

# Elizabeth Sockolov

## Therapist

AMFT #107587

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## Qualifications

Six years of clinical experience helping teens and young adults who are recovering from addiction by using mindfulness, meditation, and cognitive behavioral strategies.

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## Professional Membership

American Psychological Association & California Association of Marriage and Family Therapists

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## Awards & Honors

Psi Chi, The International Honor Society of Psychology, National Society of Collegiate Scholars, Honors in Psychology Loyola Marymount, Summa Cum Laude

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## Elizabeth Sockolov

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## Education

### Master's in Clinical Mental Health Counseling

May 2018, Sonoma State University Rohnert Park, CA

### Mindfulness Teacher Training Certification (expected)

Current Student, University of California Berkeley, Berkeley, CA

### Bachelor of Psychology

May 2016, Bellarmine College of Liberal Arts, Loyola Marymount University Los Angeles, CA

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## Work Experience

### Credo High School/ Associate MFT

June 2017 - Present, Rohnert Park

Providing therapy for students, writing progress notes, coordinating with parents and teachers to provide quality care, attending and initiating IEP meeting.

### Alta Mira Recovery Centers / Group Facilitator

July 2016 - Present, Sausalito

Leading a bi-weekly meditation group for the clients, leading guided meditations, offering deep breathing and relaxation techniques, facilitating group discussions and interpersonal exercises, leading a monthly day-long meditation retreat for the clients including many of the activities listed above.

### Soulstice Mind Body Spa / Meditation Teacher

November 2016 - December 2017, Sausalito

Facilitating a weekly meditation group for beginners.

### Alo House Sober Living / Group Facilitator

February 2014 - May 2016, Malibu

Facilitating a weekly meditation group for clients.

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## **Additional Skills**

Computer Skills Macintosh and PC proficient, SPSS, Qualtrics online survey software, Amazon Mechanical Turk, Photoshop, Wordpress, Survey Monkey, Mailchimp, Constant Contact, TherapyNotes, KIPU, My Clients Plus

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## **Speaking Engagements and Academic Conferences**

### **Speaking Engagements**

May 2013 - Present

Over the past six years I have spoken at various schools and homeless shelters about drug addiction and recovery including: Trevor Day School in New York City, Beverly Hills High School, Venice Continuation High School, and Angels Flight for Runaway and Homeless Youth in Los Angeles.

### **Poster Presentation/ Perceptions of Criminality and Recidivism Based on Facial Photographs**

March 14, 2016, Loyola Marymount University's 8th Undergraduate Research Symposium

### **Poster Presentation/ What is the Portrait of Emotion January 28, 2016 Regulation in Social Interactions?**

January 28, 2016, 17th Annual Society for Personality and Social Psychology, Nonverbal Behavior Preconference

### **Poster Presentation/ Self-Liking and Self-Competence: Correlation of Dominance and Self-Esteem**

April 8, 2015, The 5th International Psychology Congress, Hosted by Loyola Marymount University

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