

Reuven Rosen

EFCT Couples Therapist

Qualifications Summary

- Track record of success in conducting thorough assessments, developing comprehensive treatment plans, and implementing evidence-based interventions to help clients achieve therapeutic goals.
- Skilled in various therapeutic modalities, such as Acceptance and Commitment Therapy, Emotionally Focused Therapy, and mindfulness-based therapy.
- Instrumental in managing complex patient cases and ensuring accuracy/privacy of all necessary documentation to offer every patient the highest quality of care.
- Adept at working collaboratively with interdisciplinary teams to deliver patient-centered care.
- Exceptional communicator, proficient in building strong therapeutic relationships, coordinating with clients, and effectively communicating with other healthcare professionals.

Career Experience

Kentlands Psychotherapy LLC, Gaithersburg, MD Couples Therapist

September 2023 – Present

Coordinate care for couples in distress. Support relationships by assisting clients in creating safety and security in relationships.

- Improved communication by identifying repeated cycles of negative engagement.
- Maximized connection of partners by cultivating conversations of meaningful engagement.

The Calming Mind, Bethesda, MD Therapist

2021 – Present

Develop tailored treatment strategies in accordance with the demands and conditions of the patient. Maintaining detailed patient interactions and development records while adhering to all safety procedures. Identify patients' mental health difficulties via evaluation.

- Provided treatment to people experiencing perfectionism, anxiety, despair, and other mental health issues.
- Strengthened family and couple relationships through emotionally focused therapy.

Jonah Green & Associates, Kensington, MD Therapist

2020 – 2021

Organize counseling for adults and adolescents dealing with depression, suicidal thoughts, anxiety, and various problems. Support relationships by utilizing emotionally centered treatment. Assist in building empathic relationships with kids and establish boundaries with challenging characteristics by providing parental counseling.

- Reduced patient's symptoms and facilitated fulfilling lifestyle by employing Acceptance and Commitment Therapy.
- Improved communication and minimized tension by offering attachment-based family counseling.
- Helped client by collaborating with patient's complete family system.

Nurtured Heart Approach Training & Presentations, Silver Spring, MD Certified Advanced Trainer/Consultant (Part-time)

2015 – Present

Educate and mentor several businesses/organizations, emphasizing optimistic thinking and highlighting personal strengths rather than weaknesses. Conduct seminars for K-12 schools, teach multi-week courses for parents of preschool–preteen children, and instruct six-week intensive training course for school staff members.

- Promoted people's strengths by conducting training/guidance sessions to multiple enterprises regarding leveraging positive psychology techniques via obtaining/maintaining certification and deploying authorized presentation resources.
- Attained consistently favorable comments, recommendations, and requests for more engagements.

Torah School of Greater Washington, Silver Spring, MD
Second, Fifth and Sixth Grade Teacher

2016 – 2019

Designed and executed day-to-day lesson plans for second, fifth, and sixth grades. Evaluated student progress as well as conducted examinations and assessments. Monitored pupils' development frequently and updated parents about progress. Collaborating with the administration produced suitable and practical solutions to different classroom problems—trained instructors on learning methods and classroom organization.

- Boosted the learning process by performing independent and collaborative activities.
- Enhanced understanding, retention, and general performance by giving challenging pupils additional assistance.
- Encouraged academic and personal development by maintaining a learning atmosphere in the classroom.

Torah School of Greater Philadelphia, Wynnewood, PA
Second Grade Teacher

2013 – 2016

Created passion for learning in students by encouraging them to take classes. Designed/implemented common core and standards-based curricula across all academic areas. Adopted the Nurtured Heart Method in classrooms. Developed an active, energetic, and uplifting learning atmosphere in class: conducted/scored exams and documented outcomes.

- Discovered novel ideas, such as character-building lessons for students.
- Empowered all students via innovative and interactive teaching.

Career Note

Intern, Potomac Programs, Potomac, MD

2019 – 2020

- Delivered therapeutic assistance to teenagers in a partial hospitalization program by partnering with a multidisciplinary team.
- Conducted individual therapy sessions with clients and up to 10 individuals in patient/parent support groups.
- Performed assessments and offered help for various emotional and behavioral issues, such as BPD, anxiety, and depression with suicidal ideation.

Intern, Newport Academy, Rockville, MD

2018 – 2019

- Provided mental health counseling to teenagers at the clinic for partial hospitalization.
- Led group therapy sessions on gender identification and optimistic thinking.
- Established strong connections, created fundamental strategies/programs, and influenced long-lasting behavioral improvements by coordinating with therapists, employees, and teenagers.

Education

Master of Social Work, University of Maryland, College Park, MD, 2020

Master of Science in Education, John Hopkins University, Baltimore, MD, 2010

Bachelor of Arts in Economics, Yeshiva University, New York, NY

Licenses & Certifications

Licensed Master of Social Work, State of Maryland

Training

Acceptance and Commitment Therapy

Emotionally Focused Couples Therapy – Externship, Core Skills, Helper

Emotionally Focused Family Therapy – Levels 1& 2

Dialectical Behavior Therapy (DBT)

Nurtured Heart Approach® Advanced

