

Susan Gardner, LCSW

313 E Broad Street, Suite 125 • Richmond, VA 23230 • Phone: 9174883374 • E-Mail: susangardnerlcsw@gmail.com

Experience

SUSAN M GARDNER LCSW, LLC

Richmond, VA

2021-CURRENT

Psychotherapist

- Provide psychodynamic outpatient treatment for adults ranging in age from 20-75 presenting with mood disorders, grief, trauma and challenging arising from life changes
- Handle all billing and other administrative needs for this small private practice for a case load averaging 23 clients per week
- Provide crisis intervention as necessary

VIRGINIA COMMONWEALTH UNIVERSITY

Richmond, VA

2022-2023

Adjunct Faculty – MSW Program

- Field Liaison for SLWK 793 and SLWK 794, Concentration Field Instruction, working with students and agencies to support powerful learning opportunities including integration of course content into field experience while providing feedback through grades, class room discussion and individual meetings
- Collaborate with students to create due dates, class structure and special projects that empower learners to gain mastery in social work skills and theories
- Effectively create learning teams with stake holders that offer constructive opportunity for deepening student's understanding and skill while ensuring agency and client needs are met

THE MIND HEALTH CENTER

Richmond, VA

2019-2022

Psychotherapist

- Provide psychodynamics outpatient treatment for a diverse population ranging in ages from 17-75 presenting with a variety of therapeutic needs including depression, anxiety, trauma, disordered personality, grief, relational challenges and life transitions issues
- Co-construct treatment plans unique to each clients' strengths while ensuring accurate documentation
- Provide crisis intervention as necessary both in reaction to acute stressors and system challenges including use of tele therapy, after receiving informed consent, when face-to-face sessions are not possible

BEHAVIORAL AWARENESS CENTER

Richmond, VA

2018-2019

Behavioral Health Counselor, Outpatient Therapy

- Provided psychodynamic outpatient treatment for individuals recently placed on Federal Probation and currently incarcerated with the Federal Bureau of Prisons utilizing a variety of modalities based on the strengths of the client including person center interventions, insight oriented dialogue, psychoeducation, mindfulness, cognitive restructuring, attachment theory, DBT/CBT skill building techniques
- Facilitated a weekly Resiliency group focused on supporting individuals in healing from trauma in order to support optimal functioning and a successful transition back to the community
- Provided clinical supervision to Master's Level Social Work Interns attending Virginia Commonwealth University and Simmons College
- Ensured continuity of care and social justice work through ethical and timely documentation of services including monthly reports for the courts, co-constructed treatment plan and thoughtful and accurate progress notes

JOHN RANDOLPH MEDICAL CENTER

Hopewell, VA

2017-2019

Behavioral Health Counselor, Inpatient Psychiatric Unit

- Worked closely with the treatment team including the psychiatrist, pharmacist, nurses, case managers and mental health techs through consistent communication and thoughtful documentation to ensure most optimal clinical outcomes for patients
- Utilized talk therapy, psycho-education, mindfulness and a person-centered perspective to engage patients in treatment including meaningful assessments, co-creation of treatment plans, individual and family counseling and group therapy facilitation on the crisis stabilization unit
- Continually worked to create milieu enhancing initiatives such as the Caught in the Act of Kindness program, the Inpatient Library and the News Stand
- Team lead for the Group Therapy Curriculum for the Inpatient Military Psychiatric Unit (HCA Best Practice)

COUNSELING ALLIANCE OF VIRGINIA

Richmond, VA

2015-2017

Intensive In-Home Counselor/Parent Couch/Outpatient Therapist

- Utilized Structural Family Therapy as the primary modality to provide both individual and family for for 11 families in need of mental health treatment with ages ranging from 7-75 years
- Provided case management with the treatment team including Department of Social Services, the Juvenile Court System, the Public School System and other stakeholders including documentation to ensure continuity of care
- Provided crisis intervention when needed with appropriate follow up for clients
- Provided supervision to Bachelor level intern and served as Team Lead for majority of cases including completing Medicaid reauthorization, monthly treatment reports for DSS, and accurate court testimony

SAINT FRANCIS COUNSELING CENTER

New York, NY

2014-2015

Psychotherapist/Social Work Intern

- Utilized person centered therapy, object relations and ego psychology paired with evidenced based practices including CBT, mindfulness and motivational interviewing to provide psychotherapy to a caseload of approximately 18 adults
- Completed biopsychosocial assessments, made diagnostic evaluations and developed treatment plans for long and short term therapy for adults and couples ranging in age from 22-76
- Maintained a foundation of empathy and cultural competency with a strong therapeutic alliance while working with a diverse population presenting with trauma, depression, anxiety, disordered eating, adjustment disorders, grief and loss, addiction, and personality disorders

YMCA/OASAS HARLEM OUTREACH CENTER

New York, NY

2013-2014

Prevention Counselor/Social Work Intern

- Provided biopsychosocial assessments and counseling rooted in attachment theory and systems theory for children aged 9-12 years old
- Co-Led a weekly empowerment group for adolescent girls that incorporated Erickson's Stages of Development and Mahler's Separation-Individuation process into enriching and supportive interventions and activities
- Provided crisis intervention as needed for children ages 6-13 years

TAYLOR HODSON TEMP AGENCY

New York, NY

2008-2012

Temporary Administrative Support

- Handled the coordination of schedules, processing of invoices and management of public spaces for extended and short term assignments for a variety of industries including the Cayman Island Department of Tourism and International Power

BILINGUALS, INC

New York, NY

2007-2008

Compliance Director

- Responsible for ensuring adherence to national and state licensure law for speech language pathologists
- Responsible for adherence to federal immigration law for international healthcare company specializing in sponsoring Speech Language Pathologist from India, South America and Russia hired to provide language therapist for children in the United States whose first language is not English

CAFÉ HABANA, HABANA TO GO

New York, NY

2003-2007

General Manager

- Primary problem solver for high volume restaurant
- Responsible for staff development, vendor communications and physical maintenance of property
- Maintained accurate financial records and negotiated contractual terms and pricing with food, beverage and supply vendors

STAR EDUCATION

Culver City, CA

2002-2003

After School Director, Manhattan Beach Elementary

- Planned courses based on academic and extra-curricular interests as well as managed registration, developed staff and processed payroll
- Taught Chess classes

Education

UNIVERSITY OF PENNSYLVANIA

Philadelphia, PA

2021-Current

Doctoral Student, *Dissertation: Separation-Individuation beyond Emerging Adulthood including Family of Choice*

NEW YORK UNIVERSITY

New York, NY

2012-2015

Master of Social Work, Summa Cum Laude

WILLIAM ALANSON WHITE INSTITUTE

New York, NY

Summer 2013. Summer 2014

Master Clinicians' Summer Intensive

VIRGINIA COMMONWEALTH UNIVERSITY

Richmond, VA

1994- 1998

Bachelor of Fine Arts, Minor Art History; Theatre Department Class President and Valedictorian

OXFORD SCHOOL OF DRAMA

Oxford, England

Summer 1993

Summer Shakespeare Intensive

Professional Appointments, Affiliations and Certifications

Licenses Clinical Social Worker, Virginia and Colorado

Certified Clinical Trauma Specialist – Trauma Institute International

National Association of Social Workers

2015- Current Appointment to the NASW Delegates' Assembly

2016- 2019 to the NASWVA-Legislative Committee

2017-2019 Current Appointment to the NASWVA-Political Action Committee

Phi Alpha Honor Society for Social Workers

Awards

2019-2020 Outstanding Field Instructor, Virginia Commonwealth University

2015 Outstanding Student Program Award, Phi Alpha Honor Society – New York University