

Patrick Michael Nitch

Professional Clinical Counselor Intern
National Certified Counselor
Middle Way Health

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EDUCATION

- M.Ed. Peabody College of Education and Human Development (2012)**
Vanderbilt University, Nashville, TN
Clinical Mental Health Counseling
- B.A. Vanderbilt University, Nashville, TN (2008, Magna Cum Laude)**
Managerial Economics

LICENSE & CERTIFICATION

- Professional Clinical Counseling Intern (PCCI)**
California Board of Behavioral Sciences, *Registration Number: PCI 180*
- National Certified Counselor (NCC)**
Certification Number: 303547

CLINICAL COUNSELING EXPERIENCE

- Professional Clinical Counselor Intern (2013 – Present)**
Middle Way Health, Sacramento, CA
- Provides individual, couple, and family therapy sessions
 - Leads mindfulness and meditation therapy groups
 - Offers home consultations and critical incident site visits
 - Participates in weekly case management and clinical supervision
- Professional Clinical Counselor Intern (2012 – 2013)**
New Dawn Recovery Treatment Centers, Sacramento, CA
- Managed full caseload with co-occurring substance abuse and mental health diagnoses
 - Provided individual counseling and group counseling sessions
 - Provided individual family and multi-family group counseling sessions
 - Performed Utilization Review to obtain ongoing insurance coverage for clients
 - Participated in professional development activities and weekly clinical supervision
 - Initiated center's Mindfulness Meditation Recovery program
- Behavioral Health Consultant, Trainee (2011 – 2012)**
Siloam Family Health Center, Nashville, TN
- Conducted refugee mental health screens, behavioral health consultations, intakes, and case management sessions for refugees/immigrants, and local uninsured patients
 - Led residential refugee mental health classes for refugees/immigrants
 - Consulted daily with primary care physician and case management team

Clinical Mental Health Counselor, Trainee (2011 – 2012)

YMCA of Middle Tennessee, Nashville, TN

- Provided ongoing individual counseling sessions to adults and young adults
- Led group counseling sessions for adults and young adults
- Consulted daily with staff and case management team

Field Counselor, Trainee (2010)

Oasis Center of Nashville, Nashville, TN

- Facilitated activities with youth residents at the Oasis shelter including leading classroom discussion, and team building exercises
- Discussed self esteem issues, building positive relationships, and making healthy life choices with at risk teens at local middle schools as part of the Oasis prevention program

OTHER PROFESSIONAL EXPERIENCE

Education Specialist / Instructor / Program Coordinator (2010 – 2012)

Vanderbilt University English Language Center, Nashville, TN

- Managed program schedule, academic content-area review courses, student professional development activities, and service-learning sites for all sponsored students
- Supervised students' academic and professional progress and success
- Advised students in the college application process
- Planned and executed the center's first 6-week extended orientation program
- Developed, launched, and maintained center website
- **Courses taught:**
 - Essay Writing for University Applications
 - Language through Service Learning
 - Introduction to U.S. Culture
 - Vocabulary Development
 - Intermediate Reading and Vocabulary

Event Coordinator (2009 – 2010)

Vanderbilt University International Office, Nashville, TN

- Organized 1st Annual Vanderbilt World Market Fair
- Coordinated Fulbright Student Hosting event, pairing 141 students with 43 host families
- Wrote and edited articles for *Vanderbilt International* magazine

POST-GRADUATE TRAININGS

- 2013** 2-Month Residential Zen Training Program, Yokoji Zen Mountain Center
6-Day Retreat on the Four Foundations of Mindfulness, Spirit Rock Meditation Center
Workshop, Relational Mindfulness: Helping Couples Become Superlative, with Terry Real, LCSW
Workshop, A Dialogue on Infidelity: How Can Couples Move Beyond Crisis, with Terry Real, LCSW, and Esther Perel, LMFT
Workshop, Working with Difficult Men in Couples Therapy, with Terry Real, LCSW
Workshop, Attachment Security and Erotic Desire in Couples, with Esther Perel, LMFT
Workshop, Sexual Alchemy: Practical Application in Self and Client, with Stephanie Buehler, PsyD
- 2012** Daylong Retreat, No Self in the Brain, with Rick Hanson, PhD, Spirit Rock Meditation Center
Daylong Retreat, Foundations of Insight Meditation, with Jack Kornfield and Phillip Moffitt, Spirit Rock Meditation Center

PROFESSIONAL AFFILIATIONS

American Counseling Association (ACA), Member

California Association for Licensed Professional Clinical Counselors (CALPCC),

Sacramento Regional Planning Committee Member

Buddhist Pathways Prison Project, Volunteer Meditation Instructor

Lion's Roar Dharma Center, Member

HONORS

Chi Sigma Iota Counseling Honor Society, Peabody College, Vanderbilt University (2010 – 2012)

Dean's Scholarship, Peabody College, Vanderbilt University (2009 – 2012)

Member of Gamma Beta Phi Academic Honor Society, Vanderbilt University (2005 – 2008)