

SHENITHIA S. ARNOLD, EdD, LPC, ACS, NCC, CSAM

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EDUCATION

Argosy University, Atlanta, GA Doctor of Education – Counselor Education & Supervision	2019
Argosy University, Atlanta, GA Master of Arts – Community Counseling	2009
Fort Valley State University, Fort Valley, GA Bachelor of Arts – Psychology	2006

LICENSURE/CERTIFICATIONS

Licensed Professional Counselor (LPC007831) Union City, Georgia 30291	2014
Approved Clinical Supervisor (ACS 3516) Union City, Georgia 30291	2020
Certified Specialist in Anger Management (CSAM) PESI	2024
Substitute Teaching Certificate Public School Systems	2017

PROFESSIONAL EXPERIENCE

Walden University , Online Programs Contributing Faculty <ul style="list-style-type: none">• Provide instruction for graduate students in counseling and counseling-related programs	Mar 2021- present
Robert A. Dayton Detention Facility , GEO Group Licensed Mental Health Professional <ul style="list-style-type: none">• Provide professional counseling to inmates/detainees• Provide diagnostic assessments and mental health diagnoses for inmates/detainees	Mar 2020- Apr 2021
Liberty University , Online Programs Adjunct Faculty <ul style="list-style-type: none">• Provide instruction to master level & doctoral level students pursuing careers in counseling and counseling-related programs• Formal/informal assessments, evaluation of students and student's performance	Nov. 2019 – Present
United Health Group-Optum , Atlanta, GA	Oct. 2019 – Jan. 2020

Behavioral Health Care Advocate

- Maintain clinical case notes for members of Healthcare of America
- Develop and implement individualized treatment plans addressing medical and behavioral health conditions, unhealthy patterns of behavior, and other personal issues
- Prepare reports as needed for documentation, clinical rounds, and clinical consultation

Journey2Greatness, LLC, Atlanta, GA

Jan. 2015 – Present

Owner, Licensed Therapist

- Psychotherapy for individuals, couples, groups, & families
- Maintain clinical case notes including progress notes, evaluations, and recommendations
- Develop and implement individualized treatment plans addressing family relationship problems, destructive patterns of behavior, and other personal issues
- Maintain and prepare reports/documents as needed

Argosy University, Atlanta, GA

2016 – 2019

Teaching Assistant/Clinical Supervisor/Academic Resources- Tutor

- Co-instruct master-level courses in the Clinical Mental Health Counseling Program. Courses include Substance Abuse, Foundations of CMHC, Social & Cultural Diversity, Counseling Skills I & II, & Professional Ethics
- Develop, evaluate & grade examinations, required assignments, discussion questions, etc. record grades in BRIGHTSPACE & eCollege course management systems
- Develop supporting teaching materials (i.e., syllabi, visual aids, answer keys, supplementary notes, or course websites)
- Supervise master-level students in the Clinical Mental Health Counseling program during practicum/internship courses
- Mentor master-level students in the Clinical Mental Health Counseling Program

Anthem Blue Cross & Blue Shield, Atlanta, GA

May 2016–Nov 2016

Behavioral Health Care Manager I

- Utilized appropriate screening criteria, knowledge, and clinical judgment to assess member needs
- Ensured access to medical necessities and cost-effective quality behavioral healthcare.
- Referred cases to peer reviewers
- Maintain confidentiality of records relating to members' treatment
- Handled and maintain member-related paperwork, including federal- and state-mandated forms, client diagnostic records, and progress notes

Ridgeview Institute, Inc., Atlanta, Ga

Sept 2007 – May 2016

Youth Services Case Manager/Therapist

- Conducted individual, group, & family therapy utilizing Cognitive Behavioral Therapy & Dialectical Behavioral Therapy
- Special interests include parenting skills, suicidality, self-injurious behavior, depression, anxiety, etc.
- Conducted initial and behavioral assessments, crisis stabilization, and behavioral intervention
- Facilitated family workshops, new hire training,
- debriefing, discharge planning

Visions of Greatness, Inc., Atlanta, GA

Dec 2010 –Feb 2011

Therapist/CSI/CORE

- Developed and implement individualized treatment plans for adolescents and family
- Conducted therapy and educated clients on behavioral interventions
- Managed school visits and resource referrals
- Maintain case files that include activities, progress notes, evaluations, and recommendations

Yes U Can, Inc., Atlanta, GA

Apr 2011 – Sept 2011

Therapist

- In-home individual and family therapy
- Provided behavioral assessments for in-home individuals and family members
- Devised treatments plans for clients and family
- Encouraged individuals and family members to develop and use skills and strategies for confronting their problems in a constructive manner
- Resource Referrals
- School visits
- Maintained case files that include activities, progress notes, evaluations, resources and recommendations

Skyland Trail, Inc., Atlanta, GA

Jan. 2009 – Oct. 2009

Addiction Counselor

- Individual & Group Therapy
- Provided support & educational services
- Developed client treatment plans
- Maintained progress/group notes
- Managed safety/behavioral contracts
- Created Meal plans
- Completed and maintained accurate records or reports regarding the patients' history & Progress
- Discharge & Aftercare planning

Fulton County Juvenile Justice Center, Atlanta, GA

May 2006 – July 2007

Dispute Resolution

- Used mediation techniques to facilitate communication between disputants, to further parties' understanding of different perspectives, and to guide parties toward mutual agreement
- Conferred with disputants to clarify issues, identify underlying concerns, and develop an understanding of their respective needs and interests.
- Prepare settlement agreements for disputants to sign.
- Set up appointments for parties to meet for mediation.
- Interview claimants/clients to obtain information about disputed issues.

FVSU Office of Financial, Atlanta, GA

Aug. 2004 – May 2006

Administrative Assistant

- Used computers for various applications
- Managed office equipment, such as fax machines, copiers, or phone systems and arrange for repairs when equipment malfunctions
- Hosted scheduled grant funding information and ceremonies

- Answered telephones and gave information to callers, take messages, or transfer calls to appropriate individuals

Grady Memorial Hospital, Atlanta, GA

May 2002 – July 2004

Area clerk/ Nurse Assistant

- Answer patient call signals, signal lights, bells, or intercom systems to determine patients' needs
- Assisted tuberculosis and trauma patients with daily living activities, such as getting out of bed, bathing, dressing, using the toilet, standing, walking, or exercising
- Review patients' dietary restrictions, food allergies, and preferences to ensure patient receives appropriate diet
- Patient Care

Southwest Family YMCA, Atlanta, GA

May 2001 – Aug. 2001

Supervising Camp Counselor

- Enforce rules and regulations of recreational facilities to maintain discipline and ensure safety
- Organize, lead, and promote interest in recreational activities, such as arts, crafts, sports, games, camping, and hobbies
- Assess the needs and interests of individuals and groups and plan activities
- Managed the daily operations of recreational facilities

ACADEMIC RESEARCH / PUBLICATIONS

Dissertation: The Strong Black Woman: Work, Life, & Academic Balance	2019
Be Intentional. Be Purposeful. Be Productive! SACES Newsletter Submission	2019

RESEARCH / PROFESSIONAL PRESENTATIONS

Black Mental Health Symposium (2019): *The Clinical Implications of the Strong Black Woman as a Model for Academic Mentorship*

Argosy Atlanta Wellness Week (2018): *Work, Life, and Academic Balance*

Licensed Professional Counselor Association (LPCA-GA) (2015): *Life after graduation*

LAPC Conference for Licensed Professional Counselors' (2015): *Clinical implications of burnout and impairment in counseling professionals*

UNIVERSITY TEACHING EXPERIENCE

Walden University, School of Counseling

Spring 2024-

Introduction to Clinical & Mental Health Counseling

Walden University, School of Counseling

Spring 2023-

Social Change: Prevention, Consultation, & Advocacy

Walden University , School of Counseling Research Methods & Program Evaluation	Fall 2022-
Walden University , School of Counseling Techniques of Counseling	Fall 2021-
Liberty University Online , Counselor Education & Family Studies Professional, Ethical, & Legal Issues in School Counseling	Fall 2021-
Walden University , School of Counseling Diagnosis & Assessment	Summer 2021-
Liberty University Online , Counselor Education & Family Studies Marriage & Family Counseling	Summer 2020-
Liberty University Online , Counselor Education & Family Studies Ethical & Legal Issues in Counseling	Summer 2020-
Liberty University Online , Community Care & Counseling Studies in Interpersonal Communication	Spring 2021-
Liberty University Online , Clinical Mental Health Counseling Program Psychopathology & Counseling	Spring 2019-
Argosy University , M.A. Clinical Mental Health Counseling Program PC 6900 Substance Abuse Instructor (Teaching Assistant with Dr. Geneva Gray)	Summer I, 2016
Argosy University , M.A. Clinical Mental Health Counseling Program PC 6106 Foundations of Mental Health Counseling (Teaching Assistant with Dr. Gerry Crete)	Summer II, 2016
Argosy University , M. A. Clinical Mental Health Counseling Program PC 6107 Foundations of M.H. Counseling (Teaching Assistant with Dr. Chandra Johnson)	Fall I, 2016
Argosy University , M. A. Clinical Mental Health Counseling Program PC 6104 Counseling Skills I (Teaching Assistant with Dr. SaDohl Jones)	Fall II, 2016
Argosy University , M. A. Clinical Mental Health Counseling Program PC 6410 Counseling Practicum (Teaching Assistant with Dr. Mary Gay)	Fall I & II, 2016
Argosy University , M. A. Clinical Mental Health Counseling Program PC 6511 Social & Cultural Diversity (Teaching Assistant with Dr. SaDohl Jones)	Spring I, 2018
Argosy University , M. A. Clinical Mental Health Counseling Program PC 6511 Social & Cultural Diversity (Teaching Assistant with Dr. SaDohl Jones)	Summer II, 2018
Argosy University , M. A. Clinical Mental Health Counseling Program PC 6300 Professional & Ethical Issues (Teaching Assistant with Dr. SaDohl Jones)	Fall I, 2018

GUEST LECTURES

Fulton County Superior Court, Pretrial Services: *Anger Management*

Argosy University: Clinical Mental Health Counseling Program (PC6415 Counseling Internship)
Counselor Wellness

Argosy University: Clinical Mental Health Counseling Program (PC6410 Counseling Practicum)
Student Wellness

South Atlanta High School: Senior Career Day -*Mental Health, Counseling & Counseling
Related Professions*

South Atlanta High School: Junior Career Day- *Mental Health, Counseling & Counseling
Related Professions*

Ridgeview Institute: Family Education Workshops- *Resolution of adolescent issues, Effective
parenting skills, Communication skills, Dialectical Behavior Therapy and Life after Ridgeview*

MEDIA PUBLICATIONS/PRESENTATIONS/INTERVIEWS

6Twelve Magazine Article Publication: Depression is REAL 2019
6Twelve Magazine Article Publication: Bipolar in the Black Community 2019
6Twelve Magazine Article Publication: Suicide: Prevention, Awareness, Myths, & Risks 2019
6Twelve Magazine Article Publication: Autism Awareness: The Bigger Picture 2019
6Twelve Magazine Article Publication: Addiction: Drugs, Sex, and Money 2019
The Marlo Moore Show on V1075: Mental Health & The Black Church 2019
Your World with Creflo Dollar- Sexual Addictions and Abuse invitation (declined) 2019

SUPERVISION EXPERIENCE

Approved Clinical Supervisor	2020
Graduate Training: Facilitated weekly individual and/or group supervision	Argosy University
Graduate Training: Conducted site visits at internship sites	Argosy University
Graduate Training: Completed final evaluations	Argosy University

PROFESSIONAL DEVELOPMENT

Anger Management Certification	2024
Tele-Mental Health Training	2019
Association for Counselor Education & Supervision Conference Attendee	2019-
PESI, Inc.	2020-
Hedge Builders Transformation Empowerment	2019
Intergenerational Trauma and African American Clients	2019
Strategies for Engaging Teens in the Management of Trauma-Related Symptoms	2019
Supporting Survivors through their Sexual Trauma	2019
Wellness Strategies for Trauma Clients and Clinicians Workshop	2019
Licensed Professional Counselors of Georgia Professional Ethics Conference Attendee	2018-
Southern Association for Counselor Education & Supervision Conference Attendee	2016- present
Licensed Professional Counselors Association Conference Attendee	2014-present

American Counseling Association Conference Attendee	2014-present
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AFFILIATIONS / MEMBERSHIPS

Counselor Education and Supervision Network	2018-present
Association for Counselor Education and Supervision	2018-present
National Board for Certified Counselors	2011-present
Chi- Sigma Iota Academic Society	2010-present
Licensed Professional Counselors Association of Georgia	2009-present
American Counseling Association	2009-present

VOLUNTEER AND COMMUNITY SERVICE

Fulton County Superior Court	2021-2023
Hosea Williams	2017-2020
Atlanta Silhouettes	2010 - Present
Wings of Faith Ministries	2010 - Present
Skyland Trail	2009
Fulton County Juvenile Court	2006- 2007
Habitat for Humanity	2004- 2007