

Marlyne Tarango

Licensed Mental Health Counselor (LMHC)

Profile

I am a Licensed Mental Health Counselor with over three years of experience. I have worked with clients of all ages and backgrounds, and have helped them to overcome various challenges. I am passionate about my work and committed to helping my clients reach their full potential. I am skilled in both individual and group counseling, as well as in crisis intervention. I believe that every client is unique, and deserves personalized care that meets their specific needs.

Employment History

Licensed Mental Health Counselor (LMHC) at Cumberland Heights, TN

Mar 2022 - Present

- Provided individual counseling to 15 clients with anxiety disorders, helping 10 of them improve their condition and cope with their symptoms.
- Led a weekly support group for 20 individuals with depression, helping 5 of them reduce the severity of their symptoms.
- Conducted intake interviews for 50 new clients seeking mental health services, making recommendations for treatment based on each client's needs.
- Wrote progress reports for all clients receiving counseling services, updating insurance companies and referral sources as needed.
- Attended monthly supervision meetings with senior staff members to discuss cases and receive feedback on clinical work.
- Participated in continuing education courses related to mental health topics such as trauma-informed care and evidence-based treatments.

Mental Health Counselor at TN Alcohol & Drug Abuse Treatment Centers, Inc., TN

Jul 2019 - Jan 2022

- Successfully counseled 100 patients with mental health disorders.
- Implemented treatment plans that improved patient symptoms by 75%.
- Conducted weekly group therapy sessions for 30 patients with anxiety disorders.
- Successfully advocated for 10 patients to receive inpatient care.
- Facilitated monthly support groups for 20 caregivers of loved ones with Alzheimer's disease.
- Provided individual counseling to 50 veterans suffering from PTSD.

Education

Master of Science in Mental Health Counseling at Vanderbilt University, Nashville, TN

Aug 2014 - May 2019

Some skills I've learned are: how to communicate effectively with clients, how to build rapport, how to conduct assessments, how to create treatment plans, and how to measure progress.

Details

marlyne.tarango@gmail.com

(409) 049-8257

1600 Pennsylvania Ave, Nashville, TN 37219

Links

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

Skills

Psychotherapy

Counseling

Psychodynamic therapy

Cognitive behavioral therapy

Solution focused brief therapy

Family systems theory

Languages

English

Spanish

Hobbies

Listening to music

Watching movies

Spending time with family and friends