

# Mikayla Sefiane

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## Formal Education

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University of Washington

Master of Arts in Applied Child and Adolescent Psychology

AUGUST 2018-JULY 2019

Central Washington University

Bachelor of Science in Family Studies

SEPTEMBER 2015-JUNE 2017

Wenatchee Valley College

Associates Arts Degree

SEPTEMBER 2013-JUNE 2015

## Professional Licensure

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Licensed Mental Health Counselor Associate, Washington State

2019-PRESENT

## Certifications

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- First Aid/CPR Training
- Food Handlers Permit
- HIPAA Training
- Washington State Counselor's Affiliation Certificate
- Therapeutic Crisis Intervention (TCI)
- Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)
- Parent-Child Interaction Therapy (PCIT) - Received training and consultation
- Dialectical Behavioral Therapy (DBT) - Received training and consultation
- Cognitive Behavioral Therapy

## Work Experience

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Mikayla Sefiane Counseling, LLC

Independent Practitioner & Seattle Psychology Clinical Associate

OCTOBER 2019-PRESENT

- Provide evidence-based interventions to children, adolescents, parents, and young adults in need of mental health treatment
- Independent therapist devoted to supporting the individual needs of clients and families
- Develop and create mental health treatment plans with assigned client
- Provide intake assessments and formulate diagnostic formulations

## Ryther

### Child and Family Therapist (intern)

AUGUST 2018 – AUGUST 2019

- Delivered evidence-based interventions to children (5 to 10-year-olds) and families in a residential treatment center
- Facilitated parent coaching for parents and families to learn effective interventions, appropriate language, and parenting styles
- Supported case conceptualizations through a trauma informed lens
- Provided intake assessments, formulated diagnostic formulations, and created mental health treatment plans
- Trained in de-escalation techniques for crisis and created safety plans using the child/family's stress cycle model

## Ryther

### Case Manager (Sub-Acute Care Program)

AUGUST 2017 – AUGUST 2019

- Provided case management services advocating for the child in regard to treatment, community involvement, and placement planning for youth involved in the foster care system
- Creating and facilitating treatment plans and meetings as necessary
- Assists clients to function effectively in the community

## Comprehensive Health Care

### Mental Health Worker/Case Manager (Adolescent Inpatient)

DECEMBER 2016 – AUGUST 2017

- Delivered crisis evaluation and intervention
- Daily monitoring of residents and trained them in daily living skills (i.e. coping skills, hygiene routine, nutrition, leisure time, etc.)
- Provided supportive counseling, assistance, and role model interpersonal and social skills
- Facilitated mindfulness and social skills groups for the residents
- Provided individual support to clients dealing with family, school, and personal struggles

## Lincoln Elementary School

### Educational Aide

SEPTEMBER 2015 – JANUARY 2017

- Assisted classroom teachers with preparing and teaching material for kindergarteners
- Helped support classroom management and organization
- Facilitated literacy and math groups

## Abu Dhabi Butterfly Montessori Nursery, United Arab Emirates

### Montessori Coordinator & English Teacher

OCTOBER 2013– JUNE 2014, APRIL 2015 – JUNE 2015

- Creating and implementing lesson plans incorporating the Montessori philosophy
- Supervised classroom activities, including behavior management, small group lessons, and individual lessons
- Developed thematic planning and instruction utilizing play therapy and sensory integration
- Coordinated activities for Summer camp, supported teacher training in the Montessori method, assessed students, assisted teachers with lesson planning and helped prepare themes of the week
- Helped support administrative duties

## Professional Skills

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### Counseling

- Providing individual small group, and crisis counseling
- Support classroom behavior management, social/emotional guidance, and teacher support
- Creating strengths-based treatment plans with clients and frequently reviewing goals

### Consultation

- Collaborate with parents by providing support on psychoeducation on challenges such as social/emotional difficulties, behavioral outbursts/tantrums, attunement, and parenting styles
- Provide resources and information to parents and teachers in need
- Communicate with other professional to better support the individual needs of the child
- Assist teachers in emotional and behavioral interventions
- Work with parents, families, and children involved in the Child Welfare System