

Julia Schechter, MSW, LICSW

Julia@JuliaSchechter.com

845.837.2370

Multilingual psychotherapist and educator with 14+ years of experience in healthcare and clinical program development.

Credentials

Licensed Independent Clinical Social Worker (LICSW) in Massachusetts (License #120341, issued 04/03/2017)

Professional Experience

Boston College School of Social Work

Part-time Faculty

- Teaching "Substance Use Disorders" - Summer 2024
- Teaching "Cognitive Behavioral Therapy" - Fall 2024

Chestnut Hill, MA

5/2024 - Present

Simmons University School of Social Work

Adjunct Instructor

- Taught "Trauma Across the Lifespan: Adults and Families" - Spring 2024

Boston, MA

01/2024 - Present

Julia Schechter, LICSW Psychotherapy

Private Practice Owner & Psychotherapist

- Established and managing a successful outpatient psychotherapy practice specializing in trauma and addiction treatment for adults
- Comprehensively assessing mental health conditions and developing individualized treatment plans grounded in evidence-based therapeutic interventions
- Conducting cross-functional collaboration across multidisciplinary teams and community resources to ensure comprehensive care and support for clients

Virtual

11/2018 - Present

Cambridge Health Alliance

Clinical Social Worker - Outpatient Addictions Service

- Bilingual (English/Spanish) psychotherapist for clinically complex adult patients with substance use disorders and PTSD
- Worked cross-functionally with interdisciplinary teams to ensure delivery of trauma-informed, culturally-competent care for patients receiving addiction treatment
- Trauma consultant/subject matter expert for the development of the Intensive Outpatient Partial Hospitalization Program

Somerville, MA

02/2021 - 03/2022

Brigham and Women's Hospital

Clinical Social Worker - Brigham Psychiatric Specialties

- Worked cross-functionally with Medical, Project Management, and Data Analytics teams to develop the Serious Mental Illness Clinic, and served as lead clinician supporting 130+ English and Spanish-speaking high risk patients

Boston, MA

09/2018 - 01/2021

- Served as trauma subject matter expert on a multidisciplinary team to develop the Longitudinal Urgent Care Psychiatry Clinic (LUCY) and co-authored "Impact of a Rapid-Access Ambulatory Psychiatry Encounter on Subsequent Emergency Department Utilization"
- Developed and co-facilitated a weekly Spanish-speaking COVID-19 support group

IES Gabriel García Márquez

Madrid, Spain

Auxiliar de Conversación

10/2017 - 06/2018

- Developed the curriculum and taught a year-long mental health course for high school students aimed at resolving bullying issues in the school
- Taught and assisted Ethics and English classes to high school students

Vinfen Corporation

Allston, MA

Clinical Coordinator II

11/2016 - 08/2017

- Clinical consultant for a community-based mental health team serving 100+ adult patients receiving Department of Mental Health services
- Facilitated monthly Co-Occurring Disorders trainings
- Supervised a team of outreach workers
- Provided trilingual (English, Spanish, Polish) case management and outreach services to a panel of clinically complex and high-risk patients

Rehabilitation Coordinator II

01/2015 - 10/2016

- Led internal quality improvement project for patient record audits conducted by the Department of Mental Health
- Developed and implemented a new tracking system for managing accountability, deadlines, and execution of improvement plans for patient records audited by the Department of Mental Health
- Facilitated Co-Occurring Disorders trainings
- Provided trilingual (English, Spanish, Polish) case management and outreach services to a panel of clinically complex and high-risk patients

Riverside Community Service Agency

Needham, MA

Intensive Care Coordinator

06/2014 - 01/2015

- Bilingual (English/Spanish) case manager/outreach worker for children with serious emotional challenges and their families

Cambridge Health Alliance

Somerville, MA

Clinical Social Work Intern - Victims of Violence Program

09/2013 - 04/2014

- Bilingual (English/Spanish) outpatient therapist and case manager for a panel of adult domestic and sexual violence survivors
- Co-led a time-limited sensory-motor psychotherapy group for domestic violence survivors based on Dr. Pat Ogden's Sensory-Motor Psychotherapy

Mary Lyon Pilot School

Brighton, MA

Clinical Social Work Intern

09/2012 - 06/2013

- Individual therapist for middle and high school students with emerging mental illness
- Developed and led an ongoing weekly support group for female-identifying students with emotional challenges focused on empowerment and addressing bullying issues

McLean Hospital

Belmont, MA

Community Residence Counselor - OCD Institute**02/2010 - 06/2014**

- Facilitated and co-facilitated ongoing psychotherapy groups on Guilt/Scrupulosity, Mindfulness, and Emotion Regulation
 - Provided individual Exposure and Response Prevention (ERP) coaching
 - Provided crisis intervention as needed
 - Interviewed new counselors
 - Trained new staff members on ERP coaching
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Languages

English (native), Spanish (fluent), Polish (fluent), Italian (beginner), French (beginner)

Education

Boston College - MSW, Clinical Track	09/2012 - 05/2014
University of Massachusetts Amherst - B.A. Psychology	09/2007 - 02/2010
Roger Williams University	09/2006 - 05/2007

Publications

Kroll, D.S., Wrenn, K., Grimaldi, J.A., Campbell, L., Irwin, L., Pires, M., Datillo, N., **Schechter, J.**, Levy-Carrick, N., Gitlin, D.F. Impact of a Rapid-Access Ambulatory Psychiatry Encounter on Subsequent Emergency Department Utilization. *Community Ment Health J* (2020). <https://doi.org/10.1007/s10597-020-00702-8>