

# Louisa T. Triandis, LCSW, PPSC

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## Summary of Qualifications

- Over 25 years of psychotherapy and school social work experience conducting therapy and crisis intervention with individuals, families, and groups in both English and Spanish
- Culturally competent and trauma informed skills to intervene effectively with at risk populations of all ages, military families, and schools
- Masters level teaching and staff development experience
- Expertise in expressive arts therapies, behavior modification, mindfulness, strengths based approaches and school wide interventions
- Consultation, clinical supervision and staff coaching expertise
- Proficient in working with individuals, families and groups with a variety of disabilities and mental health issues using a range of modalities
- Legal and therapeutic experience with victims of violence and trauma.
- Certificate in Art Therapy, California Pupil Personnel Services Credential, Certified Advanced Nurtured Heart Approach Trainer, Certificate in College Counseling, Restorative Practices Trainer
- Co-author of *There's Always Something Going Right: Workbook for Creating Truly Great Schools*, *There's Always Something Going Right: Workbook for Implementing the Nurtured Heart Approach in School Settings*, and *The School Services Sourcebook* article *Design and Utility of Social Skills Groups in Schools*

## Professional Experience

[Nurtured Heart Consulting](http://www.BoostCA.org), Boost Counseling and Assessment  
Solana Beach, CA ([www.BoostCA.org](http://www.BoostCA.org),  
[www.nurturedheartconsulting.com](http://www.nurturedheartconsulting.com))

### Consultant/Therapist

4/2008 to  
Present

- Conduct training, workshops, coaching and consultation on the Nurtured Heart Approach to school staff and principals, mental health agencies, and families.
- Provide individual and family psychotherapy and expressive arts therapy for children, teens, families and adults in English and Spanish.

National City School District National City, CA  
School Social Worker

4/2018 to  
6/2019

- Provided individual, group, and family counseling to Spanish and English speaking elementary and pre-school students with a variety of issues including behavioral concerns, anxiety, depression, grief and loss, anger management, domestic violence, familial relationship problems, self-injury, suicidal ideation, concerns about immigration status, attendance, etc.
- Linked families and students to outside organizations for support.
- Supervised and trained San Diego State Title IVE MSW Students
- Conducted workshops for staff on Restorative Practices

8/2016 to  
6/2017

San Dieguito Union High School District Encinitas, CA  
School Social Worker

- Provided individual, group, and family counseling to Spanish and English-speaking high school and middle school students with issues of substance abuse, anxiety, depression, grief and loss, anger management, domestic violence, familial relationship problems, self-injury, suicidal ideation, concerns about immigration status, etc.
- Facilitated social work services for the READI program (Recovery, Education, Alcohol and Drug Instruction alternative to suspension program). Provided group, individual and family counseling to over 40 students with substance abuse issues. Co-lead READI Parent Groups to inform parents about drug and alcohol trends, and gave instruction to Spanish speaking families with children in READI

8/2008 to  
6/2016

University of Southern California San Diego, CA  
**Building Capacity Field Coordinator/Adjunct Faculty/Field Liaison**

- Provided individual and group clinical supervision to MSW students at USC who were placed in school social work settings.
- Managed the relationship between USC and MSW supervisors, MSW internship sites and MSW students.
- Instructor for graduate courses on practice with individuals, families and groups, human development and mental health, and school social work.

9/2000 to  
6/2010

YMCA Youth and Family Services San Diego, CA  
**School Social Worker/Therapist**

- Provided individual, family and group counseling to Spanish and English speaking clients with issues of grief and loss, anger management, sexual abuse, domestic violence, familial relationship problems, self-injury, substance abuse, etc. as well as staff training and classroom management support at three elementary schools, a middle school and an outpatient clinic.
- Conducted individual and group clinical supervision for MSW and BSW interns, and ASW/MFT trainees pursuing licensure.

9/1998 to  
10/2000

Roosevelt Junior High School Cluster Healthy Start San Diego, CA  
**Program Coordinator**

- Developed and coordinated services to meet health and social welfare needs within cluster schools (three elementary and one junior high) and surrounding communities.
- Managed Healthy Start Budget for cluster schools.
- Worked with community agencies and school administration to integrate new programs into the educational structure (such as violence prevention, counseling services, family resource rooms, increased parent involvement, etc.).
- Conducted individual, family and group counseling with youth and adults.
- Worked collaboratively with community organizations and the school district to draft grant proposals to improve school services.

5/1994 to  
6/1998

Seneca Center

San Leandro, CA

**Day Treatment Therapist**

- Provided individual and family therapy to severely emotionally challenged children and adolescents (ages 7 to 17), and their families in a non-public school setting in both English and Spanish.
- Facilitated groups covering issues such as drug and alcohol use, sex education, violence prevention, anger management, family problems, etc.
- Supervised staff regarding client behavioral and mental health issues.
- Responsible for creating a therapeutic class environment and helping to maintain the structure of the classroom.
- Coordinated discharge plans for students re-entering public school.
- Provided clinical case management to clients.

**Education**

Jane Addams College of Social Work, University of Illinois at Chicago

**Master of Social Work** (Concentration in School Social Work)

Northwestern University

Evanston, IL

**Bachelor of Science** June 1990 Major in Human Development and Social Policy, Minor in German.