

JESSICA M PAYNE, LMSW

Summary

Empathetic psychotherapist with a passion for attachment-based therapeutic approaches. History of working well with clients of all backgrounds. Effective at leading both individual and group therapy sessions to uncover and explore a wide range of issues.

Skills

- Licensed Master of Social work in Maryland
- Trauma-informed
- Child-centered
- Play therapy
- Theraplay
- Crisis intervention
- Attachment-based therapy
- Compliance requirements
- Suicide risk assessments
- Medicaid familiarity
- Psychotherapy
- Treatment planning

Experience

Therapist **05/2019 to Current**
Families First Counseling and Psychiatry **Olney, MD**

- Provide psychotherapeutic treatment for children, adolescents, teens, families, and adults.
- Utilize theoretical approaches to treatment such as Psychodynamic Therapy, Cognitive Behavioral Therapy, Play Therapy, and Narrative Therapy.
- Track all incoming patient information, intervention plans and client responses to treatment.
- Revised treatment plans in consultation with clinical staff based on patient progress.
- Coordinate with relevant providers to ensure holistic treatment for clients.

Social Work Intern **06/2018 to 05/2019**

Creative Counseling Connections

- Provided attachment-based psychotherapeutic treatment for families, young children, adolescents and adults, including play therapy and theraplay.
- Developed and maintained clinical records such as treatment plans and progress notes.
- Managed adoptive and foster parenting blog.

Social Work Intern **09/2017 to 04/2018**

The Lourie Center for Children's Social and Emotional Wellness

- Therapeutic Nursery Program.
- Provided attachment-based psychotherapeutic treatment to children ages 3-5 including play and talk therapy.
- Attended weekly reading seminar focused on psychodynamic and attachment theory.
- Developed and maintained therapeutic relationships with the children and families.

Education and Training

Master of Social Work: Clinical Behavioral Health **2019**
University of Maryland Baltimore

Licensed Master of Social Work Certification **2019**
Maryland

Bachelor of Arts: Political Science **2014**
West Virginia University