

Emily A Øverland MS LPC RYT

emily@overlandcounseling.com

580-736-0297

RELEVANT EXPERIENCE

Øverland Counseling Kansas City, MO August 2023 – present

Owner & Lead Clinician

- Provide individual therapy to adults with various yet complex cases of ongoing mental health issues using dialectical behavioral therapy, depth-oriented psychotherapy, and trauma informed yoga
- Assess and evaluate each client's individual cases
- Engage in community outreach and psychoeducation to provide insight to mental health issues and trends

Lilac Center Kansas City, MO November 2019 – August 2023

Intensive Outpatient Program (IOP) Clinical Trainer and Supervisor

- Provided all four components of Dialectical Behavioral Therapy – individual, group, consultation, and coaching calls in a private practice setting
- Supervised 22 IOP clinicians over 11 IOP programs, adult and adolescent, averaging over 80 clients at any given time
- Streamlined the IOP program to create cohesion by creating a training manual and training protocol to ensure clinicians were providing the same quality care across the programs
- Conducted and lead treatment teams for each IOP
- Supervised nursing and counseling students on internship, *Summers 2020-2022*
- Conducted Utilization Reviews for IOP group members including initial and concurrent clinical reviews
- Managed average of 23 individual patient caseload, adolescent and adult
- Facilitated Adult IOP group – three days a week, three hours each session, averaging 8 clients per session for 3 years

Bert Nash Community Mental Health Center Lawrence, KS September 2017 – November 2019

Strengths Based Case Manager

- Managed average of 30 individual adult patients with Severe Mental Illness (SMI) and Severe and Persistent Mental Illness (SPMI) and chronic health conditions
- Coordinated with numerous resources throughout the community to ensure client care
- Conducted individual sessions focusing on aiding clients in understanding the symptoms of their mental illness and to help them minimize the impact those symptoms have on their independent living

Chair, Purpose and Resilience Team (PART) Interdepartmental Collaboration Workgroup

- Manages a team of 9 other professionals from various teams in the organization.
- Generates an outline for bimonthly meetings
- Took and managed notes for each meeting
- Lead each meeting in discussion of group goal
- Collaborated with entire PART team to discuss group progress

EDUCATION

The University of Kansas Lawrence, KS May 2012

Master of Science in Counseling Psychology

Oklahoma State University Stillwater, OK December 2007

Bachelor of Arts in Psychology

CERTIFICATIONS & TRAININGS

Applied Suicide Intervention Skills Training (ASIST) 2018

Behavioral Tech DBT Comprehensive Training 2020

