

CHERYL T. JAMES, LCSW

#LCS 19265

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Phone: 619-504-1472

PROFESSIONAL:
EXPERIENCE

Psychotherapy Private Practice

Sole Proprietor of a psychotherapy private practice and group practice (Inspire Professional Counseling).

Provide advanced clinical biopsychosocial assessments, engagement and treatment to include individual, conjoint, and family therapy to children, adolescents, adults and senior adults experiencing intrapsychic difficulties to include minor and complex presentations of depression, anxiety, parent-child conflicts, adjustment disturbance, trauma, life transition issues, family violence, child abuse victimization, grief and loss, with a specialty in child abuse and rape trauma, interpersonal relationship violence, working with children with academic and behavioral disturbances, work with seniors and their family related to stress and aging. Experienced with EAP, crisis intervention, and conducting risk assessments. Specialize in trauma therapy and working with clients of culturally diverse backgrounds. Trained and utilize the following advanced treatment approaches and techniques: CBT, Trauma Focused CBT, Psychodynamic, DBT, Polyvagal, MI, and Systemic and Solutions Focused approaches. Strong incorporation of techniques with understanding of client cultural diversity and issues of intersectionality to provide individualized care. Manage clinical staff within a group practice; clinical supervision to post grad MSW clinicians working toward licensure; mentorship to undergraduate and graduate students working towards professional clinical social work practice and education. Own, operate and manage both an individual and group psychotherapy practice. Efficient with CRM, Excel, Word, telehealth treatment approaches. Working actively with Grow Therapy and Rula teletherapy platforms for 2+ years), credentialing and claims filing, experienced in negotiating with insurance companies, collaborative practice approach with psychiatrists, psychologists, primary care providers and ancillary treatment approaches. October 2000 – Present

*Group practice closed 12/2021 due to Covid 19

San Diego State University

School of Social Work

Adjunct Lecturer

Teach undergraduate and graduate courses for the School of Social Work at SDSU related to the basic fundamentals of the Social Work profession, generalist practice, treating multicultural families, advanced clinical interventions, NASW Code of Ethics fields of service, social work values,

evidence based practice principles in accordance with CSWE, child psychology, direct social work practice, motivational interviewing, general systems theory and social work principles within a Micro, Mezzo and Macro practice arena. Advanced Clinical Interventions and Advanced Generalist practice. Mentorship of undergraduate students.

August 2014 – Present

School of Social Work

MSW Admission Director

Oversee the MSW application review and notification process for the main SDSU campus and Imperial Valley Campus, which includes responding to inquiries related to the MSW program from prospective applicants, conducting monthly information sessions for prospective candidates, coordination of cohort orientations for all MSW programs, updating marketing materials related to the graduate programs offered within the School of Social Work, recruitment efforts both on campus and within the community for the MSW program, collaboration within the community and with on-campus departments to promote and support awareness and interest in the MSW degree.

January 2017 – May 2018

Wellpoint Behavioral Health – Blue Cross of California

Specialty Care Manager

Provide pre-certification, concurrent review and discharge planning with providers and facilities offering behavioral health services to members of Wellpoint Behavioral Health. Processed retrospective reviews and authorizations for outpatient mental health services. Member of a team that handled specialty accounts; provided intensive case management services, crisis intervention and risk assessment to members, facilities and providers.

September 2004-December 2006

Children's Hospital – Center for Child Protection

Trauma Therapist

Provide individual, conjoint, and group psychotherapy to child and adult victims of child abuse and domestic violence, crisis intervention and psychosocial assessments. Developed a curriculum and conducted on-going groups for child and adolescent victims of sexual assault. Co-Coordinator of Child Trauma Reduction Program, developed a group therapy program to provide trauma-based therapy services on-site at local elementary schools. Provided trainings on multicultural issues, Rape Trauma Syndrome and Child Abuse Indicators for staff and within the community and functioned as a member of a multidisciplinary team. Field Supervisor for MSW graduate students from San Diego State University.

August 1994-April 2003

EDUCATION: Masters in Social Work
Emphasis: Clinical
Concentration: Children, Youth and Families
San Diego State University. May 1993.

LICENSURE: Licensed Clinical Social Worker #LCS19265
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PROFESSIONAL Member of the NASW
AFFILIATION'S

PROFESSIONAL
TRAINING'S

Children's Institute International: 5 day training: Child Sexual Abuse
Children's Institute International: 2 day training: PTSD AND DSM IV
Children's Hospital – CCP: 2 day training on Attachment & Separation
Cognitive Therapy Training Seminars – 8 month intensive clinical
trainings on Depression, Anxiety disorders, Generalized Anxiety, and
PTSD
Certified Clinical Trauma Intensive Training – 2025
Somatic Trauma Healing
Complex Healing with IFS
Advanced Art Therapy Training: 1 year post-graduate.
Southern California Training in Bowen Family Systems Theory:
- 6 month intensive training.
Motivational Interviewing Techniques: 2025
Law and Ethics on Telehealth for California LCSW and MFT: 2025
Depression, Antidepressants and Psychotherapy: 2020
NASW Responding to Subpoenas: 2020
Elder Abuse: 2020
Mandated Abuse Reporting: 2025
California Law and Ethics: 2025
Trainings in ADHD, Executive Functioning with Neurodiverse clients