

# KAYLA WHALEY

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## EXPERIENCE

**AUGUST 2021 – PRESENT**

**PART-TIME LECTURER, FIELD FACULTY – SOCIAL WORK**

SAN DIEGO STATE UNIVERSITY, SAN DIEGO, CA

Provide instruction on direct practice, clinical social work for MSW students and facilitate practice seminars for undergrad and graduate level interns. Liaison between community field placements and students.

**JANUARY 2021 – PRESENT**

**PRIVATE PRACTICE – LICENSED CLINICAL THERAPIST**

SAN DIEGO, CA

Provide individual psychotherapy to adults seeking support with various psychosocial stressors. Incorporation of integrative evidenced based modalities of mental health care. Specializations include trauma, PTSD, spirituality, intersectionality for historically marginalized communities and military population

**AUGUST 2016 – JULY 2022**

**CLINICAL SOCIAL WORKER**

SHARP MESA VISTA PSYCHIATRIC HOSPITAL, SAN DIEGO CA

Provided psychoeducation, individual and group therapy in an intensive outpatient setting to those experiencing PTSD and other trauma related diagnoses. Focus on neuroscience of mental health and client skill building using evidenced based therapies (CBT, ACT, CPT, mindfulness)

**MAY 2020 – MAY 2022**

**CLINICAL SUPERVISOR**

SHARP MESA VISTA PSYCHIATRIC HOSPITAL, SAN DIEGO CA

Provided individual clinical supervision to MSW and BSW level interns on a weekly basis. Developed training materials for use with new staff/interns on diverse topics including self-care, trauma-informed psychotherapy and mindfulness/self-compassion

**MAY 2016 – AUGUST 2016**

**TECHNICAL POLICY WRITER (CONTRACTED)**

HOMELESS SERVICES CENTER, SANTA CRUZ, CA

Developed program manuals and policies and procedures for various programs. Trained staff on new and existing information. Collaborated with program management and frontline staff to review, analyze and summarize information for program use

**MAY 2016 – AUGUST 2016**

**HOUSING SPECIALIST SUPERVISOR (CONTRACTED)**

SUPPORTIVE SERVICES FOR VETERAN FAMILIES, SANTA CRUZ, CA

Supervised case managers regarding case planning, housing stabilization and community organizing. Trained staff in areas of tenants' rights and American with Disabilities Act (ADS). Developed housing training manuals for new staff/interns. Worked under Veteran Affairs grant

**AUGUST 2015 – MAY 2016**

**MEDICAL SOCIAL WORKER**

LIGHTBRIDGE HOSPICE AND PALLIATIVE CARE, SORRENTO VALLEY, CA

Provided in-home and facility patient intakes, assessments and discharges. Educated patients and families on long-term care placement, stages of grief and end of life care. Collaborated with interdisciplinary team

**AUGUST 2015 – MAY 2016**

**HOUSING SPECIALIST CASE MANAGER**

SUPPORTIVE SERVICES FOR VETERAN FAMILIES, SANTA CRUZ, CA

Provided case management, rapid rehousing and homeless prevention strategies to veterans experiencing homelessness. Facilitated intern and volunteer training on client/provider relationship. Developed case plans, community resource referrals and advocacy for clients

**EDUCATION**

**2017**

**MASTER OF ARTS IN SOCIAL WORK: EMPHASIS IN DIRECT PRACTICE/CLINICAL**

SAN DIEGO STATE UNIVERSITY

**2014**

**BACHELOR OF ARTS: DOUBLE MAJOR IN SOCIOLOGY AND HISTORY**

**EMPHASIS: POLITICAL AND SOCIAL MOVEMENTS**

UNIVERSITY OF CALIFORNIA SANTA CRUZ

## **PROFESSIONAL DEVELOPMENT**

- Somatic Experiencing Certification – ongoing
- Suicide Risk Assessment Training – 2022
- Certified Reiki Practitioner – 2020
- Breathwork Facilitator Certification – ongoing
- Cognitive Processing Therapy Certification – 2019
- Internal Family Systems Training – 2019
- Trauma Informed Care Training – 2020

## **AFFILIATIONS**

- National Association of Social Workers
- American Sociological Association
- Somatic Experiencing International