

MELENA POSTOLOWSKI

EDUCATION & CERTIFICATIONS

Registered Marriage and Family Therapy Intern (State of Florida), December 2019 - Present

National Certified Counselor (NCC), March 2013 – March 2018

University of Colorado at Denver, Denver, CO

Master of Arts, 2012 (CACREP Accredited)

Counseling Psychology and Counselor Education, Couple and Family Track

3.955 GPA

*6 CEU's - "Childhood Interrupted: A Developmentally Informed, Biologically Respectful Approach"

*4 CEU's - "Traumatized: The Impact of Trauma and How We Can Help"

*3 CEU's - "An Intro to Trauma and the Body"

*3 CEU's - "Childhood Sexuality: From Normal to Problematic and Abusive"

*2 CEU's - "Exploring the Physiological and Social Role of Exercise in (Substance Abuse) Recovery"

Bachelor of Arts, 2008, 3.882 GPA

Major: Psychology, Minors: Sociology, Philosophy,

3.882 GPA

*Finalist for Outstanding Undergraduate Award, most prestigious award given to undergraduate students

*Regents Scholar, National Dean's List, CLAS Dean's List scholarship

Research:

Relationship Study - 300 Hours

* Proctored couples through complex study procedure involving informed consent, videotaping standardized interactions in which couples discussed top problem areas/vulnerable emotions, guiding participants through completion of highly sensitive questionnaire and evaluated risk of domestic violence subsequent to study procedures: research outcomes focused on relationship factors, infidelity and mental health

Infant Lab - 35 Hours

* Coded mother-infant interactions by rating mother's physical, affective, and vocal behavior: research outcomes focused on correlation between child attachment styles and maternal postpartum mood disorders

CLINICAL EXPERIENCE

Contract Counselor/Therapist

Pure Empathy, Clearwater, FL

June 2020 – Present

*Provide individual psychotherapy, couple and family counseling

Owner/Parenting Coach/Therapist

Parent Coaching and Family Support with Melena Postolowski, Clearwater, FL

September 2018 - Present

*Provide individual psychotherapy, couple and family counseling (beginning January 2020)

*Facilitate parenting workshops focused on Positive Parenting and Attachment Theory concepts and strategies

*Offer one-on-one parent coaching strategies highlighting modern, research-based best practices for parenting through modes of empathy and emotional connectedness

Line Therapist

Consultants for Children, Denver, CO

Oct 2011 – Feb 2013

*Implemented 1:1 behavioral intervention programs for children reflecting Applied Behavioral Analysis, discrete trial teaching techniques, management of maladaptive behaviors, child development and data collection techniques applicable to the client population, typically Autism Spectrum Disorder

Infant, Child and Family Therapy Intern

The Mariposa Center for Infant, Child, and Family Enrichment, Denver, CO

May 2012 – Dec 2012

*Co-facilitated social skills group for 6 children ages 7-10 with Autism Spectrum Disorder

*Created and co-facilitated therapeutic childcare group for 8 children age 2-6 to support "Healthy Brain, Well Child: Creative Tools to Nurture the Family" workshop

*Established and maintained helpful and supportive therapeutic relationships while demonstrating the application of appropriate counseling techniques in working with individual infants, children, adolescents and families. Utilized art therapy, play therapy, dance therapy, cognitive-behavioral therapy and Gestalt therapy techniques

*Demonstrated skills in diagnosis and treatment planning, with specific focus in the areas of trauma, PTSD and attachment disorders. Utilized both DSM-IV-TR and DC:0-3

Counselor: "The Colors of Us: Celebrating Transracial Adoption"

African Caribbean Heritage Camp

August 2012

*Co-facilitated summer camp for over 60 families of transracial adoption. Supported unique challenges and strengths of adoptive parents and celebrated heritage

Student Counselor (Supervised Practicum)

University of Colorado Denver Student and Community Counseling Center, Denver, CO

Jan 2012 – May 2012

* Utilized strengths-based, solution-focused and cognitive-behavioral techniques while providing counseling services to individual adults, couples and families

Group Leader Intern

The Kempe Foundation, Denver, CO

Sep 2010 – May 2011

* Co-facilitated psychoeducational group utilizing cognitive-behavioral techniques for 8 children ages 9-11 living in out-of-home-care with history of abuse/neglect

* Taught skills such as identifying feelings; perspective-taking; problem-solving; communication; self-talk; dealing with anger, worry, change and loss; healthy coping and relationships; peer pressure; drug and alcohol abuse prevention; anatomy and pubertal development; dating pressures; abuse prevention and future orientation

COACHING EXPERIENCE

Blog Team: Thoughts on Life, Work and Personal Career Development

National Association of Colleges and Employers

September 2017 – April 2018

*Invited to author career development blogs for career services and recruitment professionals nationwide, with a specific focus on issues surrounding diversity and inclusion

Director of Internships and Employer Relations

Eckerd College, St.Petersburg, FL

February 2017 – April

2018

*Connected Eckerd to local and regional career-related consortiums, economic development committees, Chambers of Commerce and other relevant networking groups

*Provided one-on-one career coaching to liberal arts students and alumni

*Assisted students and employers in internship goal-setting and encouraged accountability

Alternative Break Advisor

Eckerd College, St.Petersburg, FL

March 2017

*Guided students participating in local service experiences focused on communities affected by HIV/AIDS

*Facilitated reflection discussions and provided emergency care

Chair, Educational Initiatives Sub-Committee, Diversity and Inclusion Team

Southern Association of Colleges and Employers

Jul 2016 – Jan 2017

*Coordinated and developed diversity and inclusion educational initiatives for 1,000+ member organization of human resources, college relations, and career services professionals

*Related Honors & Awards: **Champion of Diversity**, December 2016*

“The Champion of Diversity award recognizes an individual who demonstrates commitment to the pursuit of diversity and inclusion in the community and the workplace”

Associate Director of Career and Professional Development

Stetson University, DeLand, FL

Nov 2015 – Jan 2017

- *Facilitated management training opportunities for supervisors across all campus departments with specific focus on fostering employee wellbeing and productivity
- *Hired, trained and supervised Master’s level Graduate Assistant responsible for providing career coaching services
- *Provided career coaching to College of Arts and Sciences students and alumni utilizing solution-focused techniques
- *Attended "Finding Employment that Works for Individuals with Asperger's Syndrome" sponsored by Florida Career Development Association and shared best practices with career, accessibility and student employment staff members
- *Facilitated workshops and classroom presentations on writing effective resumes and cover letters, interviewing skills, networking skills, professionalism, personal branding and women’s empowerment in the workplace

Adjunct Faculty

Stetson University, DeLand, FL

May 2016 – Dec 2016

- *Developed new First Year Seminar course: "Scribbles to Significance: Self Discovery Through Creativity"
- *Covered Student Development Theory and career development through Chaos Theory lens

Assistant Director of Internship Programs

The University of Tampa, Tampa, FL

Jun 2014 – Nov 2015

- *Completed over 1050 one-on-one career coaching sessions for undergraduate and graduate students using solution-focused techniques
- *Developed internship resources for students, faculty and employers encompassing internship preparation, legal issues and academic credit
- *Facilitated workshops and classroom presentations on writing effective resumes and cover letters, interviewing skills, networking skills, professionalism, personal branding and women’s empowerment in the workplace

Adjunct Faculty

The University of Tampa, Tampa, FL

Sep 2014 – Oct 2015

- *Taught Job Search Strategies course for undergraduate students representing all majors. Course content included career exploration, networking, job search correspondence, interview preparation and transitioning into world of work
- *Taught First Year Seminar course for Undeclared undergraduate students to support student development of personal, academic and professional goals
- *Co-facilitated Career Decision-Making course for undergraduate students

Adjunct Faculty

University of Denver, Denver, CO

Jul 2013 – Jun 2014

- *Taught Strategic Career Management course for MBA candidates

Assistant Director and Graduate Career Advisor

University of Denver, Denver, CO

Aug 2010 – Jun 2014

- *Promoted 2 times in 2 years and 7 months
- *Hired, trained and provided supervision for Master's level Career Counseling Interns
- *Completed over 1050 one-on-one coaching sessions for graduate level business students using solution-focused techniques. Covered general career guidance, resume and cover letter building, job search strategies, mock interview

practice and career assessment interpretation

*Contributed to creation of International Student focus group that created better career services for international students and collaborated with international students addressing cultural concerns of finding a job in U.S.