

## **Shelby C. Lake**

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### **EDUCATION:**

**M.S., Human Development, 1999**  
Virginia Polytechnic Institute and State University  
Falls Church, Virginia

**B.A., Psychology, (Minor: Religion), 1996**  
Appalachian State University  
Boone, North Carolina

### **CLINICAL EXPERIENCE:**

**Residential Relief Counselor** (May 1997-present)  
***Kaleidoscope, Vienna, VA***

Maintain safe, secure and healthy environment for abused and neglected children ages 5-12; implement program structure including behavior modification; administer medication; perform non-violent crisis intervention; conduct psycho-educational groups and recreational activities; process emotional distress with children; document relevant clinical events in client files.

**Family Therapy Intern** (August 1997-June 1999)  
***Center for Family Services, Virginia Tech, Falls Church, VA***

Provide systemic outpatient therapy to individuals, couples and families; develop case treatment plans, document all forms of case management; coordinate therapeutic services; participate in co-therapy with other interns; observe / team with other's cases. As of February, 1999, I have obtained 585 client contact hours and have received over 400 hours of supervision. Clientele includes violent couples, adolescents with eating disorders, chronically mentally ill adults, children with behavior and/or school problems, individuals with personality disorders, individuals with depression, couples with sexual dysfunction, survivors and perpetrators of sexual abuse, and families seeking relationship enrichment.

**Homebased Specialist** (June 1998-August 1999)  
***Family Teamwork, Fairfax, VA***

Provide intensive, systemic, competency-based therapy to families in their homes; develop case treatment/service plans; document all forms of case management; submit monthly reports; coordinate treatment with other service agencies; attend and present at county funding, team treatment, and educational meetings; serve as an advocate for

children and parents; train families in parenting and social skills, including behavior modification techniques; participate in co-therapy with other counselors and provide supervision and training to mentors; provide 24 hour on call crisis intervention and family support services. Clientele includes chronically mentally ill adults and children, attachment disordered children, sexual abuse survivors, court-involved children and adolescents, and low income families.

**Residential Relief Counselor** (May 1998- September 1999)  
***Alternative House Transitional Living Program, Falls Church, VA***

Maintain a safe, secure and healthy environment for adolescents ages 16-18; implement program structure; administer medication; review social, educational and life-skills goals with clients; document relevant clinical events in client files.

**Clinic Administrator** (September 1998-June 1999)  
***Center for Family Services, Virginia Tech, Falls Church, VA***

Conduct intake interviews with potential clients; increase public relations and improve client recruiting; provide information to professionals and clients regarding services; provide administrative support to clinic director and assistant director; assist interns with paperwork and file upkeep; assist in day-to-day managing of a family therapy agency.

**Group Facilitator** (Summer 1998)  
***Women's Anger Management Group, Virginia Tech, Falls Church, VA***

Co-lead a therapeutic support group for female victims of domestic violence; provided clients with the educational instruction their partners receive in anger management group; provided support and guidance; made referrals for community resources; documented all forms of case management.

**Peer Mentor Trainer** (Fall 1997- Spring 1998)  
***Virginia Tech, Falls Church, VA***

Prepared and presented mentoring techniques to local high school peer mentors, including joining skills, communication skills, high risk issues, solution-focused thinking skills, and closure/rituals; facilitated group discussions on mentoring issues; provided support and guidance to individuals with concerns.

**Research Assistant** (August 1994-May 1996)  
***Appalachian State University, Boone, NC***

Assisted Dr. Vern Bacharach with two research projects; conducted participant trials for auditory-visual study; coordinated research responsibilities with other assistant and Dr. Bacharach; administered paperwork and testing with college participants; calculated results; used SPSS to compute data.

**Student Mentor** (August 1993-May 1994)  
***Watauga College, Appalachian State University, Boone, NC***

Counseled first-year college students regarding academic, social, and domestic issues; acted as a liaison between professors and students regarding academic concerns.

**Facilitator** (August 1993-May 1994)  
*North Carolina Student Teach and Reach, Watauga County, NC*  
Led group discussions on social issues for high school freshmen; contacted school officials with relevant feedback; participated in training sessions.

**PROFESSIONAL ORGANIZATIONS:**

**Student Member** (March 1999-present)  
American Association for Marriage and Family Therapy

**Student Member** (March 1999-present)  
California Association for Marriage and Family Therapy