



PM

PARIS MORRA, NBC-HWC

NATIONAL BOARD CERTIFIED HEALTH & WELLNESS COACH

CERTIFIED WELLNESS PRACTITIONER

310 • 963 • 6905 PARISMORRA@GMAIL.COM

SKILLS AND STRENGTHS

- CBT
- Motivational Interviewing
- Goal Setting
- Treatment Planning
- Stage of Change
- Client-centered approach
- Self-Care
- Cognitive restructuring
- Relaxation and mindfulness
- Concrete coping skills
- Psychoeducation
- Medicare population
- Chronic disease
- Mental health and wellness
- Care coordination
- EHR
- Supervision
- Performance management
- Training and development
- Conflict Resolution
- Collaborative
- Interpersonal and written communication
- Highly organized
- Positive and creative thinker

EDUCATION

**BACHELOR OF ARTS
COMMUNICATIONS •
UNIVERSITY OF SOUTHERN
CALIFORNIA**

**PSYCHOLOGY AND SOCIOLOGY
EMPHASES**

EXPERIENCE

COACH • HIRSCHMAN CLINICAL SERVICES • JUNE 2024 • PRESENT

Mobile coaching support of adults managing challenges related to mental health, addiction and eating disorders.

HEALTH AND WELLNESS COACH / OWNER • PARIS MORRA COACHING AND WELLNESS LLC • NOVEMBER 2022 • PRESENT

Virtual coaching support of adults seeking behavioral change related to life transitions, chronic disease, and overall health and wellness.

COACH ADVISOR • ABLETO, INC • JULY 2020 • JUNE 2024

Supervise a team of 65+ behavioral coaches delivering a CBT-based telehealth program. Responsibilities include training, development, content creation, interviewing, meeting facilitation, performance management (PIPs through termination), chart audits, metrics evaluation and support, monthly contributions to cross-departmental workgroups.

BEHAVIORAL COACH • ABLETO, INC. • DECEMBER 2010 • JULY 2020

Provided virtual CBT-based behavioral coaching to adults managing medical and mental health comorbidities. Areas of knowledge include diabetes, cardiac health, chronic pain, depression, anxiety, stress, and cancer. Responsible for timely and comprehensive HIPAA-compliant documentation as well as care coordination to ensure a warm transfer.

CERTIFICATIONS

NATIONAL BOARD CERTIFIED HEALTH & WELLNESS COACH • NBHWC

HEALTH AND WELLNESS COACH • UNIVERSITY OF WISCONSIN- STEVENS POINT

CERTIFIED WELLNESS PRACTITIONER • NATIONAL WELLNESS INSTITUTE