

Joseph Suchanic

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Personal Statement

Owner Guided Healing Trails LLC, Dually Licensed LCPC, LMFT and Clinical Supervisor Dedicated and compassionate marriage and family therapist with fourteen years of professional experience counseling individuals, adolescents and couples. Expertise in working with families, relationships. Residential programming development, Residential mental health clinical oversight and supervision, corporate training. Strong knowledge and understanding of crisis thinking. Robust communicator with keen perceptivity that allows me to develop possible solutions and suggestions to help clients gain practical insight into their situations, as well as develop effective programs. A passion for helping others return to their personal centers, to regain emotional balance, and an understanding of interpersonal familial relationships. Leads clients through marital and family conflict resolution by helping them recognize behavioral patterns.

Curriculum Vitae

Trainings and Facilitations:

- Family Systems Approach to Prevention of Suicide, Kwataqnuq, Polson, 2019
- Safe Crisis Management, 2019 Missoula, MT
- Cultural Diversity and Family Development, 2019 Missoula, MT
- Understanding How Trauma Affects Behavior, 2018-2019 Missoula, MT
- Working with Individuals who Identify as LGBTQ+, 2017 Lancaster, PA
- Applied Behavior Analysis, 2017 Lancaster, PA
- Understanding Family Systems, 2018-2019 Missoula, MT
- Continuing involvement with the Linking Systems of Care (LSoC), Montana Policy Workgroup, 2019-present, Missoula, MT
- Functional Behavior Assessment and Treatment Plan Development, 2018 Lancaster, PA
- Disrespect and Disconnect Between Adolescents and their Parents, 2017 Lancaster, PA

Education

MASTER'S DEGREE IN MARRIAGE AND FAMILY THERAPY | Northcentral University, Prescott Valley, AZ
BACHELOR'S DEGREE IN BIBLICAL STUDIES | Lancaster Bible College, Lancaster, PA

Positions and Honors

Guided Healing Trails LLC Missoula, Montana OWNER 2018- Present

- Facilitate a mental health residential facility for adolescent by coordinating and running meetings at community sites with individuals, families, advocates and provider agencies to address needs
- Monitor mental health licensure candidates basic attending skills, examine client's presenting issues, SOAP notes, and treatment plans, challenge supervisee to justify approach and technique used
- Assign diagnoses, identify and assess adolescents, couples, and family needs, and ensure that the necessary services are provided
- Provide Court ordered Anger Management group/ individual sessions
- Assist individuals manage issues related to family, parenting, and marital problems; suicide; stress management; problems with self-esteem; and issues associated with mental and emotional health
- Conduct intake interviews and provided clinical diagnosis using DSM criteria
- Provided crisis management for clients, including on-call and school consults, making recommendations for interventions as appropriate
- Collaborated with school staff including special education teachers, school social workers, principals, and guidance counselors regarding student's concerns and mental health

Winds of Change Missoula, Montana, THERAPIST 2018 – 2019

- Performed Mental Health assessments for clients wanting to enter services
- Completed and maintained clinical documentation (including, but not limited to, intake evaluations, clinical progress notes for individual, group, and crisis intervention sessions, psychiatric referrals, and suicide risk assessments) in a thorough and timely manner
- Maintained therapeutic rapport with client while facilitating family and individual therapy sessions
- Managed caseload of 20 clients
- Facilitated psycho-education groups for clients with Serious Disabling Mental Illness (SDMI)
- Assisted in development of recovery based mental health groups
- Developed coping strategies for individuals dealing with depression, anxiety, and PTSD

TW Ponessa Behavioral Specialist/ Mobile Therapist Lancaster, PA 2016 - 2018

- Lead all initiatives in providing specialized behavioral assessments and treatment interventions for 16 Clients/families.
Design individualized behavioral interventions, family mapping, and balancing to prevent problems and promote positive behaviors.
Conduct behavioral management and reinforcement programming and frequent program modification.
Observe patients to determine changes in behavior over time and provide emotional support during distressing periods.

Key Accomplishments:

Promoted emotional health and physical wellbeing, increased independence and facilitated full community participation through behavior modeling, psychoeducation, and intervention.

Effectively eliminated problematic behavior through execution of specific therapeutic interventions.

Biblical Counseling Center of York, MARRIAGE AND FAMILY THERAPIST York PA 2015 - 2016

- Conducted family, couples, and individual therapy addressing the immediate needs of clients with a biblical perspective.
- Utilized behavioral therapy techniques, solution-focused techniques and Biblical Counseling foundation approach.
- Provided crisis intervention by identifying situations and developing interventions.
- Developed comprehensive treatment plans that focused on accurate diagnosis and behavioral treatment of problems.

Philhaven Mental Health, MARRIAGE AND FAMILY THERAPIST (Intern), Lancaster, PA 2015-2016

- Facilitated group therapy for 10 patients in Day Hospital partial program focusing on self-awareness, conflict resolution, and coping skills.
- Helped clients to develop healthy emotional expression, coping skills, anger management skills, and conflict resolution skills.
- Assessed needs, explore issues, and build trust via individual sessions with clients.
- Established a cohesive formulation of the presenting problem based on ideas gathered in the initial clinical interviews.

Families United Network, LEAD YOUTH ADVOCATE Lancaster, PA 2015 - 2016

- Provided assessment, crisis intervention, and counseling to adolescents and families at risk in a residential facility.
- Conducted Independent Living Skills group to achieve optimal education on money management and social skills.
- Administered mentoring support to youth and participated in the development of individualized service plans.

Diakon Lutheran Social Ministries, COUNSELOR I, Boiling Springs, PA 2011 - 2012

- Provided individual and group counseling services for students specific to individual needs regarding academic, personal, behavioral, and career development and progress.
- Facilitated counseling to students addressing social/emotional, educational, and behavioral issues.
- Assisted with the educational placement of students by using appropriate educational assessment strategies.