

CAROLINA GAVIRIA, LMHC, NCC, CEDS-C
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EDUCATION

Licensed Mental Health Counselor	License Number: 11666 in the state of Florida National Certified Counselor Certification Number: 276554 CEDS 4051
Masters in Mental Health and Walden University	School of Counseling Graduated 2010
Bachelor of Arts in Psychology	Pontificia Universidad Javeriana Colombia: Licensed Psychologist Graduated 2000 Registered at the Colegio Colombiano de Profesionales
Languages	Fluent in English, Spanish and German

PROFESSIONAL EXPERIENCE

CAROLINA GAVIRIA COUNSELING SERVICES

12/12 - Present

Coconut Creek, FL

Private Practice Owner

- Work with children, adolescents and adults diagnosed with eating disorders, emotional and behavioral disturbances, conduct disorders, anxiety disorders, depression, substance abuse, OCD, and Trauma using EMDR, CBT, ACT, and DBT skills.
- Provide individual and family therapy as well as group therapy, workshops and one day retreats
- Help clients and their families establish a treatment team when necessary and work in collaboration with other professionals to support the client
- Provide clients and their families with referral resources and other service agencies if applicable

Wellness Resource Center

06/17 – Present

Boca Raton, FL

Group Facilitator and Eating Disorder Consultant

- Facilitate self-esteem in recovery group for women with an emphasis in healthy relationship with food and body image
- Identify clients who struggle with eating disorders and provide education

- Hold individual sessions with clients actively struggling with eating disorder symptomatology
- Work in team with facility's primary therapist, psychiatrist, nutritional consultant and clinical director to provide best quality of care
- Assess and determine the need for clients to access a higher level of care

FAU – Florida Atlantic University

09/15 – 06/16

Boca Raton, FL

Primary Therapist

- Conducted individual and group psychotherapy with university students especially with those who struggled with eating disorders and body image disturbances as well as trauma
- Worked in team with university's psychiatrist, nutritional consultant and clinical director to provide best quality of care and recommend higher level of care when needed
- Supported eating disorder recovery groups, workshops and efforts as needed
- Provided on-call crisis intervention services

GROWTH & HEALING WELLNESS CENTER

02/11 – 04/15

Ft. Lauderdale, FL

Primary Therapist

- Provided individual, family and couples therapy as well as group counseling
- Worked with children, adolescents and adults struggling with eating disorders, substance abuse, conduct disorders, anxiety disorders, depression, and trauma issues
- Contacted and worked in collaboration with other professionals to support treatment team efforts to support the client
- Responsible for facilitating treatment information, support and education to family
- Provided client and family with different referral source(s) and other service agencies if applicable

THE BE PROGRAM

09/12 - 03/14

Online Educational Program

Co-Founder

- Developed educational online program for women who struggled with food and body issues, disordered eating, eating disorders and negative body image.
- Developed The BE Program guidebook and other resources as well as monitor and facilitate online forum and webinars.
- Developed The BE Program Company.

THE WATERSHED

03/12 - 06/12

Boynton Beach, FL

PHP and IOP Therapist

- Carried a case load of 10 to 14 patients and met with them once a week for individual and family therapy and daily for primary group therapy (I was assigned the women who also had a history of eating disorders)
- Met with patients and complete their initial treatment plan and orientation to treatment

- Assisted patients in developing substance abuse and dependency aspects of treatment plans
- Assessed for eating disorder symptomatology and higher level of care
- Developed patient's phase 3 PHP and phase 4 IOP master treatment plan and completed treatment plan updates in collaboration with other treatment team members
- Updated treatment plans weekly via treatment plan reviews
- Assessed for aftercare needs and completed aftercare plan for patients
- Provided treatment recommendations and feedback to treatment team in order to support patient's stay in treatment and discharge plan or higher level of care
- Shared pertinent information with team as obtained from patients or family throughout program to support the patient progress in treatment and interventions
- Assisted the patient(s) in developing measurable chemical dependency related discharge goals and objectives
- Provided liaison services between patient and family, significant other(s), referral source(s), and other service agencies.
- Implemented CBT, DBT and experiential strategies to help patients commit to treatment and recovery
- Used motivational interviewing strategies to support patients in recovery and treatment challenges and goals
- Facilitated primary open process group daily
- Educated patients on the 5 actions of recovery
- Complied with HIPPA standards

THE WATERSHED
 Boynton Beach, FL
Adjunct Therapist

08/11 - 03/12

- Met with patients and completed initial case management assessment
- Developed patient's bio/psychosocial assessments and made suggestions for treatment and discharge planning
- Developed patient's initial master treatment plan when needed
- Facilitated patient's first contact with their families and significant others
- Carried a case load of 14 to 16 patients and meet with them on a weekly basis
- Followed up on case management needs related to employment, social security, disability issues, legal issues, DCF concerns and open cases and school issues.
- Continuously assessed for case management needs
- Facilitated 4 psycho educational and process groups on a weekly basis in reference to mental health, dual diagnosis and relapse prevention
- Used motivational interviewing to support patients in recovery and treatment challenges
- Provided treatment recommendations and feedback to treatment team in order to support patient's stay in treatment and discharge planning
- Developed aftercare plans and coordinate continuing care appointments for patients going home and stepping down to the PHP and IOP levels of care

DR. IBIS BRITO & ASSOCIATES, P.A.

09/10 - 06/11

Weston, FL

Primary Therapist

- Provided individual and group counseling as well as family therapy
- Created and facilitated 4 hr workshops in English and Spanish to psycho educate clients on eating disorders and coping strategies
- Developed and facilitated process groups on women's issues, bullying, anxiety/depression and eating disorders
- Developed and maintained a relationship with outpatient providers and insurance carriers

THE RENFREW CENTER

08/09 – 08/10

Coconut Creek, FL.

Psychology Intern-Aftercare

- Carried a case load of 8-10 patients and see them for 45-minute in a counseling session once per week
- Developed aftercare plans for each patient on caseload which includes finding providers, setting up appointments, finding support groups or step down programs, and typing up the aftercare plan
- Developed progress notes for all patients seen and for all groups facilitated
- Developed discharge summaries by collecting information from patient's primary therapist, psychiatrist, nutritionist, and medical nurse practitioner.
- Communicated and sent discharge summaries to the client's outpatient providers
- Developed and maintained a relationship with outpatient providers.
- Facilitated sessions in Spanish and helped as translator when needed
- Used creative skills to develop handouts for groups and alumni events
- Facilitated the following groups once a week: Bulimic Eating Patterns, After meal Support and coping with Anxiety and Depression
- Experience facilitating: Family in Recovery, Young Adult Process, We make a Difference (community services), Inspiration Celebration (spiritual community group), Student Support, Drug and Alcohol and alumni groups
- Served as liaison for alumni and help them find resources when needed
- Followed up with alumni after events
- Created residents' newsletter and activity calendar.
- Supported alumni and marketing efforts

THE RENFREW CENTER

10/08 – 09/09

Coconut Creek, FL.

Psychiatric/Behavioral Technician and Counselor

- Took vitals and weights to patients
- Provided 1:1 contact with patients when needed
- Provided crisis intervention and suicide assessments
- Monitored meal and snack times

- Completed documents related to meal and snack compliance
- Provided meal support to patients when needed
- Completed required documentation in the patients' charts and team books
- Facilitated Coping with Depression and Anxiety as well as other groups when needed
- Performed rounds, luggage, cars and room searches
- Attended treatment team meetings when needed and provided feedback about the patients

THE RENFREW CENTER 11/07 – 08/10

Coconut Creek, FL.

Marketing and Training Assistant

Supervisor: Adrienne Ressler LMSW, CEDS, F.iaedp

Past President, iaedp Board of Directors 2010-2012

Vice President, Professional Development

The Renfrew Center Foundation

- Assisted with supporting research for marketing purposes
- Helped to organize material in power point marketing presentations
- Organized materials for presentations and mailed them to event site
- Assisted with the review of written material for presentations and other publications (APA style for publications and references)

PUBLICATIONS AND PRESENTATIONS

- Beltran, Y., Cortes, L. & Gaviria, C. (2020). "Como ser un aliado de la recuperaci3n: Integrando y empoderando a los padres durante el proceso de la recuperaci3n de los trastornos de la conducta alimentaria de sus hijos." Presented at iaedp Symposium, Spanish session (2020, March) in Palm Springs, CA.
- Beltran, Y., Cortes, L. & Gaviria, C. (2019). "El ejercicio: amigo o enemigo? Un Enfoque Biopsicosocial a la Integraci3n del Ejercicio en el Proceso de Tratamiento y Recuperaci3n de Trastornos de la conducta alimentaria." Presented at iaedp Symposium, Spanish session (2019, March) in Orlando, FL.
- Gaviria, C. (2018, Winter). Sitting with Uncertainty. Article written for the Renfrew Perspectives Newsletter.
- Beltran, Y. & Gaviria, C. (2015). Comida y Cultura: Cultural Differences When Working with Hispanic Eating Disorder Patients and Their Families [Webinar]. In Renfrew Center webinar series.
- Bruck, M. & Gaviria, C. (2015). Fun in Your body - Yoga class and body image workshop for girls and teens.
- Free-lance writer and weekly contributor for Discovery Mujer from 2012-2016. Articles written on healthy relationship with food and positive body image. Over 200 articles were published.
- Articles published by Gente Today on Health, food and body issues as well as relationships. Since December 2012 to today.
- Rush-Wilson, T., Gaviria, C., Scott, S., Gilliam, B. and Trippany Simmons, R., Copeland, R. (2011, October). There is room for all family members at the table: Relinquishing turf and improving

therapeutic outcomes through the active inclusion of mental health counselors in interdisciplinary eating disorder treatment teams. Presented at the ACA European Branch (2011, November) in Frankfurt, Germany.

- Rush-Wilson, T., Gaviria, C., Scott, S., Gilliam, B. and Trippany Simmons, R., Copeland, R. (2010, June). There is room for all family members at the table: Relinquishing turf and improving therapeutic outcomes through the active inclusion of mental health counselors in interdisciplinary eating disorder treatment teams. Poster session presented at the annual meeting of the Academy for Eating Disorders, Salzburg, Austria.
- Gaviria, C. (2010, Spring). Cross-Cultural Connections. Article written for the Renfrew Connections Newsletter.
- Carolina Gaviria has been featured on WBWP-LD television and MundoFox raising awareness on eating disorders and the importance of early intervention and multidisciplinary treatment. Also interviewed in Spanish for the show "Hoy por Hoy - Caracol Radio" discussing body image and encouraging people to participate in a 28 day positive body image challenge she holds every year around the summer time.
- Horizon Health (2010-2011). Presented at different agencies about emotional eating and mindful eating awareness among other topics related to mental health and stress management at the workplace. Some of the companies include Red Cross and FAU.

SPECIAL SKILLS

- EMDR Trained in 2018; working towards certification via group and individual consults
- Florida qualified supervisor: I have supervised registered interns in the field of mental health counseling for the past 5 years. Also, I belong to a peer supervision group since 2015. We meet once a month.

COMMUNITY SERVICE

- Community Service: Volunteered at The Faulk Center in Boca Raton.
- Volunteer and board member at Commit and Act
http://www.commitandact.com/commit_and_act.com/home_engl.html

ACADEMIC AFFILIATION

- iaedp active member since 2013
- iaedp South Florida board member since 2016: past president
- Commit and Act, North America chapter's board member and leader of Colombia Project
- Attended annual iaedp's Symposium since 2008
- AMHCA: *Membership #*: 42226721

REFERENCES AVAILABLE UPON REQUEST