



Esti Schonbrun

LCSW-C

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Experienced and driven LCSW-C with 8+ years of dedicated practice. Specializing in guiding adults to heal from developmental trauma. Skilled at developing a collaborative and individualized therapeutic experience from which clients can uncover their innate wisdom for healing and change. Resourceful and analytical thinker with a results-oriented approach. Committed to a dynamic and creative approach to implementing innovative therapeutic interventions.

EMPLOYMENT HISTORY

Clinical Therapist

Sunshine Counseling — Aug, 2021 - Present

- Planned and implemented individualized treatment and interventions for identified disorders incorporating modalities such as Internal Family Systems, Sensorimotor Psychotherapy, Interpersonal Neurobiology, and Emotion-Focused therapies.
- Developed and implemented trauma-informed techniques to adapt to the specific needs of each client's individual trauma history, neurodiversity, or culture sensitivities.
- Provided education and resources to clients and their families to improve understanding and maintain supportive practices outside of therapy sessions.
Providing support and guidance to clients during crisis situations or emergencies, ensuring their safety and wellbeing.
- Collaborated with healthcare professionals, such as psychiatrists, psychologists, and social workers, to provide holistic and comprehensive treatment plans for clients.
- Engaged in continued education and supervision on the latest advancements in evidence-based therapy techniques and interventions to provide the most effective treatment options for clients.

Lead Crisis Interventionist

Chai Lifeline Mid-Atlantic — 2020 - 2021

- Facilitated Crisis Interventions with families, individuals, and in school settings following traumatic events, including sudden illness or death, accident, assault.
- Clinically assessed crisis situations and formed diagnostic impressions of the issues presented by the client in crisis while providing clinical support and developing a plan of treatment and referral.
- Provided supervision and guidance to crisis response team members during interventions to ensure effective and consistent service delivery
- Developed and maintained partnerships with community organizations and agencies to ensure comprehensive crisis intervention services are reaching families in need.

EMPLOYMENT HISTORY

Clinical Case Manager

Chai Lifeline Mid-Atlantic — 2019 - 2021

- Provided ongoing support and guidance to clients and their families throughout the entire medical journey, ensuring they have access to the resources and information they need to make informed decisions.
- Coordinated and implemented family services, including insurance support, therapeutic experiences, volunteer assistance, medically supervised retreats.
- Established and maintained relationships with community health organizations and hospitals to expand the referral base for medical treatment options.
- Developed and facilitated support groups for clients and their families to provide emotional and psychological support, and educational empowerment.
- Facilitated communication between clients, medical teams, and community based supports to ensure comprehensive and coordinated care.
- Launched training programs and procedures for agency staff and volunteers, ensuring they are equipped with the necessary skills and knowledge to provide effective and compassionate support to clients and their families.

SW Intern

Preferred Behavioral Health Group — 2014 - 2015

- Provided individual, family, and group psychotherapy services to adolescents diagnosed with substance use disorders, attention disturbances, and anxiety and depressive disorders.
- Planned and implemented daily therapeutic groups using multi-modal approaches including cognitive therapy, motivational interviewing, and expressive arts.
- Collaborated with treatment teams to develop and implement individualized recovery plans.
- Served as agency liaison to personnel involved in clients' treatment, including caregivers, school counselors, Department of Youth and Family Services, and probation officers.

SW Intern

Northern Manor MultiCare Center — 2013 - 2014

- Collaborated with team of social services staff, medical staff, clients and their families to ensure optimal individualized treatment plans for each client.
- Conducted intake assessments for social services and internal records departments and Cognitive and Mood Assessments.
- Provided clinical support and crisis intervention services to facility residents and their families.

EDUCATION

Masters of Social Work

Long Island University — 2015

Bachelors of Behavioral Sciences

Mercy College — 2013

HIGHLIGHTED TRAINING

Memory Reconsolidation: Translating Neuroscience into Art

Juliane Taylor Shore, LPC, LMFT, SEP — Mar, 2023

Transforming the Experience-Based Brain, foundations of the Biophysiological Model of Healing Developmental Trauma

Stephen J. Terrell, PsyD, SEP — Jan, 2023

Polyvagal Theory and the Application of the Safe and Sound Protocol

Dr. Stephen W. Porges, PhD — 2022

Understanding and Treating the Neurobiological Impact of Complex Trauma

Dr. Eric Gentry, PhD — Oct, 2021