

ASHTYN BERNING, MA, LPCC

License Number: LPCC.0019549

EDUCATION

- 2020-2022 *University of Colorado at Colorado Springs, Colorado Springs, CO*
MA in Clinical Mental Health Counseling
Emphasis in Addictions Counseling
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

- May 2021 - *Intern Counselor, Behavioral Health Consultants, Inc.*
Current Provide individual therapy to adolescents and adults (ages 12-70)

Help clients struggling with anxiety, depression, addiction, trauma, life transitions, grief, among other struggles to clients' mental health
Practice within the theoretical orientation of Person-Centered therapy integrated mainly with CBT and MI
- August 2020 - *Psychiatrist Assistant/Associate, 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
- January 2021 - *Research Assistant, AMFTRB*
December Research the state laws for LMFTs
2021 Research and obtain contact information of LMFTs in different states for AMFTRB to send surveys out to.

Organized all research data into Microsoft Excel
- January 2021 - *Practicum Student, Thriveworks*
July 2021 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 *Client Service Representative, UNMC Regional Pathology*
2020 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

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| 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 |