE, NORTH CAROLINA (2009)**

## WORKSHOPS

Effective Communication (Compsych, 2015)  
Stress: A Way Of Life Or A Fact Of Life (Compsych, 2015)

## CONTINUING EDUCATION / TRAINING/PROFESSIONAL MEMBERSHIPS

EMDR Certified Therapist (2015) EMDRIA (2015) Licensed Professional Counselor – NCBLPC (2015)  
LPCANC (2015) Youth Mental Health First Aid Certified Training (June 2014)  
Structured Clinical Interview for DSM-V (SCID) (2013/2014) TF-CBT with Childhood Traumatic Grief (2013)  
Trauma Focused Cognitive Behavior Therapy (TF-CBT) (2013) American Counseling Association (2012)  
Chi Sigma Iota – Counseling Academic and Professional Honor Society International (2012)  
University of Michigan Group Session Proctor Research Training (2011) Leadership 101 at Robeson Community College (2008)

## VOLUNTEER EXPERIENCE

### **A MOTHER'S LOVE SUPPORT GROUP AT FULLER PLC, FAYETTEVILLE, NC**

***Group Facilitator /Mentor (8/2010 To 5/2011)***

- ❖ Assisted student leaders with gathering resources, recruiting and scheduling speakers, and disseminating parenting information that provided a better quality of life for at-risk pregnant teens, and teen mothers.
- ❖ Provided personalized assistance with educational, career, or personal resources to students.
- ❖ Planned group events or special seminars and obtain community assistance.
- ❖ Coordinated with school and county officials for program management and potential funding
- ❖ Served as a coach to students interested in leadership opportunities in the school as well as within the support group.
- ❖ Facilitated donations to support group from within the community.

### **THE AMERICAN RED CROSS – HIGHLAND CHAPTER, NORTH CAROLINA**

***Volunteer (8/ 2010 To 12/ 2010)***

- ❖ Assisted in setting up displays at community events, providing community with information about the organization, volunteer opportunities, and donation needs.
- ❖ Produced internet and print marketing materials, and assisted with creating new materials for community events.