

ASHTYN BERNING, MA, NCC, PLPC (MO), LPCC (CO)

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EDUCATION

- 2020-2022 *University of Colorado at Colorado Springs, Colorado Springs, CO*
MA in Clinical Mental Health Counseling
Addictions Counseling Emphasis
Outstanding Clinical Mental Counseling Student 2022 Award Winner
GPA: 4.0
- 2014-2018 *University of Nebraska-Lincoln, Lincoln, Nebraska*
Bachelor of Arts and Sciences
Major: Psychology; Minor: Spanish
GPA: 3.618
James Canfield Scholarship Recipient (Fall 2014-Spring 2015)
Dr. Lillian G. Portenier Scholarship Recipient (Fall 2015-Spring 2016)
Dean's List (Spring 2014, Fall 2017, Spring 2018)

WORK EXPERIENCE

- August 2022 – **Provisionally Licensed Professional Counselor, *Tenfold Counseling Group, LLC***
Current Provide individual therapy to adolescents and adults (ages 17-70)

Help clients struggling with anxiety, depression, addiction, trauma, life transitions, grief, among other mental health problems
Practice within the theoretical orientation of Person-Centered therapy integrated with CBT and MI
- August 2020 - **Assistant/Associate to Psychiatrist, *AT Psychiatry, PLLC***
Current Organize and schedule appointments for patients with Psychiatrist

Process financial transactions with attention to detail and accuracy
Transcribe Psychiatrist's notes with the psychiatrist when needed
- May 2021 - July **Intern Counselor (2021-2022) and LPCC (2022), *Behavioral Health Consultants, Inc.***
2022 Provide individual therapy to adolescents and adults (ages 12-70)

Help clients struggling with anxiety, depression, addiction, trauma, life transitions, grief, among other mental health problems
Practice within the theoretical orientation of Person-Centered therapy integrated with CBT and MI
- January 2021 - **Research Assistant, *AMFTRB***
December Research the state laws for LMFTs
2021, and July Research and obtain contact information of LMFTs in different states for AMFTRB to send
2022 - surveys out to.
December Organized all research data into Microsoft Excel
2022

- January 2021 - July 2021 **Practicum Student, *Thriveworks***
 Provide individual therapy to adults (ages 18-70 years old)
 Help clients struggling with anxiety, depression, addiction, trauma, life transitions, grief, among other problems interfering with clients' mental health
 Practice within the theoretical scopes of Existentialism, Person-Centered therapy, CBT, REBT, and MI
- July 2019 - July 2020 **Client Service Representative, *UNMC Regional Pathology***
 Process and report results of outreach laboratory specimens directly impacting patient care
 Handle specimens and patient information with integrity and organization
 Provide client service communication with internal and external customers of RPS and NPHL
- August 2018 - July 2019 **Behavioral Support Specialist, *CHI – Lasting Hope Recovery Center***
 Complete 1:1 sessions with patients, actively listening and providing guidance
 Facilitate small groups to support patients and teach them new skills and process feelings
 Provide patients with resources that are available within the community
- April 2018 - August 2018 **Family Service Worker, *Jenda Family Services***
 Monitor visitations between biological parents and their children who are wards of the state
 Be in communication with Supervisor(s), Case Worker, and other team members for clients
 Be liaison between clients and the foster parent(s)
- September 2013 - April 2018 **Customer Service Personnel, *Sartor Hamann Jewelers***
 Keep store clean and organized to show care for customers' experience
 Communicate with employees and customers efficiently to ensure positive customer service
 Complete financial transactions with attention to detail and accuracy

COMMUNITY ACTIVITIES AND VOLUNTEER EXPERIENCE

- April 2021 - Current **Vice President, *Chi Sigma Iota - Chi Upsilon Sigma***
 Oversaw officers and checked in with them to ensure assigned tasks are being completed
 Completed tasks as assigned by the President
 Led a mini committee that planned, scheduled, and ran study groups for students studying for the CPCE and NCE.
- 2014 - 2018 **Member & Hospitality Chairman for Recruitment (2017), *Phi Mu Sorority - Zeta Gamma***
 Learned communication and collaboration skills to achieve goals within academics, philanthropy, and citizenship
- 2014 - 2018 **Member, Secretary (2015-2016) & Vice President (2016-2017), *UNL No Kill Advocacy Club***
 Worked alongside and advocated for local No Kill Animal Shelters
 Acted as a liaison between members and organizations
 Helped organize and run fundraising events

SKILLS

Counseling	Proficient in rapport building, active listening, reflecting, reframing, paraphrasing, summarizing, immediacy, confrontation, challenging, silence
Computer	Proficient in working with Microsoft Office Applications and Google Applications
Math and Science	Algebra, Calculus, Chemistry, Biology, Psychology, Anatomy
Customer Service	Clear communication, effective listening, attentive to client and details, efficient

REFERENCES

- Artin Terhakopian *AT Psychiatry, PLLC*
Colorado Springs, CO
Psychiatrist, MD
Employer
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- Sonia Munro *Behavioral Health Consultants, Inc*
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- Joey Tapia-Fuselier *University of Colorado at Colorado Springs*
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- Alfredo Palacios *University of Colorado at Colorado Springs*
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- Lois Paff Bergen *Association of Marital & Family Therapy Regulatory Boards (AMFTRB)*
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