

CARA COUNSELOR

Rock Hill, SC | 803-323-2141 | helperh1@winthrop.edu

EDUCATION

Winthrop University, Rock Hill, SC

Master of Education in Counseling and Development

Expected May 2027

Bachelor of Arts in Psychology

May 2024

- Relevant Courses: Counseling Skills, Lifespan Developmental Counseling, Counseling Theories, Foundations & Ethical Issues, Social Psychology, History and Systems of Psychology, Ethics in Psychological Research

CLINICAL EXPERIENCE

Counseling Student Intern

January 2025 - present

Best Counselors of the Carolinas, Charlotte, NC

- Provide individual, couple, and group counseling, utilizing evidence-based therapeutic techniques such as Cognitive Behavioral Therapy (CBT), Person Centered Therapy (PCT), and the Gottman Method to support clients' well-being, particularly in improving communication and conflict resolution in relationships.
- Conduct comprehensive intake assessments, develop treatment plans, and document progress notes in compliance with ethical and legal standards.
- Collaborate with licensed clinicians to discuss case conceptualization and treatment interventions, enhancing clinical skills and professional development.
- Facilitate psychoeducational workshops on coping strategies, mindfulness, and self-care to promote client resilience and personal growth.

Graduate Associate

Winthrop University Center for Career Development & Internships, Rock Hill, SC

August 2024 - May 2025

- Advised undergraduate and graduate students on career development strategies, including resume writing, interview preparation, and job search techniques.
- Facilitated career workshops on professional networking, graduate school applications, and employment trends to enhance students' career readiness.
- Collaborated with employers and faculty to coordinate campus recruitment events, connecting students with internship and job opportunities.

RESEARCH EXPERIENCE

Graduate Research Presenter

August 2024 - February 2025

South Carolina Counseling Association Conference, Myrtle Beach, SC

- Researched the intersectionality of African American trauma and relationships, evaluating attachment styles, communication patterns, and integrative counseling interventions (Bowen Theory and Gottman method).
- Delivered research findings to counseling professionals at the February 2025 annual conference, illustrating culturally responsive therapeutic techniques for supporting clients.
- Moderated academic discussions with clinical professionals, exchanging education on best practices for addressing trauma and fostering healthy relationships within diverse communities.

PROFESSIONAL ASSOCIATIONS

American Mental Health Counseling Association

May 2025 - present

American Counseling Association

July 2024 - present

South Carolina Counseling Association

May 2024 - present

SKILLS

- Microsoft Outlook, Word, PowerPoint, and Excel; Canva; Google Docs
- Cultural Competence, Ethical Decision-Making, Active Listening, Rapport Building