

Kat Glick, M. Ed., LPC, CCS, ACS, SAP, MAC, CSE, CIMHP

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ACADEMIC EDUCATION

M.Ed, Sexuality Education, 2019
Widener University, Chester, PA

M.A., Forensic Mental Health Counseling, 2009
John Jay College of Criminal Justice, New York, NY

B.A., Forensic Psychology, 2007, *Magna Cum Laude*
John Jay College of Criminal Justice, New York, NY

LICENSURE/ CERTIFICATIONS

Licensed Professional Counselor (LPC)
New Jersey (Lic #: 37PC00477600), Pennsylvania (Lic #: PC009315),
Massachusetts (LMHC #: 12989)

Licensed Clinical Alcohol and Drug Counselor (LCADC) (*currently inactive*)
New Jersey (Lic #: 37LC00180700)

AASECT Certified Sexuality Educator (CSE)
The American Association of Sexuality Educators, Counselors, and Therapists

Certified Clinical Supervisor (CCS)
The Certification Board, Inc. of New Jersey (Cert #: 900)

Approved Clinical Supervisor (ACS)
Center for Credentialing & Education (Cert #: ACS02409)

Master Addiction Counselor (MAC)
National Certification Commission for Addiction Professionals (Cert #:
508624)

Substance Abuse Professional (SAP)
National Certification Commission for Addiction Professionals (Cert #:
173678)

Certified Integrative Mental Health Provider (CIMHP)
(Cert #: 355626)

**Board Cert., Holistic Health Practitioner- American Association of Drugless
Practitioners (AADP)**
(Cert #: 162863311)

Health Coach Training Program: Nutrition and Holistic Health
Institute for Integrative Nutrition, 2013

**ACADEMIC
TEACHING
EXPERIENCE**

Current

Rowan University, Adjunct Instructor & Curriculum Designer/Writer

Undergraduate Psychology Course: Abnormal Psychology, Love & Relationships

Graduate Psy/MH Counseling Courses: Advanced Seminar in Clinical Practice: Substance Abuse, Fundamentals of Drug & Alcohol Abuse*, Developmental Psychology of Alcohol & Drug Abuse*, Psychological Evaluation of Drug & Alcohol Abuse*

**wrote/re-designed these courses for NJ state Student Assistance Coordinator (SAC) certification program*

Rutgers University, Adjunct Instructor

Graduate Courses/School of Social Work: Professional Development and Professional Responsibility in Addictions Counseling, Addictive Behaviors across the Lifespan

Undergraduate Psychology Courses: Psychology of Eating, Health Psychology, Psychology of Human Sexuality

Bachelor's Level Alcohol & Drug Counselor Certificate (CADC) Training Program (2014-2019)

Middlesex County College, Adjunct Professor

Undergraduate Courses: Abnormal Psychology, Introduction to Addiction Studies, Addiction Counseling, Addiction Studies Practicum, Community & Agency Counseling, Counseling Theory & Techniques, Social Psychology, Juvenile Delinquency, Adolescent Psychology, Introduction to Psychology, Introduction to Sociology

One-year full-time Instructor contract (2013-2014)

Taught 5 active courses per semester, provided academic advising, served as faculty advisor for: Psi Beta (Psychology Honor Society), Representative: Campus Diversity Task Force

Temple University College of Public Health, Instructor

- Special Topics in Speech, Language and Hearing Disorders- Counseling (Spring 2021)

**Professional
Development
Training
Programs**

Rutgers School of Social Work Professional Development Series

Smith College of Social Work Professional Development Series

Temple University- College of Public Health- School of Social Work Prof D. Series

Topics:

Current

- What's eating you: The psychology of eating
- Addiction & recovery: Where we've been, where we're going
- Eating disorders & disordered eating: Examining clinical language and lenses
- Understanding the trans and nonbinary experience: Providing affirming care/Trans/Nonbinary 101/Gender affirming care
- More than two: Working with Nonmonogamy and Polyamory
- Providing culturally-competent and integrative LGBTQ addiction treatment
- How NOT to fail as a therapist: Strategies for anticipating and preventing premature termination in psychotherapy
- Love in abundance: Advanced skills for working with consensually nonmonogamous (CNM) and polyamorous clients
- Cultural humility and empowerment: Anti-oppressive approaches in the therapy room

Rutgers Center for Alcohol Studies Professional Development Series

Topics:

Past

- Wellness Series (*Diet/nutrition, Exercise/Sleep Hygiene, Mindfulness Based Stress Reduction, Motivations for Change*) (2014-2017)
- The Role of Nutrition in Addiction and Mental Health Recovery (2014-2016)
- Screening, Brief Intervention and Referral to Treatment (SBIRT) (2014-2019)
- Online Counseling Services & Teletherapy (2014-2022)
- Integrative Strategies that Promote Mental Health and Addictions Recovery (2014-2020)
- Compulsive Eating (2014-2018)
- Holistic Approaches to Addiction and Mental Health Recovery (2014-2019)
- Culturally-Competent and Integrative LGBTQ Addictions Treatment (2014-2022)
- The Science of Nutrition: Diet, Exercise, & Other Physical Health Variables That Impact & Inform Mental Health (2014-2021)

- Food Addiction (2014-2022)
- Integrative Strategies & Nutrition in Addiction & Mental Health (2014-2022)
- Affirming Approaches for Trans and Nonbinary Individuals (2020-2022)

Temple School of Social Work Continuing Education Program

- Understanding Mental Health and Addiction in the LGBTQ Community (2018-2020)
- Motivational Interviewing: Helping Clients Make Changes (2018-2020)

PROFESSIONAL EXPERIENCE

Personal Evolution, LLC, (dba: Fishtown Wellness Center)

Philadelphia, PA | 2013-Present

Owner, Executive Director

Current

- Lead a growing team of 8 clinicians of various disciplines in their provision of psychotherapy and counseling services
- Oversee educational development of 2 interns from various accredited institutions
- Provide official group and individual supervision
- Provide holistic health counseling, individual psychotherapy, clinical addictions counseling and health coaching services to individuals and couples in face-to-face and online modalities
- Group health and wellness coaching and educational workshops/seminars
- Education and training seminars for various behavioral health and addictions/mental health treatment institutions
- Administration of all business and billing operations
- Contracted supervision for clinical addictions counselors (CADC/LCADC) and licensed masters level clinicians (LPC, LMFT, LCSW)
- Corporate quality assurance and compliance consulting services and policy development
- Facilitate team-wide advocacy efforts in the areas of health and wellness
- Grant writing and other funding support

Transgender Training Institute

Philadelphia, PA | 2019-2023

Curriculum Support Specialist, Trainer

- Support development of high-quality training and education materials with Dr. Eli Green and the TTI team
- Write and design curriculum and training materials
- Facilitate trainings and seminars to behavioral and mental health providers
- Conduct necessary research and write up lesson plans and supporting materials
- Stay up-to-date with relevant trans-related news and research to incorporate into the work

Past

Solstice Counseling and Wellness Center

Lumberton, NJ | 2014- 2016

Clinical Director, Administrator

- Started the Agency Internship Training program, recruiting clinical interns, conducting outreach, and maintaining working relationships with graduate schools
- Started and developed two new Agency programs: Early Intervention/Prevention and Adolescent Treatment Program
- Responsible for overseeing and developing the clinical department including hiring, supervision, evaluation, and scheduling
- Regularly provide clinical orientation, training, and supervision to all clinical staff and interns
- Responsible for developing and maintaining written objectives and policies and procedures for all operations, clinical and administrative, within the Agency
- Evaluate existing contract compliance, monitoring, and reporting to ensure that all goals are being met
- Regularly review and recommend changes in program services to meet client needs with particular emphasis on services for underserved populations, oversight of program evaluation and quality assurance functions, including assessment of applicable legal and professional requirements and monitoring client clinical documents, ensuring contract compliance and compliance with evidence- based practices
- Ensure that behavioral approaches to treatment are evidence-based and documented accurately

Bridgeway Rehabilitation Services

Union, NJ | 2010-2013

Dual Disorder Specialist, Program of Assertive Community Treatment (PACT)

- Frequent assessment of mental, physical and emotional and psychiatric and substance use status, with integrated treatment planning addressing recovery and clinical needs
- Mental health education, community living skills training, supportive counseling and psychotherapy of consumers and families using eclectic interventions from Motivational Interviewing, Cognitive Behavioral, Integrative and Client-

- Centered orientations
- Substance abuse assessment, education and counseling, including Integrated Dual Diagnosis Treatment (IDDT) for consumers and families
- Crisis intervention services and rapid interventions
- Assistance with securing immediate needs, including, but not limited to, exploring/locating housing options, entitlements, clothing, identification & food
- Provided clinical supervision, training and leadership to staff.
- Conducted periodic staff and supervisor agency-wide trainings to teams ranging from 10-50 in number, in Integrated Dual Diagnosis Treatment (IDDT) & Dialectical Behavioral Therapy (DBT), compliant & accurate documentation, treatment planning, and avoiding burnout.
- Served on Quality Assurance/Compliance Committee, Wellness Committee, and Debriefing Committee.
- Collaborated in daily clinical triage meetings with interdisciplinary team members as well as outside entities to ensure quality and continuity of care.

Bridgeway Rehabilitation Services

Elizabeth, NJ | 2009-2010

Jail Diversion Counselor, Vocational Specialist

- Conducted comprehensive Biopsychosocial assessments and treatment planning of individuals diverted out of the criminal justice system in the areas of mental health, substance abuse, legal, housing, vocational & community needs.
- Provided detailed psychoeducation to individuals in the areas of mental health, medication, social services, & physical and psychological health.
- Provided supportive mental health counseling and psychotherapy to individuals, inclusive of other counseling and case management duties such as legal advocacy, crisis intervention, and securing immediate needs (housing, entitlements, food, etc.).
- Provided family counseling services, including psychoeducation and techniques from Family Systems, Behavioral, and Solution-Focused orientations.
- Developed and implemented staff trainings of: the implementation of DBT within Psychosocial Rehabilitation; the use of the Psychopathy Checklist-Screening Version (PCL:SV) and the Historical, Clinical, Risk Management (HCR-20) in screening for potential risk of violence in individuals.

Inter-Care, LTD

New York, NY | 2008-2009

Clinician

- Provided case management and counseling services to caseload of approximately twenty-five clients.
- Lead weekly process groups, didactic addiction psycho-educational

groups, and skills-training groups, including relapse prevention and assertiveness skills.

- Conducted intake assessments and comprehensive evaluations of new incoming clients, including formulating diagnoses, treatment placement decisions, and preparing all regulatory/compliance documents for OASAS.
- Managed the Intensive Outpatient Program (IOP) in absence of Clinical Director, assuring quality assurance of treatment as well as documentation and reporting.
- Revamped the Dialectical Behavioral Therapy (DBT) program curriculum and ran three concurrent weekly DBT groups.
- Conducted assessment and compliance procedure training seminars within a self-developed training program for all interns as well as staff.
- Assisted the Clinical Director in monitoring quality and compliance of charting and staff procedural duties

**RESEARCH
EXPERIENCE**

Research Assistant, 2008-2009

Department of Forensic Psychology

The Graduate Center at John Jay College of Criminal Justice (CUNY), New York, NY

Responsibilities:

Assisted Virginia Barber-Rioja, doctoral candidate, and Elizabeth Jeglic, Ph.D. in focusing on identifying psychological constructs (via use of standardized psychological assessment instruments) that were likely to impact program non-compliance and/or recidivism in 150 defendants released from Rikers Island (NYC main jail complex) to a mental health diversion program. Specific responsibilities included conducting structured clinical interviews of participants, administering and scoring assessment instruments including the Personality Assessment Inventory (PAI), Historical-Clinical-Risk Management-20 (HCR-20, Structured Professional Judgment instrument), Miller Forensic Assessment of Symptoms Test (M-FAST), & Hare Psychopathy Checklist Screening Version (PCL:SV). Collaborated with participants' case managers regarding participants' progress, treatment compliance, violations, and re-arrests.

Research Assistant, 2006-2007

Brief Psychotherapy Research Program

The New School for Social Research Beth Israel Medical Center, New York, NY

Responsibilities:

Assisted Christopher Muran, PhD with comparing the efficacy of Brief Relational therapy and Cognitive- Behavioral therapy. Specific responsibilities included managing clinical and research data, conducting phone screens and initial interviews of potential participants, administering and scoring the Structured Clinical Interviews for the DSM-IV-TR (SCID) with incoming participants, and assisting in the diagnostic process for

participants. I also drafted participant dispositions, conducted structured interviews of project therapists, and was responsible for therapy session transcriptions to be used in coding groups.

**CONFERENCES, &
PANEL
DISCUSSIONS**

“How can we think outside the box: The Integration of Addiction Treatment and Healthcare.” (June 2019). Panel presentation with John Calvin Chatlos, MD; Nathalie Edmond PsyD; Julie Edwards, APN; Ken Pecoraro, MSW; & Edward Ratush, MD at Rutgers Summer School for Alcohol Studies.

“Compulsive Eating and Binge Eating Disorder: What you Need to Know.” (July 2018). Conference presentation and keynote at Ocean County Mental Health Services annual Conference.

“The Measurement of Success: Building an Infrastructure to Understand Change: Workshop- Navigating the Addiction Field in NJ” (October 2017). Workshop panel presentation with Rich Bowe, LPC, LCADC, CCS; Milagros Collazo, Executive Director State Board of Marriage and Family Therapy Examiners Committee; Elizabeth Conte, LPC, LCADC, ACS; Edward Reading, PhD, LCADC & Deborah Wentz, PhD.

“Challenging Racial Disparities: Poverty, Race, and Addiction” (June 2017). Conference presentation with Lorraine Howard, LCSW, LCADC & Bradley Camper, MPA at Rutgers School of Social Work annual Race Conference.

“The Importance of Self-Care.” (March, 2015, 2016). Panel presentation with Dr. Wanda Williams, PhD, RN; Dr. Neuza Serra, PsyD; Dr. Jill Sinha, PhD; & Marla Blunt-Carter, MSW at Rutgers School of Social Work.

“New Directions in Holistic Health.” (October, 2013). Panel organizer and participant with Dr. David Kulla, DC; Brenna Steiner, NASM CPT, MS; Dr. Shadidi Chase Kinsey, D. Ac.; & Dr. Erin Kirwin, ND. at Personal Evolution LLC holistic health event, NYC.

Glick, K. (October, 2012). *Counselor Effectiveness: Supporting Staff in Managing Stress and Avoiding Burnout.*

Seminar presented at New Jersey Psychiatric Rehabilitation Association Annual Conference, Edison, NJ.

Glick, K. (September, 2008). *Juvenile Competency to Stand Trial.* Poster presented at the Eastern Psychological Association annual conference, Boston, MA.

**SEMINARS &
WORKSHOPS**

Workshop series (June 2014) Amrita Yoga & Wellness (Philadelphia, PA): **Holistic Approaches to Addiction Recovery**

Training seminar (Sept 2015) Delaware Center for Justice (Wilmington, DE): **Counselor Self-Care and Burnout Prevention**

Training seminar (March 2017) Division of MH & Addiction Services (Trenton, NJ); Adult Diagnostic and Treatment Center (Avenel, NJ): **Addiction 101**

Training seminar (April, May 2017) Adult Diagnostic and Treatment Center, Special Treatment Unit: **LGBTQ & Addictions; Motivational Interviewing & Working with Challenging Clients; Counselor Burnout**

Training seminar (May 2017) Division of Child Protection & Permanency (Blackwood, NJ): **Addiction Recovery & Relapse**

Training seminar (May 2017) Ancora Psychiatric Hospital (Hammonton, NJ): **Co-Occurring Assessment & Treatment Planning**

Training seminar (June 2017) Trenton Psychiatric Hospital (Trenton, NJ): **Motivational Interviewing & Working with Challenging Clients**

PUBLICATIONS

Davis, M. and Glick, K. (2019). Networking, Mentoring, Collaborating, and Risk-Taking: A Four-Strand Approach to Sexuality Leadership. In James Wadley (Ed.), Sexuality Leadership, Empowerment, and Consultation. Melbourne, Australia: Routledge/Taylor & Francis.

PROFESSIONAL AFFILIATIONS

Member, 09/2013-present: **NAADAC** (National Association for Alcoholism and Drug Addiction Counselor)

Member, 11/2013-present: **AADP** (American Association of Drugless Practitioners)

Member, 09/2013-present: **APA** (American Psychological Association, Affiliate)

Member, 10/2014-present: **NALGAP** (Association of Lesbian, Gay, Bisexual, Transgender Addiction Professionals and Their Allies)

