

CHERIE BURGESS

cherie@growandgolifecoach.com

cell (321) 804-1119

OBJECTIVE

To instill hope and resilience in people and communities.

SKILL SETS		PERSONAL CHARACTERISTICS
Individual & Group Counseling	ADD/ADHD Education and Interventions	Dedicated & Hard Working
Trauma-Informed Care, Crisis Intervention & Suicide Prevention	MTSS, 504 and IDEA Student Advocacy	Relational & Collaborative
Mind-Body Techniques such as Emotional Freedom Tapping, Mindfulness-Based Stress Reduction, Restorative Yoga	Facilitation & Wraparound Services	Discerning & Contemplative
Conflict Resolution & Mediation	Communication/Decision Making	Dynamic & Creative
Dialectical Behavioral Therapy, Functional Behavioral Assessment & Therapy	Certified Personal Trainer, Certified Fitness Instructor & Wellness Coaching	Compassionate & Vulnerable
Infant Mental Health, Conscious Discipline, Love and Logic Parenting	Research & Data Analysis	Resourceful & Enterprising

COUNSELING & COACHING CERTIFICATIONS

(LMHC) LICENSED MENTAL HEALTH COUNSELOR, State of Florida, MH16709

(NCC) NATIONAL COUNSELOR CERTIFICATION

(NSCC) NATIONAL SCHOOL COUNSELOR CERTIFICATION

National Board for Certified Counselors, 4/16/2005 – 6/30/2015 Certification Number: 201910

(BCC) CENTER FOR CREDENTIALING & EDUCATION

ADHD Coaching Certificate, JST ADHD Coaching Institute, Washington D.C.

COUNSELOR EDUCATOR CERTIFICATIONS

FLORIDA EDUCATORS CERTIFICATION, DOE Number: 1156990

NEVADA LICENSURE, Professional Counselor K-12, License No: 0000001875

NEW YORK PUBLIC SCHOOL TEACHER CERTIFICATE, Permanent School Counselor

HEALTH & FITNESS CERTIFICATIONS

FITNESS CERTIFICATIONS

(CPT) CERTIFIED PERSONAL TRAINER, AFAA

(CGI) CERTIFIED GROUP EXERCISE INSTRUCTOR, AFAA

TURBO KICK CERTIFICATION, Powder Blue Productions

EDUCATION

Non-Degree Distance Learning, WALDEN UNIVERSITY & NOVA SOUTHEASTERN UNIVERSITY, 2018

Master's in Counseling, SYRACUSE UNIVERSITY, SCHOOL OF EDUCATION, Syracuse, NY, 2003-2005

Bachelor's in Psychology, ST. LAWRENCE UNIVERSITY, Canton, NY, 1998-2002

PROFESSIONAL LEADERSHIP & COMMUNITY SERVICE

Florida School Counselor Association (FSCA)

Region 3 Vice President (East Central) – July, 2012 – July, 2014

Lake School Counselor Association (LSCA)

President – September, 2012 – February, 2015

Community Member – February, 2015 – August, 2016

Care Counselor, Real Life Christian Church, Clermont, FL – 2014 to Present

WORK EXPERIENCE

Owner, Grow & Go Life Coaching and Counseling Services, Clermont, FL, January, 2013 – Present

- Life Coaching & Counseling Services specializing in ADHD, Anxiety & Depression.
- Incorporate positive psychology approaches to instill optimism, joy and internal motivation
- Wellness Advocate for DoTerra Essential Oils

Mental Health Specialist, Lake County Schools, Tavares, FL October 2018 – Present.

- Facilitate a tiered continuum of mental health supports for staff, students and families.
- Plan, coordinate and implement a systematic mental health awareness and intervention program.

School Counselor, Polk County School Board, Bartow, FL, August, 2016 – October, 2018.

Sleepy Hill Elementary School and Socrum Elementary School

- Serve as the Local Education Agency (LEA) representative for ESE/504/ELL meetings
- Create behavioral intervention plans and work with staff on conscious discipline approaches
- Oversee specialized student populations and assist with community resources

Clinical Counselor, Children's Home Society, Tavares, FL, February, 2015 – August, 2016.

- Provide in-depth clinical and supportive counseling services, assessments, diagnoses of conditions, treatment plans and deliver evidence-based treatment interventions (e.g. Trauma-Focused Care)
- Develop and maintain clinical records and program documentation according Medicaid standards
- Collaborate with school counselors and other community agencies to assist with client needs

School Counselor, Lake County School District, Tavares, FL, August, 2011 – 2015

South Lake High School, Leesburg High School and Carver Middle School

- Ongoing assessment, guidance and counseling, case management and referrals for students and families
- Provide college & career planning for over 450 9th grade students to include 4 year plans
- Serve as 504 Coordinator, RTI Coordinator and School Liaison for Homeless Students

School Counselor & Gear Up Coordinator, Nye County School District, Pahrump, NV

August, 2003 – August, 2011; **Pahrump Valley High, Rosemary Clarke Middle and Mt. Charleston Elementary School**

- Develop and monitor academic plans & schedule courses for graduation
- Ran a comprehensive school counseling program as the sole counselor for 500 students.
- Coordinate activities to emphasize post-secondary educational opportunities

School Counselor, Syracuse City School District, Syracuse, NY – September, 1996 – August, 2003

Grant Middle School

- Expanded the guidance program to include a comprehensive middle school career curriculum.
- Supervised the Peer Mediation Program and delivered group counseling based on socio-emotional needs.

Consultant & Summer Coordinator, Syracuse University Liberty Partnership Program, 1990- 2003

- Ran six-week summer program (2003) for 100 students, four teachers and two counselors
- Assisted with Project Adventure activities to build leadership skills
- Partnered with parents and agencies to provide necessary services (tutoring, counseling, etc.)

School-Based Pregnancy Case Manager, The Salvation Army, NY - 1995 – 1996

- Provided social work and case management to 25+ pregnant and/or parenting teenagers
- Assisted with medical, academic and socio-emotional needs
- Kept detailed, accurate records for billing requirements

Adjunct Psychology Instructor, SUNY at Morrisville, NY – Fall, 1995

- Taught Psychology using variety of teaching methods (coop. learning, lecture, multimedia)
- Created Lesson Plans and Graded Papers

ADDITIONAL TRAININGS

Clinical Educator Training, All School Counseling Locations in New York, Nevada and Florida

- Supervised & Trained Numerous School Counseling Interns
- Train the Trainer in Harassment and Gender Equity

Mental Health Related Trainings:

Trauma-Informed Care, How to Work Effectively with Suicidal Clients, Managing Clients at Risk for Suicide or Violence. Using Vision Boards to promote Strengths, Early Developmental Disorders Resulting from Abuse, Social Difficulties of Learning, Attentional & Autism Spectrum Disorders, Practical Strategies for ADHD, Conscious Discipline, Zones of Regulation, Creating Safe Places for LGBTQ youth, Functional Behavior Assessments, Nonviolent Crisis Intervention, Cyber-Bullying & Internet Safety, Unlearned Helplessness, Motivational Interviewing, Understanding DSM-5 and ICD, Role of the Counselor in Psychotropic Medications, Emotional Stocks and Bonds, Eating Disorders & Anxiety, Solution-Focused Counseling, Brain Rules & Neuroplasticity, CBT & DBT Training, Infant Mental Health Training, Working Effectively with Stressed & Burned Out Parents, 40 Developmental Assets, Conference on Adolescents, Conflict Mediation & Peer Mediation Programs, Smart but Scattered Teens, Dialectical Behavior Therapy Level One

School Counselor Related Trainings:

Packaging Your School Counselor Program, Marketing & Growing Your Program with Social Media, School Counselor Advocacy, RAMP, School Counseling & Technology, Whole School Climate, Solution-Focused Consultation, College Admissions Process, NCAA Eligibility, Ensuring College Readiness, School & Community Collaboration, Transitional Programming, Multi-Tiered Systems of Support, RTI, ESOL Trainings, College Week Live, Homeless & Unaccompanied Youth, Bullyproofing Your School, Literacy Centers, National Training for Differentiated Instruction, Turning Bullying into Buddies, Teaching Students with Disabilities

Trained in the following Assessment Tools:

CFARS/FARS Certified - mental status exams to assess cognitive, social and role functioning
The Child Behavior Checklist, Trauma Symptom Checklist for Children, Parental Stress Scale
NICHQ Vanderbilt Assessment Scale for diagnosing ADHD
Kaufman Brief Intelligence Test (K-BIT)

Interest Areas & Personal Counseling Approaches to Mental Health:

Mindfulness, Neuroplasticity, Spiritual Counseling & Direction, Energy Healing, Holistic Healing Approaches, Strength-Based and Solution-Focused Counseling, DBT/CBT