

Sivan Rose Elefson, LMHC, R-DMT

Licensed Mental Health Counselor,
Registered Dance/Movement Therapist

EDUCATION

Lesley University

M.A., Expressive Therapy and Mental Health Counseling

Cambridge, MA

May 2006

Roger Williams University

B.A., Art & Architectural studies

Bristol, RI

August 2001

CLINICAL EXPERIENCE

peaceful soul counseling

[Private Practice, LMHC]

Clinician

September 2014 - present

- provide outpatient psychotherapy focusing on children, adolescents, young adults, adults, couples, and families utilizing Expressive Therapy (dance/movement, art, music) as the main modality
- collaborate with client(s) on treatment plans, focusing on decreasing problematic symptomology
- collaborate with clients' family and other providers (i.e. school, pediatrician/PCP, etc.)

Advocates, Inc.

[Psychiatric Emergency Services - PES]

Crisis Clinician

December 2014 – July 2018

- worked to always ensure an environment that promotes safety, recovery, and treatment.
- provided psychiatric and substance abuse evaluation of individuals and families in crisis in community, clinic, and hospital settings.
- provided crisis intervention services including crisis case management and short-term crisis counseling as follow-up from initial evaluation.
- maintained linkages with specific community services by providing documented case consultations and problem resolution. Offer suggestive recommendations to clients regarding service options.
- developed and maintain a thorough knowledge of managed care and health insurance systems; provide other clinicians with managed care information and resources pertinent to the crises being managed.
- maintained necessary documentation and records.
- actively participated in supervision and staff meetings.

[Brandon Residential School & Treatment Center Site]

Clinician

April 2011- August 2014

- provided Individual and group psychotherapy with children, adolescents, and families in a residential setting
- completed 45-day Child, adolescent and family diagnostic evaluations/assessments
- facilitated school coordination and consultation, co-treatment with Psychiatry, discharge planning, coordination of care, and referrals (both during service and aftercare)
- worked closely with case management service area and residential staff to facilitate appropriate treatment needs
- completed case reports and documentation as required, including treatment plan development and implementation.
- completed billing documentation as required both by clinic and insurance companies
- consulted with various other departments around needs and advocacy of clients served
- carried out behavioral interventions as outlined by Brandon policies and procedures.
- some areas of clinical focus: adjustment challenges, substance abuse, sexual identity, trauma, mood disorders, anxiety related disorders, self harm, Aspergers/Autism spectrum, chronic illness, grief, relational challenges, eating disorders, transitioning from high school to college, career changes and development, depression and suicidality, peer relationships, bullying and peer violence, and family issues and dynamics.

South Bay Mental Health Center, Inc.

Worcester, MA

Mentor

January 2009 – March 2011

- ° observed mentee's initial therapy session and provide feedback
- ° informed new hires of agency requirements and model intake process and paperwork as needed
- ° provided continuous clinical feedback/communication both to mentee and supervisor about performance

Staff Therapist

- ° provided outreach counseling to individuals, families and couples
- ° maintain/manage Outpatient caseload of 30-40 clients at a time.
Served a population of primarily disenfranchised clients.
- ° consulted with outside collaterals as necessary (agencies, psychiatrists, hospitals, etc)
- ° initiate, maintain and complete clinical documentation including initial evaluations, assessments, treatment plans, session notes, and other required documentation
- ° complete billing documentation as required both by clinic and insurance companies

UMASS Medical School

Westborough, MA

[Adolescent Treatment Programs]

Fall 2007 - December 2009

Expressive Therapist

- ° led multiple psychotherapeutic weekly [Expressive Therapy, gross motor skills, behavior management groups]
- ° provided weekly 1:1 and dyad Expressive Therapy to patients
- ° collaborated with multi-disciplinary team to create/maintain treatment plans

Gateways: Access to Jewish Education

Newton, MA

Dance/Movement Therapist

August 2007 - June 2008

- ° developed, planned and implemented music, movement, and/or expressive activities that correspond to weekly theme and meet individual needs of students
- ° prepared weekly lesson plans that include goals for interventions as well as individual accommodations/modifications needed for individual students
- ° collaborated with classroom teaching team to plan and implement lesson plans

F.A. Day Middle School, Health & Wellness Dept.

Newton, MA

Dance Therapy Intern

August 2005 - June 2006

- ° led and co-led health and dance elective classes for 7th grade
- ° assisted in organization & implementation of violence prevention program
- ° utilized Expressive Therapy techniques/interventions within classroom
- ° met with individual students on a weekly basis

Wild Acre Inns

Lexington, MA

Clinical Intern

August 2003 - May 2004

- ° led and co-led groups in residential facility for adult psychiatric patients
- ° assessed clients' participation in groups through progress notes
- ° built therapeutic relationships with clients
- ° utilized Expressive Therapy techniques/interventions within groups and in milieu
- ° met with clients on an individual basis, weekly

PREVIOUS WORK EXPERIENCE

Happy Feet, Dance & Gymnastics Co.

Dance Teacher

- ° travelled to various preschools teaching dance to children ages 3-5
- ° created lesson plans that were age appropriate
- ° devised variations to choreography based on dynamics and skill level of the class

Tobin Afterschool, Inc.

Group Leader

- ° devised curriculum of activities, mostly art related
- ° supervised children ages 5-14 in a casual environment
- ° included special needs children in all mainstreamed activities

Conservatory Lab Charter School

Art Teacher

- ° devised curriculum of art related activities for after-school program [including art history, art techniques, etc.] with consideration for special needs students
- ° motivated students to learn about art through participation

Camp Micah

Dance Specialist, Counselor, Assistant Unit Leader

- ° taught dance to children ages 11-13
- ° collaborated with children in choreographing dances
- ° trusted with confidential medical camper information
- ° worked as administrator's assistant to Programming Director & Special Events Coordinator
- ° responsible for care of cabin of 10 girl campers aged 10-12
- ° assisted unit leader in planning & executing evening activities & trip days [one trip per week]

CLINICAL TRAINING

South Bay Mental Health Intensive Trauma Training

ARC Model

ADTA National Conference - 2009, 2010, 2013

NEADTA Annual Spring Conference - 2008 -2014

Annual Northeast Youth Firesetting Conference - 2011-2014

AREAS OF EXPERTISE

Diagnostic Assessment

Thorough research/data collection and analysis

Delivers to deadlines

Counseling young offenders

Learning disabilities

Child protection

*Maintaining/working with paper &
computer based medical records*

Adult services

Strong communication & leadership abilities

Creative problem solving

Teaching and training

Goal directed

Works well individually and in teams/groups

Office, computer, and clerical skills

CLINICAL INTEREST

Adolescent and Young Adult Transition

Health and Wellness

Mindfulness

Couples' Dynamics

Family Dynamics

Holistic Health

Postpartum Issues

Career Counseling

Substance abuse

Anxiety and Mood Disorders

GRADUATE COURSEWORK

Orientation to Expressive Therapies

Theories of Mental Health Counseling

Dance/Movement Therapy Theory & Practice I & II

Theory and Practice of Group Work

Principles and Practices of Expressive Arts Therapy

Human Development across the Lifespan

Psychopathology & Clinical Practice

Examining Power, Privilege, and Oppression in

Mental Health Assessment

Clinical Practicum I & II

Clinical Internship I & II

Body/Movement Observation & Assessment I & II

Principles & Practices of Expressive Arts Therapy

Psychopharmacology

Counseling Techniques

Counseling Adolescents

MEMBERSHIP

Current **Licensed Mental Health Counselor of Massachusetts MA**
Current **Child & Adolescent Needs and Strengths (CANS) Certification MA**
Current **American Dance Therapy Association (ADTA) National and New England Chapter**

COMMUNITY SERVICE & VOLUNTEER WORK

Treasurer of New England Chapter of ADTA [2008-2018]
Jewish Big Brothers/Big Sisters [2004-2008]
Wilderness Heals Fundraising Hike for Elizabeth Stone House [2005]
Perkins School for the Blind [part of curriculum of graduate studies]
Charles River Conservancy
MASSPIRG

PERSONAL SUMMARY

I am a qualified clinician with over 8 years of experience in providing high quality care and support to people who are socially excluded or who are experiencing problems in their lives. I have a consistent track record of working successfully with individuals, families and groups, all within a variety of settings. I possess an in-depth understanding of relevant procedures and techniques required to address a variety of mental health challenges in a non-traditional setting, as well as extensive knowledge of counseling principles, techniques and practices and their application to complex cases, group work, and community issues. I am dedicated and passionate in the work of human services and believe that knowledge and continuing education play a vital role in maintaining and growing the practice of being a Mental Health Clinician.

I am an experienced psychotherapist who specializes in a holistic & creative approach to the therapeutic process. I work with couples, families & individuals with an awareness of the whole person-- body, mind, spirit and soul. My style integrates traditional methods of therapy with expressive arts and dance/movement therapy to engage the imagination and use the body/mind connection in support of wellness and vitality. I focus on empowering the individual as well as the family together as a unit. My goal is to guide you towards your ideal self and family with a warm & friendly approach.

My training & experience allow me to bring my clients a variety of different strategies that are most effective for the diverse issues they may face. I believe that an individual has a voice but that it needs to be heard and valued through the collective and with each family member. Every thought & emotion impacts the body, just as impulses & movement in the body create feelings & thoughts. When we tune into this process, we become more aware of ourselves in our world. It's here that we begin to look at the barriers to connecting with the people we love most.