

Kayla Larkin

1637 4th Ave N. • Sauk Rapids, Minnesota 56379 • Phone: (507)-458-2776 • E-Mail: kaylal.ffcounseling@gmail.com

Objective

Licensed Professional Clinical Counselor actively practicing clinical counseling as a partner of Families First Counseling Services. Practicing in a rural community offering services to children and families. Working collaboratively with individual, families, and schools.

Experience

Families First Counseling Services – Sauk Rapids, MN

01/2021 to Present

- Striving to strengthen families. Working collaboratively with children, parents, and schools to provide continuity of care.
- Working with community agencies to increase access to quality care.

Lighthouse Counseling LTD – Sauk Rapids, MN

01/2018 to 01/2021

- Lead clinician of Sauk Rapids location
- Coordinate meetings with and coach clinicians to promote growth
- Provide assessments and assist clients and families in treatment planning. Strive to alleviate the impact of mental health symptoms on the individual and family unit.

St. Cloud State University Counselor Intern

08/2016 to 08/2018

- Provide counseling services to undergraduate university students
- Co-facilitate group counseling with undergraduate university students
- Engage in consultation with faculty and other counselor interns

Counseling students through stressors negatively impacting the student's performance at the university.

The ARC Midstate: Housing Coordinator – Waite Park, MN

05/2017 to 8/2018

- Ensure the rights of people with developmental disabilities such as Autism Spectrum Disorder, Down Syndrome, Fragile X, Fetal Alcohol Syndrome and other conditions, are protected, and they are supported to live, learn, work, and play as they choose.
- Utilize person-centered planning in assisting clients find affordable and safe housing.

Catholic Charities Children's Home: Youth Counselor II – Saint Cloud, MN

02/2017 to 05/2017

- Provide high-quality service to children and teens with mental health and behavioral issues in a 60-bed residential treatment facility.

ABLE: Direct Support Professional – Caledonia, MN

12/2015 to 01/2017

- Provide high-quality service to the people supported in their homes and their communities. Enhance the lives of the people supported by promoting their uniqueness, building their self-esteem and independence in a safe and comfortable environment.

Caledonia Argus

08/2011 to 08/2012

- Prioritize workflow and manage schedule to produce completed articles by a strict deadline. Respond constructively to direction and feedback, both positive and negative.

Education

St. Cloud State University: Clinical Mental Health Counseling MS

06/2016 to 08/2018

- CACREP Accredited
- Counselor intern providing counseling services to students enrolled in undergraduate programs.
- Research focused on the refugee population and trauma. Developed 40-hour trauma training for ARHMS workers and clinicians working with refugees.
- Ran groups with college student population and received direct individual and group supervision.

Winona State University: B.S. Psychology

08/2013 to 12/2015

- Deans List honors Fall 2015
- Manuscript under review for publication on Triadimefon. Research study on the provision of shelters to murine in a laboratory setting. Presentation of research at 2015 MidBrains research conference and Seven Rivers Undergraduate Research Symposium.
- Research focused on the relation between factors of exercise and body attitudes among college students.

Skills

Trained in the Child and Adolescent Service Intensity Instrument

Trained to provide LGBTQ+ - Affirmative Counseling with youth and families.

CPI: Nonviolent Crisis Intervention Training

Proficient in Microsoft Office, Excel, PowerPoint, Procentive, and TherapyNotes