

**BROOKE I. SENIOR, LCSW-C  
LICENSE #23682 (MD)**

UNIVERSITY OF MARYLAND  
MASTERS IN CLINICAL SOCIAL WORK  
MAY 2016

THE PENNSYLVANIA STATE UNIVERSITY  
BACHELOR OF ARTS, ENGLISH  
EDUCATION POLICY STUDIES  
MAY 2010

**Specialties:** Mood Disorders, Personality Pathology, Anxiety Disorders, Emotion Dysregulation, Suicidality, Self-Harm, Substance Use, Behavioral Issues

**Treatment Approach:** Dialectical Behavior Therapy, Cognitive Behavioral Therapy, Trauma-Focused Cognitive Behavioral Therapy, Motivational Interviewing, Experiential Therapy, Strengths-Based

**Training:** DBT Foundational Training- Behavioral Tech, DBT for Adolescents and Families-Dr. Alec Miller, Jill Rathus & Marsha Linehan, TF-CBT- Medical University of South Carolina; Family Therapy for People in Recovery from Mental Illness or Addiction

**Work Experience:**

**Rathbone and Associates** Bethesda, MD

*DBT Team-Individual Therapist* January 2021-Present

- Provides comprehensive Dialectical Behavior Therapy, including individual therapy, skills training groups, and phone coaching
- Participates in weekly DBT consultation team meetings
- Administers suicide risk assessments
- Collaborative teamwork approach with parents, school counselors, psychiatrists, and pediatricians
- Conducts assessments for treatment recommendations

**Potomac Programs, Embark Behavioral Health** Cabin John, MD

*Assistant Clinical Director* January 2020-February 2021

- Works in tandem with the Clinical Director in overseeing and implementing the clinical treatment and services in the DBT intensive outpatient program
- Responsible for creating and maintaining the clinical schedule for /focused on the management of the DBT Evening IOP and oversees the implementation of the clinical model within the DBT IOP program
- A member of the clinical leadership team and responsible for ensuring Potomac Programs treatment protocols are properly trained upon and implemented within the DBT IOP program

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- Works in collaboration with the onsite treatment team (clients, parents, staff, admissions, leadership, operations) for implementation of Potomac Programs core values: Empathy, Service, Trusting relationships, and Growth.
- Responsible for assuring that all documentation, paperwork, and Policy & Procedure expectations are followed within the DBT IOP program
- Works with Clinical Director and Admissions Department to strictly review and schedule prospective clients for admission to the DBT IOP program

***Psychotherapist* April 2019-March 2021**

- Provides individual psychotherapy to a caseload of up to 6 individuals, ranging from 14-24 years old, with a mental health, substance use and/or co-occurring disorder diagnosis in an IOP and PHP level of care setting using dialectical behavior therapy as the primary therapy modality
- Provides dialectical behavior skills group therapy to individuals with a mental health, substance use and/or co-occurring disorder with a focus on dialectical behavior therapy skills acquisition and generalization
- Provides family support through weekly Multi-Family Skills Group to enhance overall family skills acquisition and generalization
- Conducts admissions interviews and biopsychosocial assessments for individuals transitioning into the DBT IOP and PHP programs
- Responsible for documentation in the electronic record system within 24 hours of providing services, including clinical intake assessments, therapy notes, psychosocial assessments, clinical diagnosis reviews, progress notes and treatment planning
- Provides one on one clinical and task supervision to social work interns from the University of Maryland
- A member of the Diversity and Inclusion Yields Change Committee- focusing on eradicating racism, enhancing diversity, exciting advocacy and educating ignorance in the workplace
- Completed DBT Foundational Training through Behavioral Tech, A Linehan Institute Training Company

**Cornerstone Montgomery Rockville, MD**

***Psychotherapist* May 2018 – May 2019**

- Provided individual and family therapy to a caseload of 55-75 individuals with a mental health, substance use and/or co-occurring disorder diagnosis in an outpatient mental health setting
- Specialized in the Dialectical Behavior and Cognitive Behavior Therapy framework, with an emphasis on cognitive reframing and skills development in the areas of mindfulness, interpersonal effectiveness, distress tolerance and emotion regulation

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- Provided Dialectical Behavior Skills Group Therapy to, up to, 20 individuals with a mental health, substance use and/or co-occurring disorder with a focus on dialectical behavior therapy skills acquisition
- Utilized motivational interviewing to support individuals in developing self-efficacy and optimism with a goal of moving individuals away from a state of indecision or uncertainty and towards finding motivation to making positive decisions and accomplishing established goals
- Responsible for documentation in the electronic record system within 24 hours of providing services, including clinical intake assessments, psychosocial assessments, clinical diagnosis review, progress notes and treatment planning

***Dialectical Behavior Therapy Rehabilitation Counselor*** April 2017 - May 2018

- Provided client-centered case management and psychiatric rehabilitation services to a case load of five individuals with a mental health diagnosis and/or co-occurring disorders within a residential and supported living program
- Provided life skills training, behavior management and crisis intervention using the Dialectical Behavior Therapy framework
- Co-lead DBT Skills Group Therapy, focusing on enhancing Mindfulness, Interpersonal Relationships, Emotions Regulation and Dialectical Thinking for up to 10 individuals with a Borderline Personality Disorder diagnosis
- Responsible for documentation in the electronic record system within 24 hours of providing services, including treatment planning, medication monitoring records, progress notes, and referrals
- Lead a Therapeutic Expressive Arts group that provides a safe space for clients with a mental health diagnosis and/or co-occurring disorders

**MedStar Washington Hospital Center Outpatient Behavioral Health** Washington, DC

***Social Work Intern*** September 2015 - May 2016

- Provided Intensive Outpatient Group Therapy to clients with co-occurring disorders. Integrated Dual Diagnosis Treatment Model included Psychotherapy, Cognitive Behavioral Therapy and Dialectical Behavior Therapy Skills Group with a focus on early recovery and relapse prevention
- Assisted lead clinician in a Dialectical Behavior Therapy Skills Group, focusing on enhancing mindfulness, distress tolerance, interpersonal relationships, emotion regulation and dialectical thinking for individuals with a mental health diagnosis
- Assisted lead clinician in providing Outpatient Group Therapy in a Co-Occurring Recovery Group (for clients in recovery who want to continue working on their core issues) and

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Medical Mental Health Group (for clients who have Medical issues that are affecting their mental health)

- Provided Brief Cognitive Therapy Treatment and Case Management to individual clients
- Responsible for documentation in the electronic record within 24 hours of providing services including psychosocial assessments, progress notes and treatment planning

**The Catholic Charities of the Archdiocese of Washington Prison Outreach Program  
Washington, DC**

*Social Work Intern* September 2014 - May 2015 • Washington, DC

- Provided necessary services to individuals recently released and/or soon to be released from the Charles County Detention Center. Services included housing, job training placement, substance abuse treatment programs, mental health services, and identification (State ID, birth certificate, social security card)
- Developed a training module for the Prison Outreach Mentor Program
- Facilitated Prison Outreach Mentor Training to volunteers interested in mentoring individuals recently released from prison

**The Episcopal Center for Children Washington, DC**

*Senior Behavioral Support Specialist* September 2010 - September 2014

- Increased client recovery and reduced violent behaviors in 100+ clients through counseling as well as verbal and physical support using the CPI Nonviolent Crisis Intervention program
- A member of the school's Anti-Bullying team which, through role playing and group discussions, raised awareness to the different types of bullying present in schools today, as well as encouraged students to stand up and speak up against bullying
- Developed a Creative Arts Program in order to provide opportunities for therapeutic artistic expression and support students in improving social skills
- Designed and led the first Basketball Club, which provided more than 40 students with unique learning experiences and opportunities that did not exist for them outside of the program