

Riley Cochran

B.A., Registered Psychotherapist, CACI
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EDUCATION

University of Denver Anticipated graduation: June 2017
Masters of Arts

- Clinical Mental Health Counseling; Addictions Specialization

University of Colorado Denver Graduated May 2014
Bachelor of Arts

- Major: Psychology, Minor: Sociology

University of New Haven August 2013-December 2013
Study Abroad; Barcelona, Spain

CLINICAL EXPERIENCE

University of Denver – Counseling and Education Services Clinic August 2016-Present
Clinic Assistant

- Conduct telephone screens assessing for client treatment needs, SI/HI, substance use behaviors, and recommended level of care
- Maintain confidential client records
- Maintain efficient clinic client scheduling
- Provide additional resources and referrals for clients and counselors
- Clerical duties and responsibilities

Devereux Colorado – Cleo Wallace Center August 2016-Present
Counseling Intern

- Administer and implement behavioral assessments used for individual treatment planning and progress tracking for adolescents aged 12-16
- Provide Trauma-informed individual therapy focused on problem solving skills, ASSET social skills, Multimodal anxiety & social skill interventions, self regulation, and dialectical behavior therapy to clients with a variety of behavioral, emotional, psychotic, and personality disorders
- Conduct group therapy sessions with adolescent clientele focused on communication, diversity, problem solving skills, anger replacement training, and emotional intelligence
- Conduct family therapy sessions focused on parent management training

Arapahoe House August 2016-Present
Addiction Technician II

- Provide an integrated model of addiction treatment through individual, milieu, and group therapy using a variety of evidence-based practices to a diverse clientele 12-60+ years old
- Conduct ASAM level of care, readiness to change ruler, and biopsychosocial assessments
- Provide identified services in residential, outpatient, and withdrawal management treatment centers
- Monitor and record patient progress utilizing DAP notes
- Conduct safety assessments
- Monitor patients emotional, mental, and physical health

University of Denver – Counseling and Educational Services

March 2016-September 2016

Counselor

- Facilitated a 10 week, 10 session, mindfulness group in a live observation clinic receiving direct feedback from other Masters students and a licensed psychologist
- Active member of a live observation team aimed at providing constructive/helpful feedback to peers
- Provided individual therapy utilizing evidenced-based practices
- Constructed treatment plans collaboratively with treatment team utilizing initial intake information and ongoing relevant treatment progress
- Used BHM and WAIS assessments as well as DAP notes to monitor and track treatment progress

Turning Point Mental Health Services

December 2015-July 2016

Counseling Intern

- Co-facilitate psycho-educational and process groups using Prime for Life, Relapse Prevention, DUI Level II Education, and Domestic Violence Groups
- Provide individual counseling services for clients struggling with sobriety, relational challenges, behavioral challenges, trauma, anxiety, and depression
- Construct DAP notes on clients following both group and individual counseling sessions
- Help clients complete individual treatment plan reviews and identify ways to achieve treatment goals
- Conduct Intake and discharge assessments identifying clients mental health, treatment needs, SI/HI assessment, treatment goals, strengths, interpersonal skills, and behavioral challenges
- Facilitate and score SASSI and MAST assessment tools
- Observe mental health and domestic violence evaluations
- Engage in weekly consultations with on site supervisor

Denver Children's Home

May 2015-December 2015

Youth Treatment Counselor

- Mentor youth clientele through daily educational and residential activities
- Provide a supportive and challenging atmosphere for clients
- Create weekly client progress reports
- Construct and implement individualized treatment plans
- Conduct I-ESCAPE interviews after emotional crisis situations to help clients reflect, identify, and create new behavioral strategies to difficult or triggering life events
- Guide and support clients in identifying pro-social and anti-social behaviors and strengthen pro-social behaviors
- Work directly with clients in creating and maintaining healthy and appropriate relationships

Rite of Passage; Ridgeview Academy

March 2014- May 2015

Coach Counselor

- Drug and alcohol living group counselor
- Conducted individual counseling focused on family systems, community systems, client centered treatment goals, and cognitive behavioral strategies
- Administered Matrix Drug and Alcohol Treatment Groups, Narcotics Anonymous, Thinking for a Change Treatment Groups, and Life Skills Groups and Activities
- Delegated community groups focusing on drug and alcohol use and prevention strategies as well as help construct relapse prevention plans
- Provided a safe and challenging environment for at-risk youth boys aged 13-19
- Constructed and assessed daily data assessment plans with clients based on treatment domains
- Provided a therapeutic approach to behavior modification

Junior Achievement Volunteer

Spring 2012

Wyatt Edison Charter School; Denver, CO

- Provided academic and social support for second graders
- Educated and motivated students about the key aspects of being a successful professional
- Developed and maintained a positive, safe, and open environment for younger students

