AREAS OF EXPERTISE

Supervision of family therapy & individual therapy

Cognitive behavioral practice

Family Systems coaching

LGBTQ

Sexual/physical/emotional abuse treatment of survivors

Teaching Therapist Own Family Systems workshop

12 step and mindfulness coaching

Post Traumatic Stress Disorder

Couples counseling

Life coaching

Interviewing

Evaluations

Short term treatment planning

Directive approaches

Crisis intervention

Advocacy

PROFESSIONAL AFFILIATIONS

NASW

BCD

Phoenix Rising, Bristol, Vermont

PERSONAL SKILLS

Reliability

Presence of mind

Frances Aquino, LCSW, BCD

PERSONAL SUMMARY

A hardworking, loyal, conscientious and dedicated social worker with extensive knowledge offering rehabilitation and guidance to individuals and families. Having a proven ability to engage and maintain consistency in treatment whilst retaining an objective and realistic approach to treatment and therapy. Comfortable working and communicating with people from all backgrounds and having experience with trauma, abuse, addiction, depression, couples conflict, parent coaching, child-parent conflicts, and issues of all kinds from a systemic perspective.

WORK EXPERIENCE

1983 – 2012 Private practice specializing in individuals, couples, grandparent-parent-child relationship issues. This involves coordination and consultations with the community at large.

1982 – 1986 Faculty & Staff Member

Center for Family Learning, New Rochelle, NY A postgraduate training institute in family therapy accredited by the State University of New York.

Responsibilities included the conducting of seminars, workshops, individual and group supervision in family systems theory and therapy in addition to program planning, public speaking, writing and research, and clinical service.

1983 – 1984 <u>Faculty & Member</u>

Institute for Mental Health Education, Englewood, NJ

Responsibilities included the teaching and supervision of family therapy theory and practice.

1980 – 1983 <u>Medical Crisis Intervention</u> St. Joseph Medical Center, Yonkers, NY

Responsibilities included short-term treatment of individuals and their families as well as crisis intervention in the ER; worked closely with a nurse run discharge planning team.

WORK EXPERIENCE

1980 - 1983 Clinical Staff

Center for Family Learning, New Rochelle, NY

Supervised by Phil Guerin, MD and Tom Fogarty, MD who were trained by Murray Bowen, MD.

1979 – 1980 <u>Discharge Planning</u>

Phelps Memorial Hospital, Tarrytown, NY

Responsibilities included coordination of outside agencies and medical staff with patients and their families.

1978 – 1979 Family Social Worker

St. Peter's Residential Treatment Institution, Peekskill, NY

Responsibilities included individual and group therapy and the development of a reach-out family therapy program for latency and adolescent children.

KEY SKILLS & COMPETENCIES

- ™ Over 30 years of clinical practice
- [™] 25 years practicing mindfulness mediation and yoga
- [™] Confidentiality and keen awareness of ethical standards, i.e. appropriate boundaries
- [™] Aware of policies and procedures regarding equal opportunities, child protection, and risk assessment
- Moreover Two Ability to quickly analyze complex problems and negotiate with third parties and negotiate with third parties
- [™] Having a person centered approach towards counseling
- ™ Experienced working with young people and vulnerable adults
- [™] Having a personable, calming, and trustworthy presentation

ACADEMIC QUALIFICATIONS

Certified in Yoga Therapy Phoenix Rising Yoga Therapy Training, Bristol, VT Certified Family Therapist Center for Family Learning, New Rochelle, NY 1978 – 1981 Master of Social Work New York University School of Social Work, New York, NY 1976 – 1978 Bachelor of Arts in Psychology Antioch College, Yellow Springs, OH 1972 - 1974