

Leah Schneider

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EDUCATION

Master of Social Work - May 2013

New York University Silver School of Social Work

Bachelor of Science in Education- August 2005

University of Wisconsin - Oshkosh, Wisconsin; Minor: **Health Education**

LICENSURE

LMSW July 2013

CASAC Candidate

Wisconsin State Teaching License – Core Content, Health Ed.

Registered Yoga Teacher (via Yoga Alliance) 200 hr.

TRAINING

Institute for Psychotherapy, New York, NY

Post-Graduate Program in Adult Psychodynamic Psychotherapy

SUMMARY OF QUALIFICATIONS

Direct Clinical Services

Five years experience providing assessments, psychosocials, treatment planning and individual and group therapy.

Substance Abuse Treatment

Four years of collective training and experience in substance abuse program development, implementation and addiction treatment. Administer assessments, treatment planning, individual and group therapy, and referrals.

Supportive Counseling

Five years experience providing supportive counseling for 9/11 survivors, pregnant teens, patients with medical conditions such as HIV, as well as issues in dealing with grief and loss.

Case Management

Six years experience providing case management including directing access to various support services.

PROFESSIONAL EXPERIENCE

Trauma Therapist: Long Island Behavioral Medicine/Long Island Mind & Body - July 2015 – Current

- Provide psychotherapy services to 9/11 First Responders and diverse population.
- Incorporate mindfulness as a tool for coping with and healing trauma symptoms.
- Utilize body-based, breathing and meditation techniques to help patients tolerate intense affective states and reduce disassociation.

Social Worker/Psychotherapist/Substance Abuse Therapist: September 2013 – June 2015.

Queens: Steinway Child and Family Services, Psychotherapy and Counseling Cent. Brooklyn: Counseling Center of Eastern District of New York (CSEDNY)

- Provide group and individual substance abuse therapy services to mandated clients in the criminal justice system.
- Provide group and individual psychotherapy services to diverse population including adults, adolescents and teens.
- Conduct intakes, psychosocial assessments, and diagnosis.
- Collaborate with medical staff and other treatment staff in providing appropriate services for clients.

M.S.W. Intern Riverdale Mental Health Association: ReSolve Program for Recovery – and General Clinic - Bronx, NY September 2012 – May 2013.

- Administered intake and diagnostic assessments for patients in need of concurrent Addiction and Mental Health services.
- Provided treatment for co-occurring substance use and mental health issues such as Major Depression, Anxiety Disorders, Bipolar and Schizophrenia.
- Facilitated individual, family and group therapy sessions utilizing a variety of treatment modalities.
- Conducted domestic violence and other crisis intervention.
- Maintained referral sources for clients in need of alternate services.
- Supplemented treatment with yoga and mindfulness interventions.

M.S.W. Intern SelfHelp Community Services: Nazi Victims Program – New York, NY January 2012 – August 2012.

- Provided psychotherapy and supportive counseling to Holocaust Survivors and Nazi Escapees.
- Assisted clients in accessing various home care services provided by the agency along with applying for insurance, social security and restitution.
- Facilitated therapeutic yoga group for older adults at local senior center.

Health Educator Morris Heights Health Center and School Based Health Centers - Bronx, NY - September 2009 - 2012.

- Provided brief intervention and treatment, supportive counseling for pregnant teens, as well as offered health education and counseling programs for patients in school and community clinics.

- Facilitated therapeutic programs based on population health needs as determined by New York City and agency-gathered data.
- Provided screenings to determine appropriate services for clients with pertinent physical and mental health needs.
- Participated in program evaluation activities to improve effectiveness and efficiency of services.

Professional Educator – Multi-State Public Schools, August 2005-July 2009.

- Developed and implement learning activities based on state academic standards.
- Periodically assessed student learning progress utilizing a variety of methods.

OTHER EXPERIENCE

Yoga Instructor – Harlem Holistic Center, Little Flower Yoga, Morris Heights Health Center, New York, NY - September 2009-August 2012.

- Utilized yoga and meditation techniques to facilitate physiological restoration.
- Provided yoga instruction to students of all ages with varied needs and abilities.

Program Developer - Study Abroad in Orebro Sweden at Orebro University. January-June 2004.

- Pioneered and navigated international exchange program for attendance at Orebro University Education Department, Orebro, Sweden.

PROFESSIONAL DEVELOPMENT

- *“To Err is Human:” Therapist Mistakes and Therapeutic Opportunities* – Janina Fisher, PhD. Institute for Psychotherapy - New York, NY November 2015 – 14 CEUs.
- *Combatting Anxiety, Depression, Borderline Personality Disorder and More* – Lynne Spaveck, LCSW – NASWNYC – New York, NY February 2015 – 6 CEUs.
- *“DSM-V: Changes, Controversies and Impact on Clinical Practice”* – Jerome Wakefield, PhD, DSW – NASWNYC – New York, NY October 2013.

HONORS

- Merit Based Scholarships – NYU Silver School of Social Work – Jan. 2012 – May 2013
- Dean’s List; Fall 2001, Fall 2002, Spring 2003, Fall 2004
- Honor Roll; Fall 2003

CERTIFICATIONS/SKILLS

- MS Office and Excel
Electronic Medical Records
- CPR and AED Certification
- Yoga Alliance Registered Yoga Teacher (RYT 200hr)
- Working Knowledge of Basic Conversational Spanish and Greek