

JACQUE TARA WASHINGTON, LCSW-R

PO Box 4651

Ithaca, New York 14852

jacquetara@hotmail.com

SOCIAL WORK OBJECTIVE

- Work as a psychiatric social worker/therapist with a culturally diverse population of individuals, couples, families, and groups ranging from ages 14 to 85 with diagnoses including depression, bipolar disorders, borderline personality disorder, anxiety disorders, trauma, substance-related disorders, eating disorders, negative self-concept, difficulty moving forward personally or professionally, and other cognitive and behavioral conditions.
- Utilize my expertise in creating and implementing presentations that train and educate individuals, families and groups on various topics related to self and their environment.
- Develop workshops to integrate various components of theatre, music, writing, visual art and physical movement with various therapeutic approaches to enhance client self-awareness and development.

EDUCATION

New York State Education Department- "R" Privilege 2015

New York State Education Department- Social Work License LCSW 2012

New York State Education Department- Social Work License LMSW 2007

Syracuse University- Master's Social Work Individuals, Families & Groups 2003 to Dec. 2005

Syracuse University- Bachelor's Fine Arts in Visual and Performing Arts 1985 to 1987

Syracuse University- One semester in London and Paris 1987

Onondaga College- Associate's in Radio Television Communications/Journalism 1980 to 1982

RELEVANT SKILLS AND EXPERIENCE

Private Practice

Renewing Your Mind Counseling and Psychological Services

105 Williams Glen Road Ithaca, NY 14850 October 2013 to present

Position: Psychiatric Social Worker/Therapist Licensed Clinical Social Worker

Work with culturally diverse individuals, couples, families, and groups ranging from ages 14 to 89 with depression, bipolar disorder, borderline personality disorder, trauma, anxiety disorders, adjustment disorders, substance-related disorders, eating disorders, negative self-concept, grief, difficulty moving forward personally or professionally, and other cognitive, behavioral, and emotional conditions.

Skills: Eye movement desensitization and reprocessing (EMDR), dialectical behavioral therapy (DBT), cognitive behavioral therapy (CBT), scripture-based therapy, experiential therapy, integrative therapy, strength-based therapy, solution-focused therapy, client-centered therapy, structural therapy, psychodynamic therapy, transitional therapy, creativity and life coaching, mediation, trauma intervention, crisis intervention, use of various approaches to treat from mild depression to schizophrenia, borderline personality disorder, bipolar disorder, anxiety disorder, alcohol and other drugs addictions, low self-concept, trauma, and eating disorders, career planning, case management, treatment plans, progress notes.

Ithaca College

Office of Counseling & Wellness

The Center for Counseling and Psychological Services (CAPS)

953 Danby Road Ithaca, NY 14850 September 2016 to present

Position: Licensed Clinical Social Worker/Counselor

Work with a culturally diverse student population providing initial assessments and screenings; short-term individual, relationship, and group counseling; consultation about mental health and other pertinent concerns; suicide and other crisis prevention, intervention, and response; and referrals to other services on/off campus. Provide outreach and educational services; mediation services with students and faculty. Create and facilitate “BEING”, groups for students from the African Diaspora, focusing on processing via Dialectical Behavioral skills; co-facilitate other groups focusing on emotion regulation and relational skills.

Skills: Eye movement desensitization and reprocessing (EMDR), dialectical behavioral therapy (DBT), cognitive behavioral therapy (CBT), group therapy, scripture-based therapy, experiential therapy, integrative therapy, strength-based therapy, solution-focused therapy, client-centered therapy, structural therapy, psychodynamic therapy, transitional therapy, creativity and life coaching, mediation and educational outreach, trauma intervention, crisis intervention, career planning.

Tompkins County Mental Health Services

201 E. Green Street Ithaca, NY 14850 January 2009 to August 2016

Position: Psychiatric Social Worker/Therapist/ Licensed Clinical Social Worker

Managed a caseload of 50 to 70 or more clients with various mood and personality disorders; facilitated Dialectical Behavioral Therapy (DBT) groups; individual, couples, family therapy.

Skills: Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavioral Therapy (DBT), trauma intervention, crisis intervention, use of various approaches to treat from mild depression to schizophrenia, borderline personality disorder, bipolar disorder, anxiety disorder, alcohol and other drugs addictions, low self-concept, trauma, and eating disorders, career planning, case management, treatment plans, progress notes, supervisor for interns.

Cayuga Addiction Recovery Services

6621 Rt. 227 Trumansburg, NY 14886 May 2007 to December 2008

Position: Primary Addictions Counselor

Managed a caseload of 15 clients in recovery at the 6-month residential facility; planned and facilitated the following groups: Relapse Prevention, Early Recovery, Family Education, Social Support, and Drug and Alcohol Education; individual and conjoint sessions.

Skills: Alcohol and other drugs assessment; crisis intervention; relapse intervention; individual, couples and family therapy; discharge planning; use of community resources in relationship to support systems for discharged clients; some case management.

Onondaga Pastoral Counseling Center, Inc.

324 University Avenue, Syracuse, NY August 2004 to April 2005

Position: Social Work Intern, Syracuse University

Throughout the school year, managed a caseload of about 11-15 clients, working with all populations. Co-facilitated two groups: the Creative Healing Group at OPCC (with immediate supervisor), and a play therapy group at LeMoyne Elementary School in Syracuse, New York.

Skills: Developed skills related to assessment; diagnosis; care planning; crisis intervention; brief therapy; individual, family and group therapies; discharge planning; family system support; use of community resources, and use of the DSM IV TR as a diagnostic tool; developed scales of

measurement for client evaluation; and adhered to the agency's policies and procedures.

State University of New York Upstate Medical Center

750 Adams Street, Syracuse, New York August 2003 to April 2004

Position: Social Work Intern, Syracuse University

Continuum Care Department: first semester field placement in The Center for Children with Cancer and Blood Disorders (children with leukemia, lymphoma and sickle cell disease); second semester field placement in the Pulmonary Pediatric Unit (children with cystic fibrosis).

Skills: Psychosocial brief interaction with children and parents in clinic setting, introduced them to services within the hospital and the community, and assisted with financial and moral support. Assisted unit supervisors with general planning, implementation and correspondence in reference to the care of the patients and their parents; provided the patients/parents with educational information, updates on the latest treatments, and research; researched effects of hypnosis on pain reduction and received certificate for self-hypnosis training; assisted in developing nutrition training and awareness for clients.

Association of Institutes for Aesthetic Education

Arts in Education Institute- Utica, New York 1994 to 2005

Institute for the Arts In Education- Philadelphia, Pennsylvania 1995 to 1998

The Institute for the Arts In Education- Albany, New York 1995 Summer Session

Central New York Aesthetic Education Institute- Syracuse, New York 1990 to 1994; 2005

Position: Teaching Artist Administrator

Designed and implemented workshops for specific age groups from pre-kindergarten through college age levels as well as teachers, based on various and diverse works of art in theatre, music, and writing with the inclusion of visual art and movement.

Skills: Researched and studied all works of art, various cultures, historical references, and the connections of the artistic work to the academic curriculum; planned creative workshops for specific age groups with varied and limited time allowances; successfully interacted with students of various intellectual levels and diverse cultures; taught the performance process and elements of all genres of music, theatre, and literature globally; planned and implemented advanced curriculum; collaborated with teachers for planning and implementation with students.

ADDITIONAL EXPERIENCE

Syracuse University

School of Social Work- Syracuse, NY Special Project- "*The Things We Do*" September 2007

Position: Director; Producer; Writer

Created an interactive DVD/live presentation for the SU School of Social Work's 50th anniversary. Interviewed social workers for the DVD and directed live performers in the presentation that focused on the core values of social work.

Skills: Wrote script and interview questions; hired lighting and sound directors, musicians, and performers; directed production; interviewing, acting, and singing.

The Society for Human Resource Management of Tompkins County

Ithaca, NY Special Project- "*How Effective Is Your Networking?*" December 2006

Position: Creator; Facilitator

Skills: Created an interactive workshop addressing the skills and techniques of networking. Conceived, researched, and presented the topic using interactive techniques, including handouts and role-play.

Tompkins Cortland Community College and Lockheed Martin

Ithaca, NY Campus Workshops: “*Taking Your Professionalism to the Next Level*”; “*Cultural Adaptability*” 2006

Position: Creator; Facilitator

Skills: Created interactive workshops addressing the skills and techniques of professionalism, dialogue, and self-awareness.

Cornell University

20 Thornwood Drive

Ithaca, New York 14850 Cornell Interactive Theatre Ensemble (CITE)

Position: Assistant Director of Program Planning; Actress

February 2006 to February 2007- full time assistant director and actress; 2007 to 2012- actress for special projects

Skills: Interacted with clients to develop diversity and policy programming for universities and corporations. Discussions included goals, purpose, expected outcomes, and logistics. Studied scripts, created and developed characters, rehearsed and performed improvisational scenes.

SUNY Oswego

School of Education- Oswego, New York Summer 2005

Position: Instructor

Designed and taught a one-week concentrated Master’s course entitled *Addressing Diversity Through An Arts-Centered Curriculum* (EDU 505 670).

Skills: Developed strategies to integrate the arts and diversity in instructional methods and techniques with the goal of curriculum transformation. Taught principles and concepts of aesthetic education and its centrality to curriculum development. Designed activities to examine how racism, classism, and other forms of oppression inform educational and curricular practices; creatively explored ideas for inclusion of the experiences, voices, contributions, and perspectives of non-dominant individuals and groups.

Hamilton College

Clinton, New York 1995 to 1999 (intermittently)

Positions: Acting Instructor; Costume Designer; Director; Substitute Instructor

Skills: *Acting Instructor responsibilities:* Taught freshman and sophomore students the concepts of acting, read and researched plays, designed and implemented related course studies, critiqued and graded students, served as advisor. *Costume design responsibilities:* researched the time period for accurate clothing and hairstyles, shopped for fabrics, designed and created costumes, costume upkeep for run of the production. *Director responsibilities (seven-character production):* researched the era of the piece; sound design; blocking design; costume design; acting instruction; supervised students with lighting, sound, and promotions. *Substitute teaching responsibilities:* designed and implemented course related material to coincide with music curriculum.

Additional Skills: Successfully handled multiple tasks in various related situations.

Abundant Life Christian Center

7000 All Nations Blvd. East Syracuse, New York July 2003 to August 2004

Position: Children’s Ministry Coordinator (1-6 grades)

Skills: Trained all teachers and team leaders (about 25); provided administrative and management support to the director of children’s ministry; mediated conflicts between teachers, children or parents; worked with the director of children’s ministry to recruit new teachers, new children, and new programs; evaluated staff and overall program development and submitted monthly reports to the director of children’s ministry; assisted the director of children’s ministry in creating and

implementing a high energy format; created and distributed monthly teaching schedules and curriculum; taught twice a month.

Radio Production and Journalism

WAER Jazz 88 Syracuse, New York 1996

Position: Producer

Skills: Researched, wrote and narrated a series entitled “*Voices: the music and politics of African American vocalists*”.

WAER Jazz 88 Syracuse, New York 2000

Position: Producer

Skills: Wrote the theme song for the weekly radio news show, “*Women’s Voices*”; researched, wrote, and produced a monthly segment for that show entitled, “*Speaking Script*”, which focused on female playwrights and their works.

WNDR/WNTQ Syracuse, New York 1981 to 1984

Position: News reporter/broadcaster/talk show host

Skills: Gathered news from various sources, wrote copy, on-air announcer.

WNOV/WORK York, Pennsylvania 1973 to 1977

Position: News reporter/broadcaster

Skills: Gathered news from various sources, wrote copy, on-air announcer; served as Mistress of Ceremony for various events in the region.

Professional Vocalist and Actress

Performed throughout the United States, Japan, China, the French West Indies, and London. Produced two CDs: *World of Passion* and *Jazz Passions*. Created and produced one-woman presentations. Occasional concerts and gigs currently.

MEMBERSHIP AFFILIATIONS

National Association of Social Workers (NASW); Actors’ Equity Association (AEA); American Society of Composers, Authors and Publishers (ASCAP); Eye Movement Desensitization and Reprocessing International Association (EMDRIA)

REFERENCES

Ester Edelman, LCSW-R, Senior Counselor, SUNY Cortland Counseling Center
B44 Van Hoesen Hall, PO Box 2000, Cortland, NY 13045, 607.753.4728

Dr. Karen Miller, MD, Psychiatrist, Tompkins County Mental Health, 201 E. Green St., Ithaca, NY 14850, 607.274.6257

Anthony Cotraccia, LCSW-R, Psychotherapist, EMDR Consultant, *Syncopation*
105 Williams Glen Rd., Ithaca, NY 14850, 607.351.5839

Christen Bonacci, Personal reference, 413 N. Geneva St., Ithaca, NY 14950, 607.227.1297