

Lizette Hawksley

Licensed Marriage and Family Therapist (LMFT)

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📍 1600 Pennsylvania Ave,
Washington, DC 20500

Education

Master of Science in Marriage and Family Therapy at Hawaii Pacific University

Sep 2015 - May 2019

I have learned how to listen to and understand people, how to help people communicate better, and how to resolve conflict.

Links

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

Skills

Psychotherapy

Marriage counseling

Family therapy

Child therapy

Group therapy

Crisis intervention

Languages

English

Portuguese

Hobbies

Listening to music

Watching movies

Reading books

Profile

As a Licensed Marriage and Family Therapist, I have over 3 years of experience helping individuals, couples, and families work through a variety of issues. I am passionate about helping people improve their relationships and communication skills, as well as working on individual growth and development. I believe that everyone has the ability to grow and change in order to lead a more fulfilling life. I have worked with clients who are dealing with relationship problems, anxiety, depression, grief/loss, stress management issues, parenting concerns, sexual abuse trauma recovery (both adult survivors & children), substance abuse/addiction recovery support groups for family members impacted by addiction, domestic violence survivor groups, and premarital counseling. In addition to traditional talk therapy approaches such as cognitive behavioral therapy (CBT) or solution focused brief therapy (SFBT), I also utilize creative methods such as art or sand tray therapies when appropriate. My goal is always to provide compassionate yet honest feedback in order help my clients make the changes they

Employment History

Licensed Marriage and Family Therapist (LMFT) at BetterHelp, HI

Jun 2022 - Present

- Led 10 weekly therapy sessions with clients ranging in age from 20-50.
- Actively listened to client concerns and provided feedback and guidance.
- Administered pre-and post-therapy assessments to track progress.
- Wrote up clinical summaries for each session detailing treatment goals and objectives met.
- Led 2 group therapy sessions on a monthly basis focused on improving communication skills.
- Attended weekly supervision meetings with an LMFT supervisor.

Licensed Marriage and Family Therapist (LMFT) Associate at Talkspace, HI

Aug 2019 - Apr 2022

- Successfully completed 3,000 hours of clinical experience and supervision over the course of 4 years.
- Became a Licensed Marriage and Family Therapist Associate in November 2020.
- Passed the California Law & Ethics Exam in September 2020.
- Received an M.A. degree in Clinical Psychology with an emphasis on Marriage and Family Therapy from Pepperdine University in May 2019.
- Obtained B.A. degrees in both Psychology and Sociology from UCLA in June 2017.
- Worked as a research assistant for 2 years at UCLA's Relationship Institute, conducting studies on relationship satisfaction, communication styles, and conflict resolution.