

Cathleen Nichting

Clinical Social Worker

Profile

I have over three years of experience as a Clinical Social Worker. I am a Licensed Clinical Social Worker in the state of New York. I have worked with clients of all ages and backgrounds, including those with chronic mental illness, substance abuse disorders, and trauma histories. I am skilled in providing individual, family, and group therapy; crisis intervention; case management; and community resource coordination. I am passionate about helping my clients heal from past traumas and build more fulfilling lives.

Employment History

Clinical Social Worker at Sage Health Care Group, NY

Apr 2022 - Present

- Led a team of six social workers in providing direct clinical care to patients with chronic mental illness.
- Supervised the development and implementation of individualized treatment plans for each patient.
- Conducted weekly case reviews and provided feedback to staff on progress towards goals.
- Successfully advocated for increased funding from state government which resulted in an additional \$1 million being allocated to our program.
- Worked collaboratively with other agencies to develop a coordinated community response to address the needs of at-risk youth.

Social Worker at Mayo Clinic, NY

Sep 2019 - Feb 2022

- I increased funding for my client's organization by writing and submitting a successful grant application.
- I developed a new program that helped 100 at-risk youth find employment.
- I successfully advocated for changes in policy that resulted in improved access to healthcare for low-income families.
- I trained 20 social workers on how to effectively use therapy dogs with clients suffering from PTSD.
- As head of the department, I oversaw the creation of 10 new programs that served 2,000 individuals experiencing homelessness.

Certificates

Licensed Clinical Social Worker (LCSW)

Jan 2021

Certified Advanced Alcohol and Drug Counselor (CAADC)

May 2019

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Education

Master of Social Work at Columbia University

Aug 2014 - May 2019

Patience, active listening, and empathetic understanding.

Links

[linkedin.com/in/cathleennichting](https://www.linkedin.com/in/cathleennichting)

Skills

Clinical assessment

Psychotherapy

Crisis intervention

Case management

Group therapy

Community mental health

Languages

English

Spanish

Hobbies

Listening to music

Organizing

Spending time with family and friends