

Meara Rochefort

Marriage and Family Therapist

Profile

I am a Marriage and Family Therapist with over 2 years of experience. I have worked with couples and families to help them overcome challenges and improve their relationships. I have also provided individual therapy to clients who are dealing with issues such as anxiety, depression, grief, or trauma. I am passionate about helping people heal and grow, and I believe that every person has the potential to live a fulfilling life.

Employment History

Marriage and Family Therapist at Center for Relationship and Sexual Health, MI

Apr 2022 - Present

- Successfully completed post-graduate training in Marriage and Family Therapy.
- Successfully passed the national licensing exam to become a Licensed Marriage and Family Therapist.
- Established a private practice specializing in marriage and family therapy.
- Served on the board of directors for a local non-profit organization focused on helping families affected by addiction.
- Presented at a conference on the topic of children of addicts.

Associate Marriage and Family Therapist at Michigan Psychotherapy and Counseling Associates, MI

Jul 2020 - Feb 2022

- Led 10 weekly therapy sessions with couples to help them improve communication and resolve conflict.
- Conducted initial intake interviews for 20 new clients seeking marriage or family counseling.
- Wrote clinical summaries for each client after every session detailing progress made and goals for next session.
- Attended 2 professional development workshops on Gottman Method Couples Therapy.
- Presented at a local conference on the topic of “How to Help Clients Process Trauma in Marriage and Family Counseling”.

Certificates

Licensed Marriage and Family Therapist (LMFT)

Jul 2021

Certified Gottman Educator

May 2020

✉ meara.rochefort@gmail.com

☎ (801) 490-8754

📍 1234 Elm Street, New York, NY 10001

Education

Master of Science in Marriage and Family Therapy at Michigan State University

Sep 2016 - May 2020

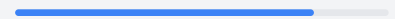
I have learned how to effectively communicate with and understand people from a variety of backgrounds and how to help them resolve conflict and improve their relationships.

Links

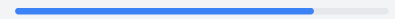
[linkedin.com/in/meararochefort](https://www.linkedin.com/in/meararochefort)

Skills

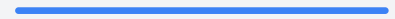
Communication



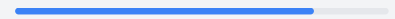
Listening



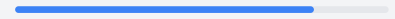
Empathy



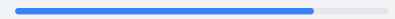
Conflict Resolution



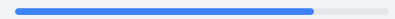
Stress Management



Building Relationships

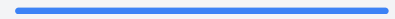


Psychotherapy



Languages

English



Japanese

