

CHERYL T. JAMES, LCSW
#LCS 19265

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PROFESSIONAL:

San Diego State University

EXPERIENCE

Psychotherapy Private Practice

Sole Proprietor of a psychotherapy private practice and group practice

(Inspire Professional Counseling).

Provide individual, conjoint, and family therapy to children, adolescents, and adults and senior adults experiencing intrapsychic difficulties to include 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. Manage clinical staff within a group practice; clinical supervision to post grad MSW student working toward licensure; mentorship to undergraduate and graduate students working towards professional clinical social work practice. Provided psychotherapy on elementary and middle school campuses to children in urban school settings; assisted with facilitating IEP's on behalf of my client, coordinated care with school personnel for clients with learning needs; Provided on campus psychosocial assessments and ongoing therapy to children at Riley School for children diagnosed with severe emotional disturbances. Provided case management and coordination of care for students with specific learning needs and concurrent interpersonal family stressors.

October 2000 – December 2012

November 2014 - Present

San Diego State University

School of Social Work

Lecturer

Teach undergraduate and graduate courses for the School of Social Work related to the basic fundamentals of the Social Work profession, NASW Code of Ethics fields of service, social work values, evidence based practice principles in accordance with CSWE, child psychology, direct social work practice, general systems theory and social work principles within a Micro, Mezzo and Macro practice arena. Advanced Clinical Interventions and Advanced Generalist practice.

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

Optum Health
Behavioral Health Team

Provide in home psychosocial assessments to elder members of Optum Health in an attempt to assess risk and coordinate resource referrals to prevent re-hospitalization. Assessment for risk, apply crisis intervention techniques as needed. Work as part of an interdisciplinary team. Work effectively in a telecommuting capacity in a managed care environment.

March 2014 – August 2014

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

Blue Shield of California-
United Behavioral Health
Outpatient Care Manager

Provide member and provider services as a member of the outpatient care management team to ensure the needs of the members and preferred providers of US Behavioral Health Plan of California are met through the access and coordination of mental health services, utilization review process, patient education, risk assessment and crisis intervention.

April 2003-September 2004

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.

Pupil Personnel Credential
San Diego State University. May 1993

LICENSURE: Licensed Clinical Social Worker #LCS19265

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PROFESSIONAL AFFILIATION'S
Member of the NASW

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
Advanced Art Therapy Training: 1 year post-graduate.
Southern California Training in Bowen Family Systems Theory:
- 6 month intensive training.
DBT Intensive training: 10/16
Anxiety and Depression Intensive training: 3/17
Certified Clinical Trauma Training: 3/17
EMDR: 3/19
Motivational Interviewing: 2019
Brief Intro to Motivational Interviewing Techniques: 2020
Law and Ethics on Telehealth for California LCSW and MFT: 2020
Depression, Antidepressants and Psychotherapy: 2020
NASW Responding to Subpoenas: 2020
Issues in Domestic Violence: 2020
Elder Abuse: 2020
Mandated Abuse Reporting: 2020
California Law and Ethics: 2020