

Gabriel J. Vega

Owner, Gabriel Vega Counseling, PLLC

Phone: 603-412-2755

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- Experience -

Mount Prospect Academy, Comprehensive Assessment and Short-term Treatment (C.A.S.T.) Plymouth, NH

Milieu Clinician (10/2020 - Present) | Prescribing Practitioner (10/2021- Present):

- A Milieu Clinician provides culturally sensitive, therapeutic services to students in a milieu setting, all while developing comprehensive assessments plans (CAST reports) for faculty, referrals, families, and administration.
- Facilitate individual, family, and group treatment based on treatment plan description.
- Assure residential staff adhere to the appropriate programming and treatment plans for the individual.
- Monitor all aspects of day-to-day operations and evaluate client services delivery.
- Act as an agency liaison with contracting agencies, advocates, and guardians.
- Maintain records of contract and state compliance.
- Develop and maintain community, governmental and other public and private resources, and relationships, and actively participate in professional organizations.
- Facilitate trauma training for all new and current faculty both monthly for new faculty and daily for current direct care faculty.
- Support crisis intervention within all milieus.
- Monitor student medication regime and provide feedback to the consulting psychiatrist.
- Continuously research current Evidence Based Practices to support personal, professional, and program development.
- Participate in Clinical On-call 24/7 to support milieu and home visit crisis as needed.
- Participate as a representative and liaison for the Self-care Committee and the Diversity, Equity, and Inclusion (DEI) committee with a focus on implementing MPA goals.
- Consistently complete between 25-31 monthly and weekly reports required for state compliance.

Spaulding Academy & Family Services, Northfield, NH

Behavioral Health Clinician (10/2019 – 10/2020):

- Provided individual, family, and group therapy as outlined in IEPs and treatment plans.
- Coordinated with Family Workers and other team members to ensure consistent communication with parents/guardians and collaterals.
- Collaborated with interdisciplinary team members, including Behavior Analysts and Nursing, regarding treatment planning and recommendations appropriate to the residential and academic settings.
- Participated in case management activities as needed to ensure that each child's needs are being met according to the treatment plan.
- If providing services in the classroom, assisted (classroom teacher is primary contact person) with transportation of youth, administered medications, and arranged for youth visits with family or other collaterals.
- Had working knowledge of evidence-based practice and was able to support staff in implementing applicable techniques.
- Participated in necessary meetings including treatment team meetings, court hearings, FAIR meetings, and departmental meetings.

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- Understood best practice related to services for a range of challenges including autism, neurological impairments, behavioral difficulties, emotional disabilities, and learning and developmental disabilities.
- Understood and facilitated staff training on concepts for evidence-based practices including traumatic injuries, Positive Behavioral Intervention and Supports (PBIS), Cognitive Behavioral therapeutic approach, Applied Behavioral Analysis.
- Participated in ongoing clinical training related to improving treatment services for youth and their families.
- Understood and participated in relevant research activities related to best-practice treatment.
- Provided in-service training for other clinical staff as well as other departments on relevant diagnoses and treatment techniques.
- Participated in “Resource on Call” rotation as support for parents and staff in response to crisis situations.

Becket Family of Services, Mount Prospect Academy; Bradford, VT; Pike, NH |

Intern (2017)), Dual role as Milieu/Permanency Clinician (10/2018 – 10/2019)

- Provided mental health and substance abuse services for at-risk adolescent males from Vermont, Massachusetts, and New Hampshire who were placed at MPA Pike; MPA Pike consisted of a higher-level/locked facility, an enhanced residential facility used as a step-down, as well as a general facility with males presenting with an array of co-occurring mental health impairments.
- Lead group therapy focused on trauma treatment, DBT/EMDR skill building, social/emotional learning, independent living.
- Updated, scheduled, and lead Individual Treatment Plan (ITP) meetings with families and referral sources.
- Co-lead adventure group therapy such as mountain biking in the woods, identity developments groups, social emotional learning groups, faculty and student yoga and mindfulness groups, as well as independent living groups.
- Collaborated with externals for case management needs such as court, family therapy within the home, as well as helped students get to medical appointments.
- Participated in Clinical On-call rotation for one week every 4-5 weeks, as well as participated in 24/7 on-call support for family visits, family travel, and family crisis. This on-call supported the milieu and family either via phone or in person depending on the level of support needed.

Lakes Region Mental Health Center; Laconia, NH |

Child & Family Therapist (1/2018 – 10/2019)

- Provided individual therapy for clients ages 3-21; this one-on-one service helps decrease distress, reduce psychological symptoms, and improve positive behaviors. Caseload sizes ranged from 35-55.
- Facilitated family therapy to improve how the family functions, communicates and deals with issues and problems.
- Administered weekly psychological evaluations and assessments which assist the Children and Family team in diagnosing and identifying the treatment needs of the child.
- Collaboratively supported Functional Support Services (FSS), a community-based service that helps the child learn and practice new skills where they live, learn and play, also providing parents with the skills and resources they need to better support their child.

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- Co-lead group therapy focused on improving skills in a variety of areas, including self-esteem, communication, problem-solving and teamwork.

Connecticut River Academy, Becket Family of Services, Pike, NH & Bradford VT

Intern/Milieu Clinician (3/2017 - 11/2017):

- Provided mental health and substance abuse services for at-risk males ages 11-21 in Vermont and New Hampshire.
- Collaborated with other mental health professionals in case management, community advocacy, and family therapy.
- Assisted in creating and co-leading therapeutic groups around topics such as relationships and identity, life skills, mindfulness, and practicing trauma-sensitive yoga.
- Attended and updated Individual Treatment Plans (ITP) to discuss goals and permanency plans.
- Eye Movement Desensitization and Reprocessing (EMDR) Basic Trained (62 Hours Total) with an additional 12 hours of training specific to treating symptoms related to Structural Dissociation Theory.

- Education -

Professional License (2022):

License Type: M.S. Clinical Mental health Counseling

Issuing Organization: State of New Hampshire

Credentialing ID: License # 2498

Plymouth State University (2018):

Master of Science (M.S.) Clinical Mental Health Counseling

Areas of study: Best Practice Trauma Treatment, Addictions Counseling

Organizations: Graduate Research Society (President-Elect | President, 5/2014 - 2017)

Franklin Pierce University (2014):

Bachelor of Art (B.A.) English | Mass Communications

Organizations: Gay-Straight Alliance (VP, President, 9/2009 - 2013), Love of The Universal Spirit

(L.O.T.U.S.) (VP, Founder 1/2012 -2014)

- Professional Development –

Certificate of Completion: Healing the Whole Self: Treating Dissociation in Harmony with EMDR Therapy (Part 2) by Sarah A. Jenkins MC, LPC

Issuing Organization: EMDR International Association

Issue Date: 5/2023

Credential ID: 13004-41

Certificate of Completion: Improving First Responder Resiliency with EMDR by Sara Gilman, Psy. D., LMFT

Issuing Organization: EMDR International Association

Issue Date: 4/22/2023

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Certificate of Completion: Utilization of EMDR Therapy with Grief and Mourning by Roger Solomon, PH. D.

Issuing Organization: EMDR International Association

Issue Date: 4/22/2023

Certificate of Completion: EMDR Therapy with Complex PTSD Clients Through the Lenses of Resiliency by Arielle Schwartz, PH. D.

Issuing Organization: EMDR International Association

Issue Date: 4/17/2023

Certificate of Completion: Deep Brain Reorienting (DBR) Seminar: The Integration of EMDR Therapy and Structural Dissociation Theory

Issuing Organization: Centre for Trauma and Stress, Cindy Shrigley, MSW, RSW | Richard Shrigley, M. Ed, OCT, RSW, Dr. Tina Shrigley, RSW, C. Psych

Issue Date: 3/3/2023

Continued EMDR Group Consultation and Peer Supervision specific to Structural Dissociation Theory and Complex PTSD

I participate in a one hour, monthly, EMDR group consultation with Sarah A. Jenkins MC, LPC, and have done so from October 2020 to the present day. I also continue to co-facilitate weekly and monthly, one hour, peer supervision with other EMDR trained Milieu Clinicians at Mount Prospect Academy.

Certificate of Completion: Healing the Whole Self: Treating Dissociation in Harmony with EMDR Therapy (Part 1) by Sarah A. Jenkins MC, LPC

Issuing Organization: EMDR International Association

Issue Date: 10/2021

Credential ID: 13004-31

Continuing Education Certificate: Child/Adolescent EMDR Psychotherapy

Issuing Organization: The National Association of Social Workers Vermont Chapter's

Issue Date: 2/2019

Eye Movement Desensitization and Reprocessing (EMDR) Basic Training; this training also included an additional 12 hours specific to Structural Dissociation Theory

Issuing Organization: EMDR International Association, Sarah A. Jenkins MC, LPC

Issue Date: 10/2017