



Penny Estep

Licensed Mental Health Counselor (LMHC)

I am a Licensed Mental Health Counselor with over 3 years of experience working in the field. I have worked with individuals, families, and groups to provide counseling and therapy services. I have also provided crisis intervention services to individuals in need. I am passionate about helping others and strive to provide quality care to those who are seeking help.

penny.estep@gmail.com 

(165) 243-3968 

1234 Elm Street, Louisville, KY 
40202

Education

Master of Science in Mental Health Counseling at University of Kentucky

Aug 2014 - May 2019

I have learned how to effectively communicate with people who have mental health disorders.

Links

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

Skills

Psychotherapy

Counseling

Psychodynamic therapy

Cognitive behavioral therapy

Solution focused brief therapy

Family systems theory

Languages

English

Italian

Employment History

Licensed Mental Health Counselor (LMHC) at Bluegrass.org, KY

Mar 2022 - Present

- Successfully counseled 100 clients with depression, anxiety, and/or stress disorders.
- Successfully implemented cognitive behavioral therapy (CBT) techniques with 80% of clients presenting with depression, anxiety, and/or stress disorders.
- Successfully helped 50% of clients resolve personal issues that were interfering with work or school performance.
- Worked as part of a team to develop treatment plans for 20 patients diagnosed with borderline personality disorder (BPD).
- Collaborated closely with psychiatrists to ensure proper medication management for 10 patients diagnosed.

Mental Health Counselor at Cumberland River Behavioral Health, KY

Jul 2019 - Jan 2022

- Successfully counseled 100 patients with mental health disorders.
- Created and implemented treatment plans that resulted in positive outcomes for 95% of patients.
- Conducted weekly individual and group therapy sessions averaging 10-15 participants each.
- Successfully advocated on behalf of clients to connect them with necessary resources outside of counseling (e.g., housing, food assistance, job training).
- Maintained clinical documentation that was compliant with state regulations and professional standards.

Certificates

Licensed Mental Health Counselor (LMHC)

Jan 2021

Licensed Clinical Social Worker (LCSW)

Aug 2019

Memberships

American Counseling Association

National Board for Certified Counselors