

# PAISLEY STRUBHART

Counseling Psychologist

[paisley.strubhart@gmail.com](mailto:paisley.strubhart@gmail.com)

(560) 643-3422

1822 S 304th St, Federal Way, WA 98003



## LINKS

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

## SKILLS

Active listening

Empathy

Nonverbal communication

Problem-solving

Conflict resolution

Stress management

Crisis intervention

## LANGUAGES

English

Mandarin

## HOBBIES

Listening to music

Watching movies

Reading books

## EMPLOYMENT HISTORY

### ● Counseling Psychologist at Comprehensive Counseling Services, WA

Jun 2022 - Present

- Provided counseling to 100 individuals with anxiety disorders, helping 75% of them significantly reduce their symptoms.
- Conducted research on the efficacy of different types of therapy for treating anxiety disorders, which was published in a leading psychology journal.
- Presented findings from aforementioned research at national conference.
- Wrote grant that resulted in \$50,000 being awarded to fund further research on anxiety disorders.
- Trained 5 new interns in counseling techniques.
- Led weekly staff meetings for 15-person team.

### ● Senior Counseling Psychologist at Northwest Counseling Services, WA

Jul 2020 - May 2022

- Led a team of 5 counselors in providing psychological services to 100 clients with various mental disorders.
- Successfully treated 70% of clients with depression, anxiety, and stress-related disorders.
- Developed and implemented an effective treatment plan for 80% of clients diagnosed with PTSD.
- Reduced the symptoms of 50% of patients suffering from chronic pain through counseling and Cognitive Behavioral Therapy (CBT).
- Achieved a 75% success rate in helping couples resolve relationship issues and improve communication skills.

### ● Lead Counseling Psychologist at Pacific Psychology and Counseling Group, WA

Sep 2015 - May 2020

- Led a team of 5 counselors in providing psychological counseling services to 100 clients with various mental health issues.
- Successfully completed 50 hours of continuing education in counseling psychology.
- Authored 2 papers on the effectiveness of cognitive behavioral therapy for treating anxiety disorders.
- Presented at 3 national conferences on the topic of using positive psychology interventions with clients experiencing depression.
- Trained 10 new interns in evidence-based counseling techniques.
- Supervised 20 student practicum trainees.