

# **Jessica Denise (Hallman) Holton, MSW, LCSW, LCAS**

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## **EDUCATION**

### **Master of Social Work**

**East Carolina University**

**August 2001 - May 2003**

**Greenville, NC**

- Mental Health Specialization (*Direct Practice*)
- Social Work Practice with Deaf and Hard of Hearing Sub-specialization & Certification
- Substance Use Disorder Treatment Sub-specialization & Certification Program
- Research Emphasis

### **Bachelor of Science in Family Studies & Human Development**

**University of Arizona**

**August 1998 - December 2000**

**Tucson, AZ**

- Dean's Honor List Spring 2000

### **Associates of Arts in Liberal Arts and Sciences**

**Pima Community College**

**August 1996 - May 2000**

**Tucson, AZ**

- Dean's Honor List (all semesters)
- American Sign Language as Second Language

### **General Studies**

**Northland Pioneer College**

**January 1994 - May 1996**

**Winslow, AZ**

## **PUBLICATIONS**

### **Professional Continuing Education Curriculum: Published**

Holton, J. (2017). Understanding the neuroscience of addiction to provide effective treatment. *PDH Academy Social Work Courses*. Six-hour Course #9641.

### **Professional Newsletter Articles: Published**

Holton, J. (2020). President's Statement on Social Justice. *Addiction Professionals of North Carolina*. June 10, 2020 Newsletter.

Holton, J. (2017). Liabilities of clinical supervision: direct, indirect, and strict. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. Spring/Summer Issue.

Holton, J. (2016). Letter from the chair. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. Spring/Summer Issue.

Holton, J. (2015). Letter from the chair. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. Fall/Winter Issue.

Holton, J. (2015). Letter from the chair. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. Summer Issue.

Holton, J. (2014). Letter from the chair. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. Spring/Summer Issue.

Holton, J. (2014). From the president: "...Humility, clarity and courage." *The North Carolina Social Worker Newsletter*. XXXVIII-2, 2.

Holton, J. (2014). From the president: Valuing & respecting our social work profession. *The North Carolina Social Worker Newsletter*. XXXVIII-1, 2.

Holton, J. (2013). Letter from the chair. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. Winter Issue.

Holton, J. (2013). Eating: A source of nutrition or a means of control. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. Winter Issue.

Holton, J. (2013). From the president: We cannot give away what we do not have. *The North Carolina Social Worker Newsletter*. XXXVII-4, 2.

Holton, J. (2013). Letter from the chair. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. Fall Issue.

Holton, J. (2013). From the president: Your NASW-NC board of directors' journey to social work. *The North Carolina Social Worker Newsletter*. XXXVII-3, 2.

Holton, J. (2013). From the president: Political social work. *The North Carolina Social Worker Newsletter*. XXXVII-2, 2.

Holton, J. (2013). From the president: Critical thinking skills and social work integrity. *The North Carolina Social Worker Newsletter*. XXXVII-1, 2.

Holton, J. (2013). From the president: Give an hour and project odyssey. *The North Carolina Social Worker Newsletter*. XXXVI-6, 2.

Holton, J. (2012). Letter from the chair. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. Fall Issue.

Holton, J. (2012). From the president: What do you do? *The North Carolina Social Worker Newsletter*. XXXVI-5, 2.

Holton, J. (2012). Letter from the chair. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. Summer Issue.

Holton, J. (2012). From the president: Continuing the journey. *The North Carolina Social Worker Newsletter*. XXXVI-4, 2.

Holton, J. (2011). Letter from the chair. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. 1, 1.

Holton, J. (2010). Becoming a licensed clinical addictions specialist (LCAS) in North Carolina. *The North Carolina Social Worker Newsletter*. XXXIII-5, 1, 10.

Holton, J. (2010). NASW-NC: Get involved. *The North Carolina Social Worker Newsletter*. XXXIII-5, 6.

Holton, J. (2010). Grief and loss: Numbing the pain through substance use. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. 1, 4-5.

Holton, J. (2009). Deafness: Understanding the basics in order to provide effective treatment. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. 2, 7-10.

Holton, J. (2009). Deafness: Understanding the basics in order to provide effective treatment. *National Association of Social Work's Alcohol, Tobacco, and Other Drugs Section Connection*. 1, \_-\_.

### **Magazine Articles: Published**

Holton, J. (2009). Eating: A source of nutrition or a means of control? *Eastern Carolina Parent: Where families find fun*, pp. 20-21.

### **Public Speaking & Presentation Abstracts: Submitted**

Holton, J. (October, 2005, Submitted). Communication barriers & addictions: Understanding negative and positive coping skills. 21st International Convention for Self-Help for Hard of Hearing of Hearing People (SHHH).

Holton, J. (May, 2005, Submitted). Deaf substance abusers: Understanding deaf culture in order to provide effective treatment. North Carolina Foundation for Alcohol and Drug Studies Winter School 2005.

Holton, J. (August, 2004, Submitted). Deaf substance abusers: Understanding deaf culture in order to provide effective treatment. Annual Fall Conference for National Association of Social Workers – North Carolina Fall Conference 2004.

Holton, J. (October, 2004, Submitted). Communication barriers and chemical dependency: Replacing negative coping skills with positive coping skills. 20<sup>th</sup> International Convention for Self-Help for Hard of Hearing of Hearing People (SHHH).

### **Peer Reviewed Journal Articles: Published**

Carpenter-Aeby, T., Anderson, K., Chamblee, W., Daly, D., Marshland, A., Hallman, J., Perez, J., Scheu, A. (2002). Bringing the classroom to the community: Students voice the passion and inspiration of service-learning. *Annals of the National Association for the Advancement of Educational*.

### **Peer Reviewed Journal Abstracts: Published**

Carpenter-Aeby, T., Hallman, J., Aeby, V. (2003). Teacher attitudes toward working conditions in rural counties. Proceeding for the 6<sup>th</sup> Annual Meeting of the Association for the Advancement of Educational Research.

Carpenter-Aeby, T., Anderson, K., Chamblee, W., Daly, D., Marshland, A., Hallman, J., Perez, J., Scheu, A. (2002). Bringing the classroom to the community: Students voice the passion and inspiration of service-learning. Proceeding for the 5<sup>th</sup> Annual Meeting of the Association for the Advancement of Educational Research.

Carpenter-Aeby, T., Anderson, K., Chamblee, W., Daly, D., Marshland, A., Hallman, J., Loftin, T., Perez, J., Scheu, A. (2003). Benefits of service-learning in social work practice: Reflections on Learn & Serve Projects. Council on Social Work Education 2003 Annual Program Meeting.

### **Peer Reviewed Journal Articles: Submitted**

Carpenter-Aeby, T., Anderson, K., Chamblee, W., Daly, D., Marshland, A., Hallman, J., Loftin, T., Perez, J., Scheu, A. (May, 2002, Submitted). Benefits of service-learning in social work practice: Reflections on Learn & Serve Projects. *Journal of Social Work Education*.

## **PROFESSIONAL EXPERIENCE**

### **Full-time Employment**

**Licensed Clinical Social Worker & President**  
**Jessica Holton, PLLC**

**January 2008 - Present**  
**Greenville, NC**

**Clinical Therapist**  
**Outpatient Therapy Program Director**  
**Personalized Therapy, Inc.**

**July 2006 - January 2008**  
**January 2007 - December 2007**  
**Greenville, NC**

**Counselor / Licensed Clinical Addiction Specialist**  
**Walter B. Jones – Alcohol & Drug Addiction Treatment Center:**  
**Deaf and Hard of Hearing Services**

**August 2003 - June 2006**  
**Greenville, NC**

**PROFESSIONAL EXPERIENCE**  
**Contractual & Part-time Employment**

**Provider/Therapist**  
*Camaraderie Foundation, Inc.- Counseling Program*

**October 2017 - Present**  
**Orlando, FL**

**Critical Stress Support Team Coordinator**  
*Disaster Management International – Family Assistance Specialist Team*

**August 2017 - Present**  
**Little Rock, AK**

**Instructor/Speaker**  
*Tennessee Association Alcohol, Drug & other Addiction Services (TAADAS)*

**June 2017 - Present**  
**Nashville, TN**

**Instructor/Speaker**  
*North Carolina Foundation for Alcohol and Drug Studies (NCFADS)*

**November 2016 - Present**  
**Clayton, NC**

**Continuing Education Course Author**  
*PDH Academy*

**June 2016 - June 2020**  
**Pewaukee, WI**

**Instructor/Speaker**  
*Vyne (Formerly CrossCountry Education)*

**February 2016 - September 2015**  
**Brentwood, TN**

**Clinical Instructor**  
*East Carolina University's Communication Sciences & Disorders Department*

**January 2016 - January 2019**  
**Greenville, NC**

**Clinical Supervisor**  
*Youth Villages*

**October 2015 - Present**  
**Durham, NC**

**Progressive Tinnitus Management Clinic Co-Facilitator**  
*East Carolina University's Communication Sciences & Disorders Department*

**January 2015 - January 2019**  
**Greenville, NC**

**Independent Contractor**  
*Courage Beyond through Centerstone*

**September 2014 - Present**  
**Columbus, IN**

**Independent Contractor**  
*Give an Hour*

**October 2011 - Present**  
**Washington, D.C.**

**Independent Contractor**  
*MHN Services*

**September 2011 - August 2012**  
**San Rafael, CA**

**Independent Practitioner**  
*PORT Human Services*

**February 2008 - November 2009**  
**Greenville, NC**

**Adjunct Instructor**  
*East Carolina University's College of Human Ecology's School of Social Work*

**August 2007 - May 2008**  
**Greenville, NC**

**School of Social Work Field Office Consultant**  
*East Carolina University's College of Human Ecology's School of Social Work*

**March 2007 - June 2007**  
**Greenville, NC**

**Clinician / Group Facilitator**  
*East Coast Counseling, Inc.*

**August 2005 - July 2007**  
**Greenville, NC**

**Research Assistant**  
*East Carolina University*

**June 2003 - August 2003**  
*Greenville, NC*

**Student Research Assistant**  
*East Carolina University*

**September 2001 - August 2002**  
*Greenville, NC*

## **PROFESSIONAL EXPERIENCE**

### ***Internships & Practicums***

**Master of Social Work Intern**  
*Walter B. Jones – Alcohol Drug Addiction Treatment Center*  
- *Deaf and Hard of Hearing Services*

**August 2002 - May 2003**  
*Greenville, NC*

**Master of Social Work Intern**  
*Cherry Hospital - CYU*

**January 2002 - May 2002**  
*Goldsboro, NC*

**Southern Arizona Children's Consortium Intern**  
*CODAC Behavioral Health Services*

**August 1999 - May 2000**  
*Tucson, AZ*

## **PROFESSIONAL ACTIVITIES**

### ***National Public Speaking, Lectures, Presentations & Media Interviews***

National Association of Social Workers – Social Work Advocate Magazine  
• Article Source - "Lessons in Mitigating Substance Use Disorder"

Summer 2024

Arizona Chapter of National Association of Social Workers  
2023 NASW Arizona Annual Conference – Phoenix, AZ  
• Presenter – *Basic Neuroscience of Addiction*

March 22, 2024

Coconino Community College  
*Community Education Course – Flagstaff, AZ*  
• Presenter – *Stress Management through a Neuroscience Lens*

April 3, 2023

The Georgia Society for Clinical Social Work  
*April 2021 Lunch and Learn – via live webinar*  
• Presenter – *Professional Wills*

April 28, 2021

Tennessee Association Alcohol, Drug & other Addiction Services (TAADAS)  
*Regional Training (six hours) – via live webinar*  
• Presenter - *Why We Do What We Do: Merging Neuroscience and Theory into Practice While Facilitating Group Sessions*

July 14, 2020

MindBody Radio  
*Radio Interview*  
• Guest Appearance

March 30, 2020

West Virginia Chapter of National Association of Social Workers  
*Annual Spring Conference – Charleston, WV*  
• Presenter - *The Basic Neuroscience of Addiction: Debunking the "Choice" Myth*  
• Presenter - *Tackling Avoidance: Understanding the Basic Neurobiology of Posttraumatic Stress Disorder*

May 2, 2019

West Virginia Public News Service  
*Radio and Article Interview*  
• Guest Appearance - *Opioid Crisis and Addiction*

April 25, 2019

Arizona Chapter of National Association of Social Workers  
2020 NASW Arizona Conference – via live webinar  
• Presenter – *Professional Wills*

November 5, 2020

Navajo County Court Appointed Special Advocate  
October Court Team Meeting – Holbrook, AZ

October 25, 2017

- Presenter – *Tackling Avoidance: Understanding the Basic Neurobiology of Posttraumatic Stress Disorder*

Tennessee Association Alcohol, Drug & other Addiction Services (TAADAS)  
Regional Training (12 hours) – Chattanooga, TN

August 24 - 25, 2017

- Presenter – *Why We Do What We Do: Merging Neuroscience and Theory into Practice*

Tennessee Association Alcohol, Drug & other Addiction Services (TAADAS)  
Regional Training (12 hours) – Memphis, TN

August 10 - 11, 2017

- Presenter – *Why We Do What We Do: Merging Neuroscience and Theory into Practice*

Cross County Education

August 24, 25 & 26, 2016

Presenter Test Tour (six hours) 2 of 2 – Columbia, SC, Augusta, GA & Savannah, GA

- Presenter – *Clinical Supervisor Roles & Responsibilities: Increasing Effective & Essential Gatekeeping Methods*

Cross County Education

August 10, 11 & 12, 2016

Presenter Test Tour (six hours) 1 of 2 – Harrisburg, PA, Wilkes-Barre, PA & Feasterville Trevose, PA

- Presenter – *Clinical Supervisor Roles & Responsibilities: Increasing Effective & Essential Gatekeeping Methods*

National Association of Social Workers

March 3, 2015

Specialty Practice Section (SPS) – via live webinar

- Presenter - *Using Practical Approaches: Stress Management for Professionals*

National Association of Social Workers

October 28, 2014

Specialty Practice Section (SPS) – via live webinar

- Presenter - *Trying to Escape by Getting Trapped: Basic Neurobiology of Addiction*

Wisconsin Chapter of National Association of Social Workers

May 3, 2012

Continuing Education Program – via live teleconference

- Presenter - *Grief and Loss: Numbing the Pain Through Substance Abuse*

Hearing Loss Association of America

June 18, 2011

Annual International Convention – Washington, D.C.

- Presenter – *Trying to Escape by Getting Trapped: Using Unhealthy Coping Skills to Grieve Hearing Loss*

Hearing Loss Association of America

June 19, 2010

Annual International Convention – Milwaukee, WI

- Presenter – *Trying to Escape by Getting Trapped: Using Drugs and Alcohol to Cope with Hearing Loss*

South Carolina Chapter of National Association of Social Workers

March 4 - 5, 2008

Annual Symposium – Myrtle Beach, SC

- Presenter – *Using Practical Approaches: Stress Relief for Clinicians and Clients*
- Presenter - *Therapeutic Group Sessions: Utilizing Metaphors and Visual Aids to Increase Effectiveness*

Hearing Loss Association of America

July 1, 2006

(formally known as Self Help for Hard of Hearing of Hearing People)

Annual International Convention – Orlando, FL.

- Presenter – *Communication Barriers and Chemical Dependency: Replacing Negative Coping Skills with Positive Coping Skills*

Hearing Loss Association

June 30, 2005

(formally known as Self Help for Hard of Hearing of Hearing People)

Annual International Convention – Washington, D.C.

- Presenter – *Communication Barriers and Chemical Dependency: Replacing Negative Coping Skills with Positive Coping Skills*

Association for the Advancement of Educational Research (AAER) <i>Annual Meeting - Ponte Vedra, FL</i>	December 2 - 6, 2003
• Co-Presenter - <i>Teacher Attitudes Toward Working Conditions in Rural Counties</i> • Co-Presenter - <i>Benefits to Service- Learning: The Journey Continues</i>	
Association for the Advancement of Educational Research (AAER) <i>Annual Meeting - Ponte Vedra, FL</i>	December 3 - 7, 2002
• Co-Presenter - <i>Bringing the Classroom to The Community: Students Voice the Passion and Inspiration of Service-Learning</i>	
<b>North Carolina Public Speaking, Lectures, Presentations &amp; Media Interviews</b>	
North Carolina AHEC & North Carolina DHHS	March 31, 2023
Tailored Plans for IDD/SPMI/SUD Refresher Training (one hour) – <i>via live webinar</i>	
• Presenter - <i>Critical Incidents and Disasters Refresher: Suitable Knowledge and Skills to Respond</i>	
North Carolina Foundation for Alcohol and Drug Studies (NCFADS) <i>Winter School 2023 – Greensboro, NC</i>	February 20 - 22, 2023
• Main Track Presenter (11 Hours) - <i>“Addictive Personality”: Unpacking Substance Use Disorders &amp; Process Addictions</i>	
North Carolina Chapter of National Association of Social Workers <i>Essentials of Private Practice Conference – via live webinar</i>	August 3, 2022
• Presenter - <i>Transitioning to Telehealth: Considerations and Recommendations</i>	
Southlight Innovative Behavioral Health	June 27, 2022
Trauma Informed Extended Training (5.5 hours) 2 of 2 – <i>via live stream to in-person participants</i>	
• Presenter - <i>Tackling Avoidance: Understanding the Basic Neurobiology of Posttraumatic Stress Disorder</i>	
Southlight Innovative Behavioral Health	June 20, 2022
Trauma Informed Extended Training (5.5 hours) 1 of 2 – <i>via live stream to in-person participants</i>	
• Presenter - <i>Tackling Avoidance: Understanding the Basic Neurobiology of Posttraumatic Stress Disorder</i>	
Fellowship Hall Drug & Alcohol Recovery Center	May 19, 2022
2022 Continuing Education & Clinical Training (four hours) – <i>via live hybrid webinar (in-person and virtual participants)</i>	
• Presenter - <i>Clinical Supervisor Roles and Responsibilities: Ethics, Regulations, and Liabilities of Professional Gatekeeping</i>	
North Carolina AHEC & North Carolina DHHS	March 25, 2022
Tailored Plans for IDD/SPMI/SUD Training (three hours) – <i>via live webinar</i>	
• Presenter - <i>Critical Incidents and Disasters: Gaining the Appropriate Knowledge and Skills to Respond</i>	
Pitt Community College	March 2, 2022
<i>Mental Health &amp; Wellness for Staff – via live webinar</i>	
• Presenter - <i>Prolonged Stress: Proactive Approaches to Counter Physical, Emotional and Spiritual Depletion</i>	
Southlight Innovative Behavioral Health	February 25, 2022
All Staff Trauma Informed Training 4 of 4 – <i>via live webinar</i>	
• Presenter - <i>Tackling Avoidance: Supporting Stressor, Adversity, &amp; Trauma Reactions</i>	
Southlight Innovative Behavioral Health	February 18, 2022
All Staff Trauma Informed Training 3 of 4 – <i>via live webinar</i>	
• Presenter - <i>Tackling Avoidance: Supporting Stressor, Adversity, &amp; Trauma Reactions</i>	
Southlight Innovative Behavioral Health	February 11, 2022
All Staff Trauma Informed Training 2 of 4 – <i>via live webinar</i>	

• Presenter - <i>Tackling Avoidance: Supporting Stressor, Adversity, &amp; Trauma Reactions</i> Southlight Innovative Behavioral Health All Staff Trauma Informed Training 1 of 4 – via live webinar	February 4, 2022
• Presenter - <i>Tackling Avoidance: Supporting Stressor, Adversity, &amp; Trauma Reactions</i>	
North Carolina Foundation for Alcohol and Drug Studies (NCFADS) <i>Summer School 2021 – via live webinar</i>	July 26-29, 2021
• Main Track Presenter (9 Hours) - <i>Clinical Supervisor Roles and Responsibilities: Realizing and Implementing Essential Gatekeeping Approaches</i>	
Eastern AHEC <i>Enhancing Knowledge and Skills in Adult Mental Health' Conference – via live webinar</i>	April 29, 2021
• Presenter - <i>Tackling Avoidance: Understanding the Basic Neurobiology of Posttraumatic Stress Disorder</i>	
Thermo Fisher <i>LGBT+ World Mental Health Day Presentation – via live webinar</i>	October 9, 2020
• Presenter – <i>World Mental Health Day: October 10, 2020</i>	
Thermo Fisher <i>LGBT+ Suicide Prevention Day Presentation – via live webinar</i>	September 10, 2020
• Presenter – <i>World Suicide Prevention Day</i>	
McLeod Addictive Disease Center <i>2020 Training Series (six hours) – via live webinar</i>	June 19, 2020
• Presenter - <i>The Basic Neuroscience of Addiction: Debunking the “Choice” Myth</i>	
North Carolina Foundation for Alcohol and Drug Studies (NCFADS) <i>Winter School 2020 – Greensboro, NC</i>	February 16 - 19, 2020
• Mini-Track Presenter (4.5 Hours) – <i>Professional Wills</i>	
• Main Track Presenter (11 Hours) - <i>Tackling Avoidance: Understanding the Basic Neurobiology of Posttraumatic Stress Disorder</i>	
Eastern AHEC <i>Cherry Point (six hours) – Havelock, NC</i>	December 6, 2019
• Presenter - <i>Everyone Has a Vice, Right? Understanding and Treating Process Addictions</i>	
North Carolina Chapter of National Association of Social Workers <i>Local Program Unit – Greenville, NC</i>	November 21, 2019
• Presenter – <i>Professional Wills</i>	
Thermo Fisher <i>LGBT+ Mental Health Month Presentation – Greenville, NC</i>	October 9, 2019
• Presenter – <i>LGBT+ Community &amp; Mental Health Considerations</i>	
Eastern AHEC <i>2019 Children Services Conference – Greenville, NC</i>	August 16, 2019
• Presenter – <i>Implementing Evidence-Based Practices with Adolescents with Mental Health and/or Substance Use Disorders</i>	
TEDI BEAR and NC Stop Human Trafficking <i>Pitt County BRACE Podcast</i>	June 24, 2019
• Guest Interview - <i>PTSD Awareness Month</i>	
AAA Upper Coastal Plain Council of Governments <i>Regional Aging Conference – Rocky Mount, NC</i>	June 13, 2019
• Presenter - <i>The Basic Neuroscience of Addiction</i>	
Eastern AHEC <i>Walter B. Jones – Alcohol and Drug Abuse Treatment Center Training (four hours) – Greenville, NC</i>	March 28, 2019
• Presenter – <i>Translating Borderline Personality Disorder to Provide Effective and Compassionate Care</i>	

North Carolina Foundation for Alcohol and Drug Studies (NCFADS) <i>Winter School 2019 – Greensboro, NC</i>	February 19, 2019
• Concurrent Plenary Co-Presenter – <i>Military Veterans and Trauma: It May Not Be What You Think</i>	
Eastern AHEC <i>Camp Lejeune Training (six-hours) – Jacksonville, NC</i>	February 8, 2019
• Presenter – <i>The Basic Neuroscience of Addiction</i>	
North Carolina Chapter of National Association of Social Workers <i>Continuing Education Program – via Recorded Webinar</i>	January 29, 2019
• Presenter – <i>Professional Wills</i>	
Addiction Professionals of NC & NC Division of Aging and Adult Services <i>2nd Annual Opioids and Aging Symposium – Raleigh, NC</i>	December 13, 2018
• Morning Plenary Presenter - <i>The Basic Neuroscience of Addiction: Debunking the “Choice” Myth</i>	
Eastern AHEC <i>Annual Substance Abuse Services State of the Art Conference – Greenville, NC</i>	November 1, 2018
• Co-presenter - <i>Military Veterans &amp; Trauma: It May Not Be What You Think</i>	
Pitt County Coalition on Substance Abuse (PCCSA) <i>STOP 2.0 Series – Greenville, NC</i>	September 20, 2018
• Panel Expert: <i>Provider</i>	
Eastern AHEC <i>Adult Services Best Practices Conference – Greenville, NC</i>	April 26, 2018
• Presenter - <i>The Basic Neuroscience of Addiction: Debunking the “Choice” Myth</i>	
Addiction Professionals of North Carolina <i>Annual Spring Conference (three hours) – Asheville, NC</i>	April 19, 2018
• Presenter – <i>Gatekeeping for the Profession: Upholding Clinical Supervisor Roles and Responsibilities</i>	
North Carolina Foundation for Alcohol and Drug Studies (NCFADS) <i>Winter School 2018 – Greensboro, NC</i>	February 18 - 21, 2018
• Mini Track Presenter (4.5 hours) – <i>Effective Clinical Supervision: Intentionally Utilizing Supervision- Specific Approaches, Models, and Interventions</i>	
• Main Track Presenter (11 hours) - <i>Tackling Avoidance: Understanding the Basic Neurobiology of Posttraumatic Stress Disorder</i>	
Eastern Carolina Critical Incident Stress Management Association <i>Annual General Membership Meeting – Williamston, NC</i>	November 9, 2017
• Presenter as Associate Clinical Director – <i>Defusing, Delayed Stress Mitigation &amp; Disaster Stress Management Guide</i>	
East Carolina University's School of Social Work <i>Social Work Lecture Series – Greenville, NC</i>	November 8, 2017
• Presenter – <i>Therapeutic Group &amp; Individual Sessions: Utilizing Effective Metaphors &amp; Visual Aids</i>	
Addiction Professionals of North Carolina <i>Annual Fall Conference – Wrightsville Beach, NC</i>	October 20, 2017
• Presenter – <i>Compassion Fatigue: Proactive Approaches to Counter Physical, Emotional and Spiritual Depletion</i>	
North Carolina Chapter of National Association of Social Workers <i>Continuing Education Program – via Recorded Webinar</i>	September 26, 2017
• Presenter - <i>The Basic Neuroscience of Addiction: Debunking the “Choice” Myth</i>	
East Carolina University <i>Audiology Doctorial Students – Greenville, NC</i>	June 5, 2017
• Presenter – <i>Cognitive Behavioral Therapy Techniques &amp; Tinnitus Treatment</i>	

Asthma Alliance of North Carolina 2017 Asthma Summit – Burlington, NC	May 24, 2017
• Presenter – <i>Compassion Fatigue: Proactive Approaches to Counter Physical, Emotional &amp; Spiritual Depletion</i>	
Addiction Professionals of North Carolina Annual Spring Conference – Asheville, NC	April 20, 2017
• Co-Presenter/Panel Member – <i>Provider Track</i>	
Vidant Health Center 7th Annual Eastern Carolina Respiratory Conference – Greenville, NC	March 28, 2017
• Presenter – <i>Discovering and Maintain the Balance between Clinical Care and Empathy</i>	
North Carolina Foundation for Alcohol and Drug Studies (NCFADS) Winter School 2017 – Greensboro, NC	February 20 - 22, 2017
• Main Track Presenter (11 hours) – <i>Clinical Supervisor Roles &amp; Responsibilities: Increasing Effective &amp; Essential Gatekeeping Methods</i>	
East Carolina University's School of Social Work Field Instruction Orientation – Greenville, NC	January 6, 2017
• Presenter - <i>Gatekeepers of the Professions: Social Work Ethics, Liabilities, &amp; Best Practices of Supervision</i>	
Vidant EAP Monthly Training – Greenville, NC	December 12, 2016
• Presenter - <i>Compassion Fatigue: Proactive Approaches to Counter Physical, Emotional &amp; Spiritual Depletion</i>	
Crisis Intervention Teams (CIT) Training – Greenville, NC	September 22, 2016
• Presenter - <i>Sorting Through the Signs &amp; Symptoms: Understanding Posttraumatic Stress Disorder</i>	
Crisis Intervention Teams (CIT) Training – Greenville, NC	July 21, 2016
• Presenter - <i>Sorting Through the Signs &amp; Symptoms: Understanding the Basic Neurobiology of Posttraumatic Stress Disorder</i>	
Crisis Intervention Teams (CIT) Training – Greenville, NC	May 26, 2016
• Presenter - <i>Sorting Through the Signs &amp; Symptoms: Understanding the Basic Neurobiology of Posttraumatic Stress Disorder</i>	
WNCT News Station	Aired on May 11, 2016
• Media Interviewee - <i>The Shocking Truth behind Porn Addiction in the East</i> • <a href="http://wnct.com/2016/05/11/the-shocking-truth-behind-porn-addiction-in-the-east/">http://wnct.com/2016/05/11/the-shocking-truth-behind-porn-addiction-in-the-east/</a>	
Walter B. Jones – Alcohol and Drug Abuse Treatment Center Professional Staffing – Greenville, NC	December 2, 2015
• Presenter – <i>"I Just Don't Understand It [Transgender]": Increasing Awareness and Acceptance of Differences</i>	AM & PM Sessions
Addiction Professionals of North Carolina Annual Fall Conference (three hours) – Wrightsville Beach, NC	October 15, 2015
• Presenter – <i>Gatekeeping for the Profession: Upholding Clinical Supervisor Roles and Responsibilities</i>	
Crisis Intervention Teams (CIT) Training – Greenville, NC	July 21, 2015
• Presenter - <i>Sorting Through the Signs &amp; Symptoms: Understanding Posttraumatic Stress Disorder</i>	
North Carolina Chapter of National Association of Social Workers Clinical Supervision Certificate Training – New Bern, NC	May 20, 2015
• Presenter - <i>Dual Licensures: Understanding Related Disciplines' Supervision Regulations</i>	

Vidant EAP	May 25, 2015
<i>Monthly Training – Greenville, NC</i>	
• Presenter - <i>Sorting Through the Signs &amp; Symptoms: Understanding Posttraumatic Stress Disorder</i>	
North Carolina Chapter of National Association of Social Workers	March 16, 2015
<i>Continuing Education Program – via Recorded Webinar</i>	
• Presenter - <i>Sorting Through the Signs &amp; Symptoms: Understanding the Basic Neurobiology of Posttraumatic Stress Disorder</i>	
Crisis Intervention Teams (CIT)	January 27, 2015
<i>Training – Greenville, NC</i>	
• Presenter - <i>Sorting Through the Signs &amp; Symptoms: Understanding Posttraumatic Stress Disorder</i>	
Crisis Intervention Teams (CIT)	December 2, 2014
<i>Training – Greenville, NC</i>	
• Presenter - <i>Sorting Through the Signs &amp; Symptoms: Understanding Posttraumatic Stress Disorder</i>	
Addiction Professionals of North Carolina	October 31, 2014
<i>Annual Fall Conference – Wrightsville Beach, NC</i>	
• Co-Presenter/Panel Member – <i>Impaired Professionals</i>	
Addiction Professionals of North Carolina	October 30, 2014
<i>Annual Fall Conference – Wrightsville Beach, NC</i>	
• Presenter – <i>Sorting Through the Signs &amp; Symptoms: Understanding Posttraumatic Stress Disorder</i>	
Crisis Intervention Teams (CIT)	October 20, 2014
<i>Training – Greenville, NC</i>	
• Presenter - <i>Sorting Through the Signs &amp; Symptoms: Understanding Posttraumatic Stress Disorder</i>	
Vidant EAP	July 15, 2014
<i>Monthly Training – Greenville, NC</i>	
• Presenter - <i>Anxiety: Understanding &amp; Managing Inner Turmoil</i>	
Nash-Rocky Mount Schools	June 16, 2014
<i>Destination Transformation Teaching and Learning Institute – Rocky Mount, NC</i>	AM & PM Sessions
• Presenter – <i>Trying to Escape by Getting Trapped: Cutting &amp; Self-Harming Behaviors</i>	
WNCT News Station	Aired on May 26, 27, 28, & 31, 2014
• Panel Expert - <i>In Dependence (multi-part series)</i>	
• <a href="http://www.wnct.com/story/25506763/monday-at-6-in-dependence-a-roundtable-on-addiction">http://www.wnct.com/story/25506763/monday-at-6-in-dependence-a-roundtable-on-addiction</a>	
• <a href="http://www.naswnc.org/news/173950/Jessica-Holton-NASW-NC-President-on-In-Dependence-a-WNCT-Roundtable-on-Addiction.htm">http://www.naswnc.org/news/173950/Jessica-Holton-NASW-NC-President-on-In-Dependence-a-WNCT-Roundtable-on-Addiction.htm</a>	
• <a href="http://www.socialworkersspeak.org/media/news-items-may-23-2014.html">http://www.socialworkersspeak.org/media/news-items-may-23-2014.html</a>	
Crisis Intervention Teams (CIT)	March 26, 2014
<i>Training – Greenville, NC</i>	
• Presenter - <i>Sorting Through the Signs &amp; Symptoms: Understanding Posttraumatic Stress Disorder</i>	
NAMI of Pitt County	November 12, 2013
<i>Monthly Meeting – Greenville, NC</i>	
• Presenter - <i>Sorting Through the Signs &amp; Symptoms: Understanding Posttraumatic Stress Disorder</i>	
Vidant EAP	July 15, 2013
<i>Monthly Training – Greenville, NC</i>	
• Presenter - <i>Trying to Escape by Getting Trapped</i>	

North Carolina Chapter of National Association of Social Workers <i>Clinical Supervision Certificate Training – New Bern, NC</i>	June 24, 2013
• Presenter - <i>Dual Licensures: Understanding Different Disciplines' Supervision Expectations</i>	
NAMI of Pitt County <i>Monthly Meeting – Greenville, NC</i>	May 14, 2013
• Presenter – <i>Trying to Escape by Getting Trapped: Addiction and the Brain</i>	
North Carolina TASC Training Institute of Coastal Horizons Center <i>TASC Care Managers' Training – via live Webinar</i>	February 12, 2013
• Presenter – <i>Empowerment: The Provider's Role</i>	
North Carolina TASC Training Institute of Coastal Horizons Center <i>TASC Care Managers' Training – via live Webinar</i>	January 8, 2013
• Presenter - <i>Using Practical Approaches: Stress Management for Professionals</i>	
North Carolina Substance Abuse Professional Practice Board <i>Annual Meeting of the Profession – Greensboro, NC</i>	December 6, 2012
• Presenter – <i>Therapeutic Group Sessions: Utilizing Metaphors and Visual Aids to Increase Effectiveness</i>	
North Carolina TASC Training Institute of Coastal Horizons Center <i>TASC Care Managers' Training – via live Webinar</i>	November 13, 2012
• Presenter - <i>Trying to Escape by Getting Trapped: Addiction and the Brain</i>	
Addiction Professionals of North Carolina <i>Annual Fall Conference – Carolina Beach, NC</i>	October 17, 2012
• Presenter – <i>Addictions 101: Diagnosis and Treatment for Behavioral Health Professionals</i>	
Pitt County Department of Social Services <i>In-service Training – Greenville, NC</i>	June 15, 2012
• Presenter – <i>Comprehensive Clinical Assessments</i>	
Social Work Department at Vidant Hospital 2012 <i>Annual Social Work Month Training – Greenville, NC</i>	March 7,
• Presenter - <i>Maintaining Integrity While Providing Treatment to Individuals Experiencing Co-Occurring Disorders</i>	
Positive Beginnings Community Center, LLC <i>In-Service – Greenville, NC</i>	February 13, 2012
• Presenter – <i>Treatment Issues Within Special Populations</i>	
North Carolina Substance Abuse Professional Practice Board <i>Annual Meeting of the Profession – Burlington, NC</i>	December 8, 2011
• Presenter – <i>Therapeutic Group Sessions: Utilizing Metaphors and Visual Aids to Increase Effectiveness</i>	
North Carolina TASC Training Institute of Coastal Horizons Center <i>TASC Care Managers' Training – via live Webinar</i>	December 1, 2011
• Presenter - <i>Sorting Through the Signs &amp; Symptoms: Understanding Posttraumatic Stress Disorder</i>	
North Carolina TASC Training Institute of Coastal Horizons Center <i>TASC Care Managers' Training – via live Webinar</i>	September 29, 2011
• Presenter - <i>Sorting Through the Signs &amp; Symptoms: Understanding Posttraumatic Stress Disorder</i>	
MHN Services <i>MHN Client Organization – Greenville, NC</i>	September 14, 2011
• Contract Presenter - <i>Managing Stress</i>	

North Carolina Chapter of National Association of Social Workers <i>Charlotte/Mecklenburg Local Program Unit's Meeting – Charlotte, NC</i>	September 10, 2011
• Presenter - <i>Consulting Impaired &amp; Incompetent Colleagues: An Evades Ethical Obligation</i>	
North Carolina Chapter of National Association of Social Workers <i>Clinical Social Work Summer Institute – Wilmington, NC</i>	July 21, 2011
• Presenter - <i>Trying to Escape by Getting Trapped: Avoiding Trauma with Maladaptive Coping Skills</i>	
North Carolina Chapter of National Association of Social Workers <i>Clinical Supervision Certificate Training – Greenville, NC</i>	May 18, 2011
• Presenter - <i>Dual Licensures: Understanding Different Disciplines' Supervision Expectations</i>	
Addiction Professionals of North Carolina <i>Annual Spring Conference – Asheville, NC</i>	April 21, 2011
• Presenter – <i>Comprehensive Awareness about Addiction &amp; Effective Treatment</i>	
Eastern AHEC <i>Annual Eastern Region Adult Services Best Practice Conference – Greenville, NC</i>	April 14, 2011
• Presenter - <i>Maintaining Integrity While Providing Treatment to Individuals Experiencing Co-Occurring Disorders</i>	
North Carolina Chapter of National Association of Social Workers <i>Greenville Local Program Unit's Social Work Month Event – Greenville, NC</i>	March 24, 2011
• Presenter - <i>Consulting Impaired &amp; Incompetent Colleagues: An Evades Ethical Obligation</i>	
Arendell Parrott Academy <i>High School Freshman Heath Class – Kinston, NC</i>	February 14, 2011
• Presenter - <i>Trying to Escape by Getting Trapped: Using Maladaptive Coping Skills to Cope</i>	
North Carolina Substance Abuse Professional Practice Board <i>Annual Meeting of the Profession – Durham, NC</i>	December 9, 2010
• Presenter – <i>Therapeutic Group Sessions: Utilizing Metaphors and Visual Aids to Increase Effectiveness</i>	
North Carolina Chapter of National Association of Social Workers <i>Annual Fall Conference – Asheville, NC</i>	November 19, 2010
• Presenter - <i>Trying to Escape by Getting Trapped: Using Maladaptive Coping Skills to Cope</i>	
North Carolina Association of Alcoholic Residential Facilities <i>Annual Fall Conference – Burlington, NC</i>	November 18, 2010
• Presenter – <i>Assessing the Assessor: Strengthening Assessing, Diagnosing, and Treatment Planning Skills</i>	
Substance Abuse Services State of the Art Conference ( <i>Eastern AHEC</i> ) <i>Annual Conference – Greenville, NC</i>	November 3, 2010
• Presenter – <i>NCSAPPB Overview and Review (Certified Clinical Supervisor)</i>	
North Carolina Chapter of National Association of Social Workers <i>Greenville Local Program Unit Monthly Meeting – Greenville, NC</i>	September 16, 2010
• Presenter – <i>Trying to Escape by Getting Trapped: Using Drugs and Alcohol to Cope</i>	
North Carolina Foundation for Alcohol and Drug Studies (NCFADS) <i>Summer School – Wilmington, NC</i>	July 27, 2010
• Co-Presenter – <i>NCSAPPB Overview and Review</i>	
Addiction Professionals of North Carolina <i>Annual Spring Conference – Asheville, NC</i>	April 22, 2010
• Presenter – <i>Therapeutic Group Sessions: Utilizing Metaphors and Visual Aids to Increase Effectiveness</i>	
North Carolina Substance Abuse Professional Practice Board <i>Annual Meeting of the Profession – Cary, NC</i>	December 9, 2009
• Presenter – <i>Effective Group Work for Addiction Counselors</i>	

East Carolina University's College of Human Ecology's School of Social Work <i>Substance Abuse Treatment Course – Greenville, NC</i>	December 1, 2009
• Presenter – NCSAPPB Overview and Review	
North Carolina Foundation for Alcohol and Drug Studies (NCFADS) <i>Summer School – Wilmington, NC</i>	July 28, 2009
• Co-Presenter – NCSAPPB Overview and Review	
Psychotherapeutic Services <i>In-service – Greenville, NC</i>	December 19, 2008
• Presenter – <i>Mental Health Disorders and Treatment Methods</i>	
Eastern AHEC <i>Annual Substance Abuse Services State of the Art Conference – Greenville, NC</i>	November 20, 2008
• Presenter – <i>Client Empowerment</i>	
North Carolina Chapter of National Association of Social Workers <i>Annual Fall Conference – Asheville, NC</i>	November 17, 2007
• Presenter - <i>Therapeutic Group Sessions: Utilizing Metaphors and Visual Aids to Increase Effectiveness</i>	
Personalized Therapy, Inc. <i>Employee Training (Required Evidenced-Based Training) – Greenville, NC</i>	November 13, 2007
• Presenter – <i>Mental Health Disorders and Treatment Methods</i>	
Martin County Community Action, Inc. Head Start Program <i>Cluster "A" Skills Development Extravaganza – Greenville, NC</i>	October 29, 2007
• Presenter – <i>Avoiding Stress &amp; Burnout</i>	
Personalized Therapy, Inc. <i>Employee Training (Required Evidenced-Based Training) – Greenville, NC</i>	September 26 - 27, 2007
• Presenter – <i>Mental Health Disorders and Treatment Methods</i>	
Eastern AHEC <i>Annual Eastern Region Adult Services Best Practice Conference - Greenville, NC</i>	April 24, 2007
• Presenter – <i>Putting the Pieces Together: Understanding &amp; Working with Deaf and Hard of Hearing Clients</i>	
East Carolina University's College of Human Ecology's School of Social Work <i>Fall Semester Groups Course – Greenville, NC</i>	October 2, 2006
• Presenter - <i>Substance Abuse Treatment: Utilizing Therapeutic Metaphors and Visual Aids</i>	
North Carolina Chapter of National Association of Social Workers <i>Annual Clinical Institute – Wilmington, NC</i>	June 5, 2006
• Presenter - <i>Therapeutic Group Sessions: Utilizing Metaphors and Visual Aids to Increase Effectiveness</i>	
North Carolina Chapter of National Association of Social Worker <i>Greenville Local Program Unit's Monthly Meeting – Greenville, NC</i>	April 20, 2006
• Co-Presenter - <i>Social Workers and Family Therapists: Helping Families and Building Better Communities Together</i>	
Walter B. Jones – Alcohol and Drug Abuse Treatment Center <i>Monthly New Employee Orientation – Greenville, NC</i>	December 6, 2005
• Presenter – <i>Cultural Competencies</i>	
Walter B. Jones – Alcohol and Drug Abuse Treatment Center <i>Monthly New Employee Orientation – Greenville, NC</i>	June 7, 2005
• Presenter – <i>Cultural Competencies</i>	
Walter B. Jones – Alcohol and Drug Abuse Treatment Center <i>Monthly New Employee Orientation – Greenville, NC</i>	May 3, 2005
• Presenter – <i>Cultural Competencies</i>	

Walter B. Jones – Alcohol and Drug Abuse Treatment Center <i>Monthly New Employee Orientation – Greenville, NC</i>	March 8, 2005
• Presenter – <i>Cultural Competencies</i>	
Northeastern Chapter of Marriage and Family Therapy <i>Local Meeting – Greenville, NC</i>	February 11, 2005
• Presenter – <i>Deaf Substance Abusers: Understanding Deaf Culture in order to Provide Effective Treatment</i>	
North Carolina Chapter of National Association of Social Workers <i>Local Program Unit Monthly Meeting – Greenville, NC</i>	February 10, 2005
• Presenter – <i>Treatment issues in special populations</i>	
Walter B. Jones – Alcohol and Drug Abuse Treatment Center <i>Monthly New Employee Orientation – Greenville, NC</i>	January 4, 2005
• Presenter – <i>Cultural Competencies</i>	
North Carolina Chapter of National Association of Social Workers <i>Annual Fall Conference - Asheville, NC</i>	November 20, 2004
• Presenter – <i>Deaf Substance Abusers: Understanding Deaf Culture to Provide Effective Treatment</i>	
Eastern North Carolina School for the Deaf <i>Fall 2004 Occupational Study Courses – Wilson, NC</i>	November 9, 2004
• Presenter – <i>Self-Awareness: Understanding You and Developing Positive Coping Skills.</i>	
North Carolina Chapter of National Association of Social Workers <i>Greenville Local Program Unit's Monthly Meeting – Greenville, NC</i>	April 15, 2004
• Presenter – <i>Providing Services to Deaf and Hard of Hearing Individuals</i>	
Walter B. Jones – Alcohol and Drug Abuse Treatment Center <i>Quarterly Professional Staffing – Greenville, NC</i>	April 14, 2004
• Presenter – <i>Providing Services to Deaf and Hard of Hearing Individuals</i>	
North Carolina Regional Interagency Team (RIT) <i>Bi-Monthly Meeting – Wilson, NC</i>	March 30, 2004
• Presenter - <i>Walter B. Jones – Alcohol and Drug Treatment Center's Deaf and Hard of Hearing Services</i>	
Northampton Institute of Leadership Development <i>Monthly Meeting - Jackson, NC</i>	August 8, 2003
• Co-Presenter - <i>Teacher Attitudes Toward Working Conditions in Northampton County</i>	
<b><i>Professional Outreach:</i></b>	
East Carolina University School of Social Work Alumni and Friends – Greenville, NC	October 26, 2018
• NASW-NC Member and ECU School of Social Work Alumna	
PORT Health <i>APNC Regional Training – Winterville, NC</i>	November 7, 2017
• Member At Large of APNC	
College of Human Ecology School of Social Work <i>Bachelor of Social Work Association Meeting – Greenville, NC</i>	March 2, 2014
• President of NASW-NC	
College of Human Ecology School of Social Work <i>Orientation – Greenville, NC</i>	January 11, 2008
• Secretary – NASW-NC	

College of Human Ecology School of Social Work <i>Orientation – Greenville, NC</i>	August 22, 2007
• Secretary – NASW-NC	
College of Human Ecology School of Social Work <i>Orientation – Greenville, NC</i>	August 22, 2006
• Coastal District Representative – NASW-NC	
College of Human Ecology School of Social Work <i>Orientation – Greenville, NC</i>	August 23, 2005
• Coastal District Representative – NASW-NC	
Deaf-Blind Month Activity <i>Deaf-Blind Public Awareness Day – Goldsboro, NC</i>	June 21, 2005
• Representative – WBJ – ADATC Deaf and Hard of Hearing Services	
Eastern North Carolina School for the Deaf <i>Summer Institute Agency Day – “Poison Peanut Butter” Team-building activity</i>	June 17, 2005
• Facilitator – WBJ – ADATC Deaf and Hard of Hearing Services	
Eastern North Carolina School for the Deaf <i>Substance Abuse Prevention Outreach – “Anger, Assertiveness, Stressors”</i>	March 16, 2005
• Instructor – WBJ – ADATC Deaf and Hard of Hearing Services	
Eastern North Carolina School for the Deaf <i>Substance Abuse Prevention Outreach – “Self-esteem, Perceptions, Emotions”</i>	March 2, 2005
• Instructor – WBJ – ADATC Deaf and Hard of Hearing Services	
The 20 <sup>th</sup> Annual Substance Abuse Services State of the Art Conference <i>Annual Meeting – Greenville, NC</i>	November 17 - 18, 2004
• Representative – WBJ – ADATC Deaf and Hard of Hearing Services	
Eastern North Carolina School for the Deaf <i>Parent’s Day – Wilson, NC</i>	September 30, 2004
• Representative – WBJ – ADATC Deaf and Hard of Hearing Services	
Deaf Awareness Week’s Activity <i>Deaf Heritage Day – Greenville, NC</i>	September 19, 2004
• Representative – WBJ – ADATC Deaf and Hard of Hearing Services	

### **Attended Conferences & Advanced Trainings:**

AzIAPT: 12-hour Initial Clinical Supervision Training for Supervisors	November 14 - 15, 2025
2025 NASW-NC Virtual Essentials Conference: Beyond Words: Affirming Equity and Inclusion in Social Work Practice	August 13, 2025
North Carolina Governor’s Institute 2025 North Carolina Virtual Adolescent SUD Conference	June 4, 2025
Give an Hour: The Fraud Fallout: Financial Fraud Monthly Training Series ( <i>Six Modules</i> )	June 2 - November 3, 2025
36th Annual International Trauma Hybrid Conference: Psychological Trauma – Neuroscience, Embodiment, and the Restoration of the Self	May 14 - 17, 2025
North Carolina Governor’s Institute 2025 Addiction Medicine Essentials	April 11 - 12, 2025
North Carolina Chapter of NASW Social Work Ethics Virtual Conference	March 21, 2025

The Forager's Path Three-Month Course: Advanced Topics in Herbal Medicine	January - March 2025
2024 NASW-NC Essentials Conference: Older and Wiser: Social Work Approaches to the Modern Aging Era	August 7, 2024
35h Annual International Trauma Hybrid Conference: Psychological Trauma – Neuroscience, Embodiment, and the Restoration of the Self	May 1 - 4, 2024
The Forager's Path Three-Month Course: Becoming a Clinical Herbalist	January - March 2024
2023 NASW-NC Essentials Conference: Generation of Trauma: Addressing Mass Violence in Community/Clinical	August 2, 2023
34th Annual International Trauma Hybrid Conference: Psychological Trauma – Neuroscience, Embodiment, and the Restoration of the Self	May 17-20, 2023
North Carolina Chapter of NASW Social Work Ethics Virtual Conference	March 17, 2023
The Forager's Path Seven-Month Course: Family Herbalist Program	March - September 2023
North Carolina Chapter of NASW Essentials of Private Practice Conference	August 3, 2022
33rd Annual International Trauma Hybrid Conference: Psychological Trauma – Neuroscience, Embodiment, and the Restoration of the Self	May 18 - 21, 2022
Addiction Professionals of North Carolina Hybrid Spring Conference	April 20 - 22, 2022
North Carolina Chapter of NASW Social Work Ethics Virtual Conference	March 18, 2022
Polyvagal institute Virtual Summit	November 5 - 6, 2021
NAADAC Virtual National Conference	October 28 - 30, 2021
Addiction Professionals of North Carolina Hybrid Fall Conference	October 25 - 27, 2021
32nd Annual International Trauma Virtual Conference: Psychological Trauma – Neuroscience, Embodiment, & the Restoration of Self	May 26 - 29, 2021
Addiction Professionals of North Carolina Virtual Spring Conference	April 20 - 23, 2021
North Carolina Chapter of NASW Social Work Ethics Virtual Conference	March 19, 2021
Arizona Chapter of NASW Annual Virtual Conference	November 5 - 6, 2020
Addiction Professionals of North Carolina Virtual Fall Conference	October 13 - 16, 2020
NAADAC Virtual National Conference	September 24 - 26, 2020
31st Annual International Trauma Virtual Conference: Psychological Trauma in the Age of Coronavirus	May 28 - 30, 2020
North Carolina Chapter of NASW Social Work Ethics Virtual Conference	March 20, 2020
35th Annual Substance Abuse Services State of the Art Conference	November 6 - 7, 2019
Addiction Professionals of North Carolina Fall Conference	October 23 - 25, 2019
North Carolina Chapter of NASW Clinical Institute	May 13 - 15, 2019
Addiction Professionals of North Carolina Spring Conference	April 24 - 26, 2019

North Carolina Chapter of NASW Social Work Ethics Conference	March 15, 2019
34th Annual Substance Abuse Services State of the Art Conference	November 1 - 2, 2018
Reconnect for Resilience	October 24 - 25, 2018
Addiction Professionals of North Carolina Fall Conference	October 17 - 19, 2018
LAMP Neurobiology of Trauma - Train the Trainer	September 13 - 14, 2018
Center for Deployment Psychology (Eight-hour Self-Study)	August 2018
<ul style="list-style-type: none"> <li>• Module 1: Self-Assessment and Intro to Military Ethos</li> <li>• Module 2: Military Organization and Roles</li> <li>• Module 3: Stressors and Resources</li> <li>• Module 4: Treatment Resources and Tools</li> </ul>	
29th Annual International Trauma Conference: Psychological Trauma: Neuroscience, Identity, and the Transformation of the Self	May 31 - June 2, 2018
Addiction Professionals of North Carolina Spring Conference	April 18 - 20, 2018
North Carolina Chapter of NASW Social Work Ethics Conference	March 24, 2017
North Carolina Foundation for Alcohol and Drug Studies (NCFADS) – Winter School	February 18 - 21, 2018
DMI Family Assistance Specialist Training	January 11 - 12, 2018
33 <sup>rd</sup> Annual Substance Abuse Services State of the Art Conference	November 1 - 2, 2017
DMV Substance Abuse Evaluator Course	October 31, 2017
Addiction Professionals of North Carolina Fall Conference	October 18 - 20, 2017
ECCISMA Disaster Responder Support	May 5, 2017
ECCISMA Emergency Responder Stress Peer Support Training	May 3 - 4, 2017
Addiction Professionals of North Carolina Spring Conference	April 19 - 21, 2017
North Carolina Chapter of NASW Social Work Ethics Conference	March 24, 2017
North Carolina Foundation for Alcohol and Drug Studies (NCFADS) – Winter School	February 20 - 22, 2017
32 <sup>nd</sup> Annual Substance Abuse Services State of the Art Conference	November 2 - 3, 2016
North Carolina Chapter of NASW Social Work Ethics Conference	March 29, 2016
North Carolina Chapter of NASW Annual Fall Conference	November 19 - 21, 2015
31 <sup>st</sup> Annual Substance Abuse Services State of the Art Conference	November 4 - 5, 2015
DMV Substance Abuse Evaluator Course	November 3, 2015
Dementia: Behavioral Health Assessment and Interventions for Practitioners	October 5, 2015
North Carolina Chapter of NASW Clinical Institute	May 4 - 6, 2015
North Carolina Chapter of NASW Social Work Ethics Conference	March 6, 2015
30 <sup>th</sup> Annual Substance Abuse Services State of the Art Conference	November 5 - 6, 2014

North Carolina Chapter of NASW Annual Fall Conference	November 21 - 23, 2013
29 <sup>th</sup> Annual Substance Abuse Services State of the Art Conference	November 6 - 7, 2013
DMV Substance Abuse Evaluator Course	November 5, 2013
North Carolina Chapter of NASW & NC State Partnering to Help People Through Animal Loss	October 12, 2013
National Association of Social Workers' Annual Leadership Meeting	April 10 - 13, 2013
North Carolina Chapter of NASW Social Work Lobby Day	March 20, 2013
North Carolina Chapter of NASW Social Work Ethics Conference	March 1, 2013
American's Psychiatric Association's DSM-5 Trials in Routine Clinical Practice Settings	January 14, 2013
North Carolina Chapter of NASW Annual Fall Conference	November 15 - 17, 2012
Emergency Responder Stress Support: Advanced Training	November 8 - 9, 2012
28 <sup>th</sup> Annual Substance Abuse Services State of the Art Conference	November 7, 2012
Addiction Professionals of North Carolina Fall Conference	October 17 - 18, 2012
North Carolina Chapter of NASW Clinical Institute	July 17 - 19, 2012
National Association of Social Workers' Annual Leadership Meeting	April 11 - 14, 2012
North Carolina Chapter of NASW Social Work Ethics Conference	March 1, 2012
27 <sup>th</sup> Annual Substance Abuse Services State of the Art Conference	November 1 - 2, 2011
North Carolina Chapter of NASW Clinical Supervision Certificate Training	May 16 - 18, 2011
North Carolina Chapter of NASW Social Work Ethics Conference	March 4, 2011
North Carolina Chapter of NASW Annual Fall Conference	November 18 - 20, 2010
26 <sup>th</sup> Annual Substance Abuse Services State of the Art Conference	November 2 - 3, 2010
25 <sup>th</sup> Annual Substance Abuse Services State of the Art Conference	November 3 - 4, 2009
North Carolina Chapter of NASW Social Work Ethics Conference	March 5, 2009
24 <sup>th</sup> Annual Substance Abuse Services State of the Art Conference	November 20 - 21, 2008
Basic Critical Incident Stress Management / Debriefing Refresher Course	October 24, 2008
North Carolina Chapter of NASW Annual Fall Conference	November 15 - 17, 2007
Advanced Training Institute for Mental Health Professionals (Session Four) Evidence-Based Mental Health Training of Traumatized Children and Families	October 10, 2007
Advanced Training Institute for Mental Health Professionals (Session Three) Evidence-Based Mental Health Training of Traumatized Children and Families	May 21 - 22, 2007
Advanced Training Institute for Mental Health Professionals (Session Two) Evidence-Based Mental Health Training of Traumatized Children and Families	March 6 - 7, 2007
Trauma Focused Cognitive Behavioral Therapy Web Course (10 CEUs)	January 18, 2007

Advanced Training Institute for Mental Health Professionals (Session One) Evidence-Based Mental Health Training of Traumatized Children and Families	December 6 - 7, 2006
North Carolina Chapter of NASW Annual Fall Conference	November 16 - 18, 2006
22 <sup>nd</sup> Annual Substance Abuse Services State of the Art Conference	November 14 - 15, 2006
Intensive In-Home Services	August 10 - 11, 2006
North Carolina Chapter of NASW Clinical Institute	June 5-9, 2006
North Carolina Substance Abuse Professional Practice CPM Training	January 27 - 29, 2006
North Carolina Chapter of NASW Annual Fall Conference	November 17 - 19, 2005
The 21 <sup>st</sup> Annual Substance Abuse Services State of the Art Conference Behavioral Health Response to Disaster Training	November 15 - 16, 2005 May 25 - 26, 2005
Basic Critical Incident Stress Management / Debriefing Course	February 10 - 11, 2005
North Carolina Chapter of NASW Annual Fall Conference	November 18 - 20, 2004
The 20 <sup>th</sup> Annual Substance Abuse Services State of the Art Conference	November 17 - 18, 2004
Association for the Advancement of Educational Research (AAER)	December 2 - 6, 2003
Substance Abuse Prevention Coalition	September 13, 2003
Criminal Profiling as a Career	January 18, 2003
Association for the Advancement of Educational Research (AAER)	December 3 - 7, 2002
North Carolina Deaf Blind Associates 18 <sup>th</sup> Conference • Support Service Provider (SSP)	June 27 - 30, 2002
Break Out VII: National Conference on Psychosocial Rehabilitation and Deafness	April 4 - 6, 2002
HIV/AIDS and the Deaf Community	March 8, 2002
32 <sup>nd</sup> Annual Speech Language and Hearing Symposium	February 22, 2002

### **Service to the Profession:**

Bi-Annual Aetna/North Carolina Behavioral Health Collaborative Forum • Appointed by the Association of Social Workers – North Carolina Chapter	April 2024 - Present
Cigna Health Insurance Electronic Solutions Advisory Council	July 2023 - Present
BlueCross BlueShield Behavioral Health Provider Advisory Board • Appointed by the Association of Social Workers – North Carolina Chapter	July 2020 - June 2023
Addiction Professionals of North Carolina Board Officer • Immediate Past President ( <i>January 2022 – July 2022</i> ) • President ( <i>January 2020 – December 2021</i> ) • Vice President ( <i>January 2018 – December 2019</i> ) • Executive Committee Member ( <i>January 2018 – July 2022</i> ) • Personnel Committee Member ( <i>January 2018 – July 2022</i> )	January 2018 - July 2022

National Association of Social Workers	July 2017 - June 2020
<ul style="list-style-type: none"> <li>• National Committee on Nominations &amp; Leadership Identification (NCNLI)           <ul style="list-style-type: none"> <li>• NCNLI Chair (<i>July 2019 – June 2020</i>)</li> <li>• NCNLI Region V Representative (<i>July 2018 – June 2020</i>)</li> <li>• NCNLI Alternate (<i>July 2017 – June 2018</i>)</li> </ul> </li> </ul>	
Addiction Professionals of North Carolina Board of Directors	January 2017 - December 2017
<ul style="list-style-type: none"> <li>• Member At Large</li> <li>• Appointed Chair of Professional Standards and Best Practices Committee</li> </ul>	
National Association of Social Workers - Specialty Practice Section Committee	September 2016 - June 30, 2018
<ul style="list-style-type: none"> <li>• Reappointed as Committee Member of the Alcohol, Tobacco, and Other Drug (ATOD) Committee</li> </ul>	
North Carolina Substance Abuse Professional Practice Board of Directors	December 2014 - June 2015
<ul style="list-style-type: none"> <li>• Appointed to Ethics Committee</li> </ul>	
North Carolina Department of Motor Vehicles	November 2013 - December 2024
<ul style="list-style-type: none"> <li>• Substance Abuse Evaluator</li> </ul>	
National Association of Social Workers	May 2012 - December 2012
<ul style="list-style-type: none"> <li>• Standards for Social Work Practice with Clients with Substance Use Disorders Work Group</li> </ul>	
North Carolina Substance Abuse Professional Practice Board of Directors	August 2011 - December 2014
<ul style="list-style-type: none"> <li>• Appointed to Quality Assurance Committee</li> </ul>	
North Carolina Chapter of NASW Board of Directors	July 2011 - June 2018
<ul style="list-style-type: none"> <li>• President (<i>July 1, 2012 – June 30, 2014</i>)</li> <li>• President Elect (<i>July 1, 2011 – June 31, 2012</i>)</li> <li>• Executive Committee Member (<i>July 1, 2011 – June 30, 2014</i>)</li> <li>• NASW Delegate (<i>July 1, 2011 – June 30, 2018</i>)</li> </ul>	
North Carolina Substance Abuse Professional Practice Board of Directors	July 2010 - July 2014
<ul style="list-style-type: none"> <li>• Appointed as Secretary by NCSAPPB's President</li> </ul>	
National Association of Social Workers - Specialty Practice Section Committee	July 2010 - August 2016
<ul style="list-style-type: none"> <li>• Appointed as Chair of the Alcohol, Tobacco, and Other Drug (ATOD) Committee by NASW's President</li> </ul>	
North Carolina Chapter of NASW Board of Directors	July 2010 - June 2011
<ul style="list-style-type: none"> <li>• Coastal District Representative</li> </ul>	
Eastern Carolina Critical Incident Stress Management Association	January 2010 - Present
<ul style="list-style-type: none"> <li>• Appointed as Assistant Clinical Director</li> <li>• Board of Directors Member</li> </ul>	
Addiction Professionals of North Carolina (APNC)	December 2008 - December 2010
<ul style="list-style-type: none"> <li>• Impaired Professionals Assistance Committee (IMPAC) Member</li> </ul>	
National Association of Social Workers - Specialty Practice Section Committee	November 2008 - July 2016
<ul style="list-style-type: none"> <li>• Appointed to the Alcohol, Tobacco, and Other Drug (ATOD) Committee by NASW's President</li> </ul>	
North Carolina Substance Abuse Professional Practice Board of Directors	July 2007 - March 2011
<ul style="list-style-type: none"> <li>• Appointed to Business and Operation's Committee           <ul style="list-style-type: none"> <li>• Committee Secretary</li> </ul> </li> </ul>	
North Carolina Substance Abuse Professional Practice Board of Directors	July 2007 - June 2015
<ul style="list-style-type: none"> <li>• Appointed as NASW Deemed Status Board Member (<i>2007 – 2011</i>)</li> <li>• Re-appointed as NASW Deemed Status Board Member (<i>2011 – 2015</i>)</li> </ul>	

North Carolina Chapter of NASW Board of Directors	November 2006 - June 2009
<ul style="list-style-type: none"> <li>• Appointed as Secretary by NASW-NC President</li> <li>• NASW-NC Executive Board Member</li> </ul>	
East Carolina University College of Human Ecology School of Social Work	August 2006 - Present
<ul style="list-style-type: none"> <li>• External Field Instructor / Supervisor</li> </ul>	
North Carolina Substance Abuse Professional Practice Board	January 2006 - September 2008
<ul style="list-style-type: none"> <li>• Case Presentation Method Evaluator</li> </ul>	
North Carolina Chapter of NASW Board's Continuing Education Committee	January 2006 - June 2010
<ul style="list-style-type: none"> <li>• Chair</li> </ul>	
North Carolina Chapter of NASW Board's Policy Committee	January 2006 - June 2009
<ul style="list-style-type: none"> <li>• Committee Member</li> </ul>	
Walter B. Jones – ADATC Worksite Wellness Committee	November 2005 - June 2006
<ul style="list-style-type: none"> <li>• Committee Member</li> </ul>	
Pitt Local Management Entity Human Rights Committee	October 2005 - June 2007
<ul style="list-style-type: none"> <li>• Committee Member</li> </ul>	
North Carolina Department of Motor Vehicles	September 2005 - October 2011
<ul style="list-style-type: none"> <li>• Substance Abuse Evaluator</li> </ul>	
Greenville Local Program Unit of North Carolina Chapter of NASW	July 2005 - June 2012
<ul style="list-style-type: none"> <li>• Co-Chair</li> </ul>	
North Carolina's Chapter of NASW Board of Directors	July 2005 - November 2006
<ul style="list-style-type: none"> <li>• Coastal District Representative</li> </ul>	
Eastern Carolina Critical Incident Stress Management Association	February 2005 - Present
<ul style="list-style-type: none"> <li>• Lead Debriefe</li> <li>• Supporting Team Member</li> </ul>	
Walter B. Jones – ADATC Pilot Assessment Evaluator	October 2004 - June 2006
<ul style="list-style-type: none"> <li>• Implementation of various pilot assessment tools</li> <li>• Consultant regarding improvements</li> </ul>	
Walter B. Jones – ADATC New Employee Orientation Committee	October 2004 - December 2005
<ul style="list-style-type: none"> <li>• Committee Member</li> <li>• Lead Editor</li> <li>• Presenter</li> </ul>	
Walter B. Jones – ADATC Nursing Services Performance Improvement Team (Ad Hoc) Committee	May 2004 - June 2006
<ul style="list-style-type: none"> <li>• Committee Member</li> <li>• 2<sup>nd</sup> Editor</li> </ul>	
North Carolina Department of Health and Human Service's Regional Interagency Team (RIT) Committee	March 2004 - June 2006
<ul style="list-style-type: none"> <li>• Committee Member</li> </ul>	
Association for the Advancement of Educational Research Board	December 2002 - December 2004
<ul style="list-style-type: none"> <li>• Graduate Student Board Member</li> <li>• 6<sup>th</sup> Annual Conference Volunteer</li> <li>• 5<sup>th</sup> Annual Conference Volunteer</li> </ul>	

## **Service to the Community:**

Grand Canyon Trust <i>Safeguards the Grand Canyon and the Colorado Plateau, while supporting the rights of its Native peoples</i>	May 2023 - Present
• Donor • Volunteer	
Tragedy Assistance Program for Survivors (TAPS) <i>Programs for Survivors Nation and Worldwide</i>	July 2018 - December 2020
• Civilian Volunteer • White Shirt/Group Leader	
Pitt County AIDS Service Organization <i>Support for Local Individuals</i>	October 2016 - December 2020
• Donor • Volunteer	
Team Rubicon <i>Disaster Relief - National &amp; International</i>	October 2016 - Present
• Registered Civilian Volunteer	
Pet Loss & Grief Group <i>Support Group – Virtual (NC &amp; AZ)</i>	October 2016 - Present
• Founder • Group Facilitator	
Pitt County Animal Services Temporary Disaster Shelter <i>Offering Disaster Stress Management/Relief to Staff and Volunteers</i>	October 18 -19, 2016
• Mental Health Provider	
Courage Beyond through Centerstone Give an Hour <i>Partnering with Wounded Warrior Project – Project Odyssey Retreats - Nationwide</i>	September 2014 - July 2018 August 2012 - September 2017
• Mental Health Provider	
Jessica Holton, PLLC - Provider <i>Offering low-bono psychotherapy services to uninsured and underinsured individuals</i>	January 2008 - Present
• Clinical Social Worker	
Jessica Holton - Public Speaker <i>Public speaking at no or low cost to organizations with budget restraints</i>	January 2005 - Present
• Clinical Social Worker	

## **Professional Affiliations:**

American Herbalist Guild	2024 - Present
National Home Funeral Alliance	2023 - Present
International Association of Veterinary Social Work	2022 - 2023
International Association for Animal Hospice and Palliative Care	2021 - 2022
National Association for Alcoholism and Drug Abuse Counselors • Addiction Professionals of North Carolina	2014 – 2025
Eastern Carolina Critical Incident Stress Management Association	2005 - Present

National Association of Social Workers	2003 – Present
• North Carolina Chapter	
Graduate Association of Social Workers	2001 - 2003
Phi Alpha National Social Work Honor Society: Chi Zeta Chapter	2002 - 2003

### ***Awards, Recognitions & Notables:***

*University of Arizona College of Agriculture, Life and Environmental Sciences 2024 Professional Achievement Award,* Awarded May 2024

*University of Arizona Norton School of Family and Consumer Sciences Council of Alumni and Friends 2022 Professional Achievement Award, Announced August 2022, Awarded October 2022*

*East Carolina University 2022 Outstanding Alumni, Announced April 2022, Awarded October 2022*

*Quality Measure Development Initiative Provider, Superuser, and Presenter – American Psychiatric Association, January 2019 – September 2021*

*East Carolina University College of Health and Human Performance's Outstanding Alumni Award 2019,* Awarded April 2019

*2019 NASW-NC Social Worker of the Year, Awarded March 2019*

*WNCT 9 on your Side and Southern Bank's Southern Star Recipient, June 26, 2018*

- <https://www.wnct.com/southern-stars/jessica-holton-of-greenville-is-a-southern-star/1318397384>

*Greenville Human Relations Council Organizational Award Nominee, February 24, 2018*

*Recognition of 2018 East Carolina University 40 Under 40 Leadership Award Recipient, Vice President of APNC, and 10-year anniversary in private practice - Daily Reflector Workweek, January 8, 2018.*

*2018 East Carolina University 40 Under 40 Leadership Award Recipient, Announced December 2017, Awarded on March 24, 2018*

*Featured as the New Critical Incident Stress Coordinator – Disaster Management International's Family Assistance Specialist – Our Link, Fall 2017 Issue*

*Founding Member of PTSD Clinicians Exchange, June 2017*

*2017 East Carolina University 40 Under 40 Leadership Award Nominee*

*Quoted in "Shouting Won't Help: Why I--and 50 Million Other Americans--Can't Hear You" By Katherine Bouton, Published in 2013*

*Accepted as a DSM-5 Field Trials Collaborating Investigator – American Psychiatric Association, December 8, 2011.*

*Featured in Women in Profile – Pitt County Women's Journal, Volume 3, Issue 10, April / March 2009.*

*Recognition of Appointment to serve as a member of the Alcohol, Tobacco, and Other Drug (ATOD) Specialty Practice Section Committee of the National Association of Social Workers (NASW). - The North Carolina Social Worker Newsletter, XXXIII No. 1, February/March 2009.*

*Recognition of Appointment to serve as a member of the Alcohol, Tobacco, and Other Drug (ATOD) Specialty Practice Section Committee of the National Association of Social Workers (NASW). - Daily Reflector Workweek, January 12, 2009.*

*Selected as 2007 Mixer's 30 Under 30 (Thirty of Pitt County's professionals under the age of 30) – Daily Reflector's Mixer Magazine, November 2007 Issue.*

*Recognition of Wilson Regional Resource Center for the Deaf and Hard of Hearing 2005 Community Service Award and becoming a Licensed Clinical Social Worker - Daily Reflector Workweek January 9, 2006*

*Heroes in the Fight 2005 Healthcare Professional Nominee – Coalition for Persons Disabled by Mental Illness Banquet, December 19, 2005*

*2005 Community Service Award - Wilson Regional Resource Center for the Deaf and Hard of Hearing's 13<sup>th</sup> Annual Community Awards Banquet, December 9, 2005.*

*Recognition of election to NC-NASW Board as Coastal Representative and earning Certified Clinical Addiction Specialist (CCAS) - Daily Reflector Workweek July 25, 2005*

*Award for Service to the Profession 2002 Outstanding Researcher – 5<sup>th</sup> Annual National Association for the Advancement of Educational Research Conference, Ponte Vedra, FL, December 5, 2002.*

<b>Current Licensures:</b>	<b>Obtained:</b>
Arizona Licensed Clinical Social Worker	January 2021
Arizona Licensed Independent Substance Abuse Counselor	January 2021 - December 2022
North Carolina Licensed Clinical Social Worker	January 2006
North Carolina Licensed Clinical Addiction Specialist (LCAS) – *Certification became Licensure	September 2005
North Carolina Provisional (Associate) Licensed Clinical Social Worker	June 2003 - December 2005

<b>Certifications:</b>	<b>Obtained:</b>
Certified Death Doula	March 2024
Certified Integrated Mental Health Professional	September 2023
LAMP Trainer	September 2018
Safe and Sound Protocol Provider	June 2018
Mindfulness-Based Stress Reduction Program	May 2018
NASW-NC Certificate in Clinical Supervision	May 2011
*Certified Clinical Addiction Specialist (CCAS)	June 2005 - September 2005
Critical Incident Stress Management & Debriefing	February 2005
Graduate Certificate in Social Work Practice with Deaf and Hard of Hearing	May 2003
Smoking Cessation Certification	November 2000

## **Skills:**

**Languages:** Primary Language is English; Fluent/Proficient in American Sign Language

**Computer:** Microsoft Office Applications, Excel, PowerPoint, Internet Tools,

**Assets:** Neuroscience- and Polyvagal-Informed, Clinical Supervisor, Consultant, Addictions Specialist, Public Speaker, Curriculum/Presentation Designer, Volunteer Leadership, Natural Leader, Herbalist, Individual Psychotherapy, Group Therapy, Support Groups, Psychoeducation Groups, Clinical Case Management, Assessing,

Diagnosing, Treatment Planning, Interventions, Proficient Clinical Documentation, Problem Solver, Research/Science Orientated, Organized, Focused, Analytical, Lifelong Learner, and Motivated

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