

JENNIFER HAY, MSW, LCSW

License #118354

Beverly Hills, CA | jennyhaycba@gmail.com

Education

- May 2020 **University of Southern California (USC), Los Angeles, CA**
Master of Social Work
Concentration: Adult Mental Health & Wellness
Dean's Honor List
USC Affiliations:
Clinical Social Work Caucus
- June 2017 **University of California, Los Angeles (UCLA), Los Angeles, CA**
Bachelor of Arts, Psychology
Magna Cum Laude
Dean's Honor List

Training & Certifications

- Cognitive Behavior Therapy Institute:*
Cognitive Processing Therapy (CPT)
The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP)
The Inhibitory Learning Model of Exposure: Theory & Application
Integrative Behavioral Couple Therapy (IBCT)
Sexual & Gender Minority Stress (SGM)
Teaching Mindfulness: Bringing Mindfulness into Individual Therapy
- University of Southern California:*
Cognitive Behavioral Therapy (CBT)
Problem Solving Therapy (PST)
Motivational Interviewing (MI)
Seeking Safety (SS)
- California Department of Social Services (CDSS):*
Mandated Reporter General Training
- Los Angeles Homeless Services Authority (LAHSA):*
Homeless Management Information System (HMIS)

Professional Experience

Cognitive Behavior Associates
Beverly Hills, California

July 2020 – Present **Licensed Clinical Social Worker #118354**

- Provide evidence-based therapy for adults, adolescents, and couples experiencing various mental health issues, while utilizing a range of empirically supported treatments, individual assessment, treatment planning, and using diagnostic tools to score patient assessments
- Collaborate with supervisors Dr. Joel L. Becker and Luz Kyncl, LCSW in weekly supervision in order to provide the most comprehensive and effective treatment for patients
- Conduct comprehensive biopsychosocial clinical assessments with new patients, utilizing the DSM-V to derive diagnoses and triage new patients to the most effective and appropriate evidence-based treatments
- Attend the Cognitive Behavior Therapy Institute (CBTI) educational offerings to further my education and stay current with new research and findings

**UCLA Internal Medicine
Santa Monica, California**

Sep. 2019 – May 2020

Clinical Social Work Intern

Supervisor: Bobby Verdugo, LCSW

- Provided evidence-based individual psychotherapy (EBP) services in a dynamic outpatient integrated care environment across a diverse range of patients (Adult, Pediatric, & Geriatric) experiencing mental health challenges (including Anxiety, Depression, Crises Management, Psychological Adjustment to Chronic Medical Conditions & Acute Stressors, Post-Partum Depression, Panic Disorder, Academic & Work Related Stress, Trauma & Grief, Relationships, Substance Abuse)
- Conducted comprehensive biopsychosocial clinical assessments with new patients, utilizing the DSM-V to derive diagnoses and triage new patients to the most effective and appropriate evidence-based treatments
- Participated in weekly UC-LEND Inter/Multidisciplinary Team Meetings regarding neurological development disability patients and actively collaborated with primary care physicians, social workers, and medical students & residents in team development of treatment plan for families
- Researched, created, and presented a lecture addressing the ‘School-to-Prison Pipeline’ Phenomenon to a UCLA undergraduate class

**Safe Place for Youth (SPY)
Venice, California**

Sep. 2018 – May 2019

Social Work Intern

Supervisor: Jeanine Espejo, LCSW

- Empowered homeless transitional-aged youth (TAY) ages 12-25 to lead self-sufficient, stable, and safe lives through clinical case management, education of services, and advocacy for eligible resources

- Co-facilitated substance use group with young men and women, utilizing motivational interviewing (MI) to assess readiness and motivation for change, and problem solving therapy (PST) techniques
- Conducted comprehensive biopsychosocial clinical assessments with youth and adolescents at high risk of developing mental health issues and mental illness, psychosis, suicidal ideation, substance use, homelessness
- Participated in multiple trainings led by professionals in the field, including suicide assessment
- Assisted in outreach program by recruiting and educating youth experiencing homelessness from the Venice Boardwalk
- Trained in utilizing the Next Step Tool (NST) in efforts of placing youth into safe, and affordable housing
- Adopted a trauma-informed approach to care, and utilized this manner constantly throughout crisis intervention
- Participated in daily interdisciplinary team meetings for case conferences, addressing members of SPY, feedback, recommendations, and quality of care

Leadership & Research Experience

USC West Coast Project Program Los Angeles, CA

Aug. 2019 – May 2020

Adult Mental Health & Wellness Student Participant

- Selected as a recipient for a coveted position to participate in the USC Suzanne Dworak-Peck School of Social Work FY 2019 BHWET Competition project titled Workforce Development of Integrated Behavioral Health Practitioners to Serve Medically Underserved and Rural Populations on the West Coast (West Coast Project)
- Participated in bi-weekly inter-professional training activities focused on a curriculum utilizing evidence-based practice models in integrated behavioral healthcare settings, and given an understanding of recovery and its potential to transform behavioral health services
- Completed additional coursework and trainings including courses in Psychopathology and Diagnosis of Mental Disorder, Substance Related and Behavioral Addictive Behaviors and Recovery, and Mental Health Practice with Children and Adolescents
- Collaborated amongst other participants and professionals in case presentation and discussion

Cognitive Behavior Associates Beverly Hills, CA

Dec. 2017 – Aug. 2018

Assistant to Social Anxiety Group

Group facilitator: Megan Wagner, Ph.D.

- Co-led weekly social anxiety group utilizing cognitive behavioral therapy techniques and appropriate exposures for adult men and women
- Transcribed detailed notes for each session and studied patients in efforts of devising treatment plan, with support from main group facilitator
- Remained current about new research regarding social anxiety through evidence-based interventions and mentorship

The UCLA Anxiety & Depression Research Center (ADRC)

Los Angeles, CA

April 2017 – June 2017

Student Researcher

Principal Investigator: Michelle G. Craske, Ph.D.

- Conducted data entry, data backup, and data analysis of BrainMAPD (UCLA Brain, Motivation and Personality Development Study) Bonus Sessions
- Assisted researchers with laboratory assessments
- Trained to administer experiment on subjects; administered psychophysiology set-up and clean-up
- Managed participant screenings, consenting and scheduling
- Handled administrative duties including organizing and creating participant files

The UCLA School Mental Health Project & Center

Los Angeles, CA

March 2017 – June 2017

Student Researcher

Director of Project: Howard Adelman, Ph.D.

- Researched and drafted a paper addressing the effect of Social Networks & Social Emotional Development on children, featured on the UCLA School Mental Health Center's website
- Conducted research of literature reviews and evidence-based interventions on mental health and social and emotional development in elementary schools in the U.S.
- Conducted research on the policies and practices for addressing barriers to students' learning and mental health in schools and how they relate to bullying and emotional, behavioral, and learning problems

The Maple Counseling Center

Beverly Hills, CA

August 2017 – June 2018

Leader of The Community Circle Program

Facilitated by: Lunel LeMieux

- Led weekly "circle" sessions at various elementary and middle schools, creating a safe and confidential environment for students to discuss and manage conflict, learn problem-solving skills, build communication skills, and develop mutual respect

- Observed co-leaders, in efforts of learning different styles of communication and practice with students
- Participated in weekly supervision with co-leaders to discuss experiences in sessions, provided and received feedback and advice to enhance children's experience in sessions; discussed current events pertaining to children's welfare