

COURTNEY BARBER, MHC

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EDUCATION:

Goddard College, Plainfield, VT, 2016
MA, Clinical Mental Health Counseling,
Expressive Arts Therapy Emphasis

Goddard College, Plainfield, VT, 2005
BA, Health Arts and Sciences

EXPERIENCE:

Director of Behavioral Health, MyRosalie

September 2020- Present

Provides mental health consulting for administration of behavioral telehealth, designs and offers psychoeducational webinars, lectures, and written content for unions, businesses, and other clients, interfaces with telehealth platform creators, providers, and members.

Content Curator, BEinfluence

March 2019 - Present

Research industry-related topics, prepare well-structured drafts using digital publishing platforms, interview industry professionals and incorporate their views into articles or blog posts, edit and proofread written pieces before publication, conduct keyword research and use SEO guidelines to optimize content and communicate collaboratively with editors, websites and/or publications.

Founder, Belladonna Wellness

January 2004 - Present

Capital District, NY

Provides mental health advocacy, organizational consulting services, wellness education, psychoeducation, written health and psychology content, and individual, family, and group trauma-informed coaching.

Freelance Feature Writer, The Daily Meal

November 2022 to March 2023

Pitched concepts, wrote content, created newsworthy feature articles, responded to feedback, edited content, utilized SEO tools. Worked independently and also collaborated with a team to meet brand needs based on current news trends in food, cooking, and nutrition.

Freelance Feature Writer, Health Digest

September 2022 to March 2023

Provided content curation and written features for a well-known health news site. Pitched concepts, wrote content, created newsworthy feature articles, responded to feedback, edited content, utilized SEO tools, worked independently, collaborated with a team to meet brand needs based on current news trends in health, wellness, nutrition, and medicine.

Addiction and Mental Health Writer, ContentWriters

June 2021 to June 2022

Wrote content for websites, rehab centers, and nonprofits on substance use disorder, addiction recovery, mental health, veteran addiction, grief and loss, and medication therapy. Created clear copy, researched evidence-based medical info, proofread, and collaborated with clients and editors.

Behavioral Clinician, Center for Disability Services

August 2018 - October 2020

Albany, New York

Create and revise therapeutic support plans, social-sexual needs assessments, assessments for self-reliance capabilities, assessments for capacity to consent, monitor behavioral and psychiatric status and create psychiatric consults, attend psychiatric appointments, liaison with psychiatric and counseling services, collect and maintain residential behavioral data, train residential

staff in therapeutic support plans, boundaries, sexuality policies and emergency mental health/crisis tools and protocol, teach corporate orientation training on healthy boundaries in the workplace, provide therapeutic supports/brief counseling to individuals and groups in residential setting, crisis management, support clinical team/conduct residential clinical team meetings.

Postpartum Doula Services, Private Practice

November 2001 - July 2008

Capital District, NY & VT

Provided breastfeeding counseling, infant care, emotional support, facilitation of community contacts and resources, homeopathic services, Therapeutic Touch training and treatments for mothers and infants, nutrition and health education.

Mental Health Counselor, The Family Counseling Center

Johnstown, NY & Gloversville, NY

March 2017 - September 2018

Individual and family counseling for children, adolescents and adults, lethality assessment and crisis counseling, community mental health counseling around a wide range of special issues including loss, postpartum depression, substance abuse, serious mental illness and trauma. Provided crisis response care via agency after hours suicide hotline. Effectively de-escalated mental health crises and provided access to referrals, care and follow up. Engaged in ongoing continued learning/professional training on the treatment of serious mental health diagnoses via behavioral therapies and medication. Networked and facilitated increased community support including addiction, grief, social service and domestic violence crisis resources for patients in the two poorest counties in NY state.

Career Services Counselor, Berkshire Community College

August 2016 - October 2016

Pittsfield, MA

Career development, individual vocational counseling, career counseling and resume building for college students.

Clinical Mental Health Counseling Intern, Schenectady County Correctional Facility

June 2015 - December 2015

Schenectady, NY

Conducted psychosocial assessments, treatment planning/review and suicide/lethality risk assessment screening, provided crisis management, grief counseling and substance abuse counseling, acted as liaison between psychiatrist and jail, linked consumers to community resources, utilized treatment modalities/theories such as problem solving and systems theory, provided therapeutic counseling and trauma-informed care.

Domestic Violence Counseling Intern, YWCA of Northeastern NY

June 2015 - August 2015

Schenectady, NY

Provided crisis management, offered individual weekly therapeutic counseling, assessed for lethality, created and facilitated implementation of safety planning for high-risk clients, provided community resources and referrals, offered counseling in shelter settings, supported group counseling, provided advocacy.

Clinical Counseling Intern, Berkshire Community College

September 2014 - July 2015

Pittsfield, MA

Conducted individual and group counseling on weekly basis, provided emergency counseling/lethality assessment, facilitated student connection to community resources and services, provided Heartmath biofeedback training, co-facilitated implementation of Parent Power literacy program, developed and implemented Healthy Relationship & Teen Dating Abuse community outreach workshops at Waconah High School, organized Single Moms Circle student group, served as guest panel speaker for Service Learning Self Care Panel, developed and instructed psychoeducational material/workshops for student groups on campus, including: Tools for Math Anxiety, Healthy Relationships, Self Care, Mindfulness for Stress Reduction, Visualization for Career Planning, Expressive Writing for Academic Anxiety, Stress Management for Non-Traditional Students.

Technical Care Associate, St. Peter's Hospital

June 2012 - June 2013

Albany, NY

Obtained vital signs, conducted glucose screening, provided ambulation, nutrition and health education, provided mother-newborn patient care, completed newborn nursery bloodwork, health screening, feeding, care, bathing and transport, acted as a liaison between nursing staff and patients/families, provided breastfeeding support and comfort care, completed computer data entry, doctor's orders and medical chart organization.

Childbirth Assistant, Private Clients

January 2004 - July 2005

Capital District, NY

Developed and implemented prenatal, labor and postpartum support services in home and hospital, provided breastfeeding support (including latch and position problems, recognizing thrush, milk supply problems, and position for multiples), encouraged skin-to-skin contact and infant-maternal bonding to establish breastfeeding relationship, delivered childbirth education and health/nutrition education.

Substitute Teacher, Warren, Washington, Albany Counties ARC

June 2001 - September 2001

Slingerlands, NY

Provided float relief to teachers in day treatment setting for adults/young adults with a range of developmental disabilities, promoted learning and recreation activities, delivered comfort care, ensured physical safety in classroom settings, collaborated with day treatment team in creating treatment plans.

VOLUNTEER EXPERIENCE:

Interfaith Religious Education Teacher, Middle School Level
Unitarian Universalist Society of Schenectady
2021- Present.

Sunnyview Rehabilitation Hospital
Therapeutic Touch Volunteer
2001 - 2004

Homeless Veterans Capital Region Stand Down
Therapeutic Touch Practitioner
August 2013 - 2015

Albany Community Hospice
Therapeutic Touch Volunteer
2001 - 2004

Albany Free School
Homeopathy Mentor
2004 - 2005

Albany Stratton VA Hospital
Therapeutic Touch Volunteer
2002 - 2004

University at Albany, SUNY
Campus Action Organizer
2000 - 2001

CERTIFICATIONS & ADDITIONAL TRAINING:

Mental Health First Aid
SCIP-R
CPR and First Aid
Prepare-Enrich Marriage Counseling

ORGANIZATIONS:

American Counseling Association
Therapeutic Touch International Association