

PAUL D. WHITE, LMHC

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EDUCATION

- *MEd* in Counseling and Psychology, Cambridge College, 2013
 - Independent Research Project: "Creating Change in Adolescent Substance Abuse Through Motivational Interviewing"
 - Major: School Adjustment and Mental Health Counseling
- *BA* in Creative Writing, Minor: Education, Eugene Lang College, 2002

TEACHING EXPERIENCE

Senior Instructor, School of Psychology and Counseling, Cambridge College, Boston, MA (May 2020-Present)

- *Career Development*: Developed an experiential approach to career development for counselors supporting a diverse client population across the lifespan. Topics covered include key assessment instruments, online resources, labor market information, transferable skills analysis, job placement strategies, and work-related supports.
- *Field Experience I-IV*: Guided limited student cohorts through practicum and internship counseling. Provided classroom-based supervision on case work, active use of counseling techniques, comprehensive assessment, treatment planning, and supervision of documentation according to state standards. Students included mental health counseling, addiction counseling, and school adjustment counseling tracks.
- *Psychopathology*: Instructed an asynchronous graduate course introducing the Diagnostic and Statistical Manual of Mental Disorders (5th ed.), covering psychiatric diagnosis, psychotherapeutic assessment, and treatment for children, adolescents, and adults. Explored sociocultural aspects and historical contexts of behavior.
- *Research Design and Evaluation*: Taught an asynchronous graduate course on behavioral research and evaluation methodologies, focusing on the framework of the American Psychological Association and guiding students through their research projects.

PROFESSIONAL EXPERIENCE

Clinician, Alma (Feb 2022-Present)

- Provided private therapy via teletherapy to individuals dealing with various mental health disorders.
- Conducted initial intake assessments and developed treatment plans for clients.
- Maintained intake, session, and communication documentation in electronic health records.

Clinician, Thriveworks (Oct 2022-Feb 2023)

- Offered private therapy in-person and via teletherapy for individuals facing mental health disorders.
- Conducted initial diagnoses with justification and developed treatment plans for clients.

- Maintained intake, session, and communication documentation using AdvancedMD electronic health record.
- Engaged in communication with family members and collateral contacts.

co-Chair, Mental Health Counseling; Program Chair, Alcohol and Drug Counseling, Cambridge College School of Psychology and Counseling (Sept 2020-Dec 2022)

- Co-led the implementation and management of Tevera for all Field Experience students across 5 locations.
- Completed approved education provider application and program review for submission to the Bureau of Substance Addiction Services.
- Provided academic advising to students across all programs and reviewed curriculum development and syllabi content for each term.
- Represented the division in reviewing and advising the provost's office in the development of a school-wide suicide prevention protocol.
- Conducted new student orientations and led program-specific discussions.
- Reviewed all course and instructor evaluations, conducted annual licensure verifications for teaching faculty, and interviewed new students and faculty.
- Compared state licensure requirements to Massachusetts regulations for disclosure according to federal rule.

Lead Clinician, Support Services Specialist, The Herren Project (April 2016-May 2021)

- Provided counseling and recovery coaching to individuals recovering from Substance Use Disorder.
- Facilitated support groups for family members and individuals in recovery.
- Co-led the implementation and development of the alumni support program.
- Assisted in the development of prevention resources, wellness campaigns, and corporate partnerships.

Community Based Flexible Support, Recovery Coordinator; Lead Clinician, The Edinburg Center (Jan 2012-June 2017)

- Provided counseling to individuals with various clinical presentations and managed documentation for individual caseloads.
- Supervised client charts and team service notes, participated in Department of Mental Health reviews, and coordinated crisis and risk management as appropriate for clients.
- Led team meetings, managed client fund accounting for representative payee appointments, and assisted in the transition from paper records to electronic health records.

PRACTICUM EXPERIENCE

School Adjustment Counselor Intern/Substitute, Weymouth High School (Sep 2012-June 2012)

- Conducted individual and group counseling for students in 9th and 10th grade.
- Facilitated a grief support group for 9th grade boys who lost a close friend to suicide.
- Assisted in crisis teamwork and response after a student suicide and participated in individualized education and 504 plan meetings.

Community Based Flexible Support Advocate, The Edinburg Center (Sept 2011-June 2012)

- Provided individual counseling and advocacy services to persons living in the community.

- Maintained daily records including progress notes, Comprehensive Assessments, and Individual Action Plans.

LICENSURES AND CERTIFICATIONS

- *Licensed Mental Health Counselor*, Massachusetts Board of Allied Mental Health, License Number 10060, Dec 2017-Present

MEMBERSHIPS AND COMMITTEES

- American Counselors Association, 2021-Present
- American Psychological Association, 2021-Present
- Massachusetts Mental Health Counselors Association, 2021-Present
- Cambridge College Racial Equity & Social Justice Initiative, 2022
- Steering Committee on Academic Programs, Faculty, and Students 2022

COMPUTER SKILLS

- Tevera: Administrative and teaching faculty functions
- Canvas: Basic faculty use for teaching
- Additional Proficiencies: Microsoft Outlook, Word, PowerPoint & Excel; Zoom; Zoho; MyEvolv & AdvancedMD