

Stephanie Cold
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Licensure

LCPC license #180.012993

Education

California Institute of Integral Studies Psychedelic Therapy and Research Program April 2022- April 2023

University of Michigan Sex Therapy Certification Program April 2020-April 2021

DePaul University- Chicago, IL Jan. 2015- June 2017

-Master of Education in Clinical Mental Health Counseling, June 2017 **G.P.A. 4.0**

The University of Miami- Coral Gables, FL 2008-2012

- Bachelor of Arts, Major in Studio Art, Minor in Women and Gender Studies.

- Charles University- Prague (study abroad program) **Spring 2011**

The Bolles School 2004-2008

- High School Diploma

Clinical Experience

Magnolia Counseling October 2020- present

Owner and Psychotherapist

Reyngold Psychotherapy and Wellness Center June 2019- October 2020

Psychotherapist practicing individual and couple's therapy

Community Counseling Centers of Chicago (C4), LPC July 2018- present

Intensive Support Team, Staff Therapist

- Facilitates group therapy/counseling to adults with chronic and pervasive mental illnesses living below the poverty line.
- Provides individual psychotherapy to adults with chronic and pervasive mental illnesses living below the poverty line.
- Develops group counseling curriculums
- Mental health assessments
- Creates and reviews individual treatment plans for clients
- Suicide & risk assessments

Community Counseling Centers of Chicago (C4),

July 2017- July 2018

Community Support Team, Staff Therapist

- I worked as a staff therapist on the Community Support Team.
- I worked with populations with chronic, severe and pervasive mental illnesses.
- Provided clients with medication monitoring and management services.
- Provided clients with clinical case management.
- Provide support to clients navigating systemic barriers.
- Supported clients with managing their ADLs and building skills for living independently in the community.
- Consulted with clinicians in a team environment in order to provide continuity of care to the clients.
- Provided support to clients at medical appointments.
- Created and review individualized treatment plans with clients.
- Completed mental health assessments.
- Assessed clients for suicidal and homicidal ideation, and risk assessments.

Anixter Center, MHP – Chicago, IL

July 2016- July 2017

- Provided individual therapy for individuals with chronic, pervasive and severe mental illnesses

- Participated in weekly staff meetings to help create a comprehensive treatment approach for our clients
- Facilitated 6 group sessions a week focusing on psychosocial skills, counseling therapy and community support for clients with chronic mental illnesses
- Facilitated groups that provided support and education about DBT, human sexuality, stigmatization of mental illness through the media, political advocacy, creative self-expression, healthy boundaries, asserting one's voice and recovery,
- Created the curriculums for therapy groups that lasted approximately 5-6 months each term
- Completed mental health assessments
- Assessed clients for suicide risk and homicide risk
- Developed treatment plans for clients
- Wrote client progress notes and maintained records for billing
- Worked closely with clients diagnosed with intellectual disabilities and developmental disorders providing them with therapeutic treatment tailored to serve their needs.

Activities and Recognition

Presenter at The Illinois Counseling Association 67th Annual Conference, Courage: The Contagious Spirit of the Counselor's Lifework, November 14, 2015

- I co-presented an 80-minute panel alongside a colleague under the mentorship of a professor
- The panel was focused on the topic of about how counselors find the courage to be an agent of social change.
- The synopsis of the panel is about counselors finding the courage to be a social change agent through community engagement.
- Educated participants about the basic tenants of a Community-Based Counseling Framework and Relational-Cultural theory with an emphasis on social responsibility.
- Provided counseling practitioners with specific consulting skills to foster self-sufficient sustainable growth within communities
- Taught counseling practitioners to design interventions that account for community based-distress.

- Showed participants how to develop strategies for assessing community needs and resources, using geographical eco-maps as tools for addressing issues of equity.
- Supported participants in expanding their awareness of the intersectionality between interpersonal networking and social media.

Golden Key International Honor Society- DePaul Chapter **October 2015- Present**

Kappa Delta Pi Honor Society Member **Spring 2016- Present**

Community Outreach

Center on Halsted, Chicago, IL. **Jan 2022- Jan 2023**

Volunteer

- Volunteers providing pro bono therapy services to LGBTQA+ identified adults

Center On Halsted, Chicago, IL **July 2015- July 2017**

Volunteer

- Served as volunteer in Center on Halsted's HIV Outreach and Prevention Program
- Distributed safe sex kits in neighborhoods of Chicago to assist in HIV prevention
- Provide members of the community with education about HIV and AIDS
- Assisted HIV positive individuals in finding comprehensive treatment and care
- Guide individuals through the process of receiving free HIV testing from certified staff
- Create a supportive and compassionate environment for individuals awaiting testing

Art from Ashes, Denver, CO **July 2014-December 2015**

Volunteer

- *Art from Ashes* is a nonprofit organization that exists to empower struggling youth by providing creative programs that facilitate health and hope through expression, connection, and transformation.
- *Art from Ashes* changes these young people's lives by giving those who have suffered or are suffering a voice.
- Helped organize and facilitate fundraisers for Art from Ashes and Rainbow Alley
- Participate in poetry workshops designed to assist young people in finding their voice
- Assisted in administrative tasks with the head of the organization.

Gallery Showing at Premier Gallery – Jacksonville, FL **Summer 2013**

Wined Down Denver Festival, Volunteer **July 2012**

Art Basel Volunteer- Miami, FL **Dec 2009, Dec 2010, Dec 2011**

Political Campaign Volunteer **Fall 2008, and Spring 2010**

Paint on Commission
ongoing*

Membership Affiliation

- American Counseling Association (ACA)
- American Association of Sexuality Educators (ASSECT)

Professional Certifications

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| Psychedelic-Assisted Therapies and Research certified | April 2023 |
| - MDMA assisted therapy level 1 & 2 MAPS certified | August 2022 |
| -IM-CANS certified | September 6 th , 2018 |
| -Mandated Reporter, Illinois Department of DCFS | April 2019- present day |