

Jessica Sinarski, LPCMH

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EDUCATION

HUNTER COLLEGE SCHOOL OF SOCIAL WORK; New York, NY Sep. 2007 - June 2008
Post-Graduate Certificate in Adoption Therapy

- Completed 100 hours of intensive post-graduate training from leaders in the adoption and permanency field including Gerald Mallon, DSW and Joyce Maguire Pavao, Ed.D., LCSW, LMFT

BOSTON COLLEGE; Boston, MA Sep. 2003 - May 2005
Master of Arts in Counseling Psychology; GPA: 3.98

- Scholarships include Boston College Dean's Award & the Leopold Schepp Foundation Scholarship
- Trained colleagues on innovative play therapy techniques at MSPCC

TAYLOR UNIVERSITY; Upland, IN Aug. 1999 - May 2003
Bachelor of Arts in Psychology and Spanish, GPA: 3.98

- Top-10 in Graduating Class, Ranked 1 in both majors
- Scholarships include Taylor University Presidential Scholarship, TU Leadership Scholarship & US Bancorp Leadership Scholarship
- Honors include Alpha Chi Honor Society, Dean's List, National Merit Scholar

SPECIALIZED TRAINING PROGRAMS

- Dyadic Developmental Psychotherapy – D. Hughes, Ph.D., J. Baylin, Ph.D., A. Becker-Weidman, Ph.D. 2014 - present
- Neurofeedback Certification – Sebern Fisher, Brain Master Technologies & New Mind Academy 2017 - present
- Trauma-informed Practices (yoga, mindfulness, biofeedback, somatosensory) – varied 2012 - present
- Parent-Child Interaction Therapy (PCIT) – Joshua Masse, Ph.D. & Abligail Janney, Psy.D. 2012 - 2013

TEACHING EXPERIENCE

J SINARSKI, COUNSELING & CONSULTING; Wilmington, DE Dec. 2010 - Present

- Deliver quality trainings across the country on a wide range of topics in English and Spanish.
- Training venues include state and national conferences in education, child welfare and mental health as well as professional development and parent workshops for a variety of organizations.
- Consistent positive feedback on hundreds of evaluations, including frequent requests for additional training.

CARDINAL McCLOSKEY SERVICES; Bronx, NY Sep. 2005 - Jan. 2011
Senior Behavioral Health Specialist

- Developed and conducted experiential training workshops for staff and parents on topics including attachment, human development, trauma, cultural competency, communication skills and suicide.

DEPARTMENT OF PSYCHOLOGY; Upland, IN Spring 2003
Teacher's Assistant: Abnormal Psychology

WRITING CENTER; Upland, IN Aug. 2000 - May 2003
Student Director / English Writing Tutor

PUBLICATIONS

Sinarski, J. (2018). *Riley the Brave*. Wilmington, DE: Cameck Publishing.
Sinarski, J. (2018). *Raily el valiente*. Wilmington, DE: Cameck Publishing.

CLINICAL EXPERIENCE

A BETTER CHANCE FOR OUR CHILDREN; Wilmington, DE

Consultant, Supervising Clinician

Mar. 2017 - Present

- Develop emerging clinical department with the Executive Director and Board President.
- Supervise all therapists to increase evidence-based practice, enrich skills and reduce burnout.

PRIVATE PRACTICE; Wilmington, DE

Licensed Professional Counselor

Nov. 2011 - Present

- Provide trauma-informed, evidence-based individual and family therapy to treat a wide range of mood and behavioral concerns in children and adults, incorporating mindfulness, sensory regulation and neurofeedback under expert supervision of seasoned clinicians.
- Develop and implement therapeutic groups to address current need, including groups for social skills, developmental trauma and adoption-related issues.
- Consult with agencies and parents on developmental trauma and adoption to improve outcomes.

CARDINAL McCLOSKEY SERVICES; Bronx, NY

Senior Behavioral Health Specialist

Oct. 2007 - Jan. 2011

- Directed the department to the highest audit score on record.
- Trained new clinical staff and created procedure manual for future hires and quality checks.
- Reported directly to the Senior Vice President of Children's Services.
- Provided individual and family counseling addressing issues such as adoption, physical & sexual abuse, neglect, severe mood disorders, ADHD, parent training and more.

Behavioral Health Specialist

Sep. 2005 - Oct. 2007

- Provided individual, family and group counseling addressing complex mental health issues for over 25 people ages 3-60.
- Clinically supported social work staff, parents and 180 children in therapeutic and regular foster care through screening, education, crisis management, and extensive community collaboration.

MASS. SOCIETY FOR THE PREVENTION OF CRUELTY TO CHILDREN; Boston, MA

Sep. 2004 - May 2005

Clinical Intern

- Provided individual and family counseling to 15 children, adolescents and adults in home-, school- and office-based settings in a diverse urban environment.

GIRLS GETTING TOGETHER; Upland, IN

Sep. 2002 - May 2003

Director, Group Leader

- Created and piloted a weekly community-based mentoring group for girls age 11-16 facilitating discussion and activities to increase social and emotional competence.

COMMUNITY INVOLVEMENT

LIFEPATH CHURCH; New Castle County, DE

Feb. 2012 - Present

- Founding member and ongoing leader, coordinate volunteer efforts with local agencies

MENTAL HEALTH PROFESSIONALS IN CHILD WELFARE; NY, NY

Jan. 2006 - Sep. 2010

Committee Member

- Advocated for the best interests of children entering foster care; co-led the development of the 2006 conference on evidence-based treatments for children and adolescents in foster care.

OTHER SKILLS

SPANISH: Speak and write proficiently.

COMPUTER: Aptitude in general Microsoft programs as well as electronic medical records.