Marguerite Ansah

Licensed Mental Health Counselor
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SUMMARY

Licensed mental health counselor (LPC) with 5 years treating adults and adolescents for anxiety, depression and trauma in community mental health and private practice settings. Manages a caseload of 28 clients, using CBT and trauma-focused approaches, and reduced a clinic's no-show rate by 19% through a revised intake process. Comfortable with crisis assessment and safety planning.

EXPERIENCE

Licensed Mental Health Counselor — Hawthorne Behavioral Health

Portland, OR · Aug 2022 – Present

- Carry a caseload of 28 adult and adolescent clients, providing weekly individual therapy using CBT, DBT skills and trauma-focused approaches.
- Conducted 45 crisis assessments and safety plans for clients with suicidal ideation, with zero hospitalizations needed after de-escalation in 38 of those cases.
- Redesigned the clinic's intake screening questions, cutting first-session no-shows from 31% to 12% over 6 months.
- Co-led a weekly DBT skills group of 10 clients, with 7 completing the full 12-week curriculum and reporting fewer self-harm incidents on exit surveys.

Mental Health Counselor — Willow Creek Community Counseling

Salem, OR · Jul 2020 – Jul 2022

- Provided individual and family therapy to 22 clients, mainly adolescents referred for anxiety and school-related stress.
- Completed 60 biopsychosocial assessments and treatment plans, coordinating care with 3 referring pediatricians and 2 school counselors.
- Facilitated a 6-week psychoeducation group for parents of anxious teens, with 85% of attendees completing all sessions.

SKILLS

Clinical approaches: CBT, DBT skills training, trauma-focused CBT, motivational interviewing

Assessment: Biopsychosocial intake, suicide risk assessment (C-SSRS), safety planning, DSM-5-TR

Populations: Adults, adolescents, anxiety, depression, trauma, co-occurring disorders

Documentation: Treatment planning, progress notes (SOAP), EHR systems (SimplePractice, TherapyNotes)

CERTIFICATIONS

Licensed Professional Counselor (LPC), Oregon, 2021

EDUCATION

M.A. Clinical Mental Health Counseling, Portland State University, 2020

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