

# ERIN K SCHAEFER, MSW, LICSW

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**LICENSURE: Massachusetts Licensed Independent Clinical Social Worker # 117133**

## EDUCATION

**Boston College Graduate School of Social Work**, Chestnut Hill, MA  
Master of Social Work, Health & Mental Health concentration, May 2010

**Smith College**, Northampton, MA

AB in Sociology, Anthropology and Public Policy, May 2007

- *12 College Exchange Program: Bowdoin College*, Brunswick, ME (January-May 2006)

## EXPERIENCE

**Private Practice**, Therapist, Boston, MA (April 2013-present)

- Facilitate individual psychotherapy and life coaching to college students and adults with eating disorders, anxiety, depression, adjustment disorders, life transitions, grief, sexual orientation and identity issues, substance abuse and chronic diseases
- Utilize CBT, DBT, ACT, solution-focused, motivational interviewing and feminist relational theories
- Collaborate with collateral providers including primary care physicians, dietitians and psychiatrists
- Design and facilitate eating disorder assessment and treatment trainings for community mental health professionals

**Harvard University Health Services**, Per Diem Psychotherapist, Cambridge, MA (September 2015-January 2016)

- Provided coverage for counseling center staff on maternity leave
- Facilitated individual psychotherapy to undergraduate and graduate students struggling with disordered eating, body dysmorphia, eating disorders and comorbid symptoms
- Assessed for appropriate level of care, developed individual treatment plans and made referrals to community resources
- Participated in weekly team meetings with fellow clinicians, primary care physicians and dietitians

**Boston College**, Interim Assistant Director of Health Promotion, Chestnut Hill, MA (October 2014-May 2015)

- Provided maternity leave coverage for assistant director
- Supervised 4 clinical practicum students completing internships for graduate degrees
- Ran weekly group supervision for 5 graduate students and 1 professional staff member
- Facilitated individual alcohol and other drug assessments and interventions for mandated undergraduates
- Provided administrative support for 4 alcohol and drug education programs serving the entire undergraduate population

**Brigham and Women's Hospital**, Clinical Social Worker, Boston, MA

*2014 Partners in Excellence Award Recipient*

Ambulatory Neurology, Center for Brain-Mind Medicine (April 2014-Oct 2015)

- Facilitated short-term and long-term individual, couples and family counseling
- Provided psychosocial support, crisis management, psychiatric consultation and case management to diverse panel of patients with a variety of cognitive, neurological and psychiatric diagnoses including traumatic brain injury, ADHD, Parkinson's disease, depression, anxiety, epilepsy and dementias
- Participated in multidisciplinary rounds to identify psychosocial needs, barriers to care and treatment plans
- Initiated referrals and provide community resources to patients and their families

Brigham and Women's Primary Physicians (June 2012-April 2014)

- Facilitated short-term individual, couples and family counseling in the primary care setting
- Provided psychosocial support, crisis management, psychiatric consultation and case management to diverse panel of 17,000 adult patients and families
- Participated in interdisciplinary team for high risk patients in the integrated care management program
- Supported patients and families with diverse needs and issues: end-of-life, neurology, substance abuse, major mental illness, chronic disease, terminal illness, chronic pain, trauma and bereavement

- Provided clinical training and support to multidisciplinary team including 3 physician assistants, 15 primary care physicians, nurses, medical assistants and administrative staff
- Participated in Partners-wide Social Worker's Learning Collaborative planning committee

**Eating Disorder Center of Andover**, Clinician, Andover, MA (November 2012-September 2013)

- Facilitated group therapy and individual case management to adults with primary eating disorder and co-morbid diagnoses at the intensive outpatient program level
- Completed initial evaluation screenings and intake assessments to new clients
- Supported Center founders in launching a brand-new program

**Babson College**, Coordinator, Health & Wellness, Babson Park, MA (March 2011-June 2012)

- Developed and facilitated individual and group coaching sessions on eating disorder education, sexual assault prevention, mindfulness, distress tolerance, safer sex, stress reduction, healthy relationships, self-care, sleep hygiene, time management and suicide prevention to socio-culturally diverse college students including large international population
- Provided on-call, emergency support services to survivors of sexual assault via SMART program
- Provided individual and group-based alcohol and other drug assessments and interventions for high-risk students using motivational interviewing and harm reduction approaches
- Taught 20 undergraduate students in semester-long required First Year Seminar course
- Developed and facilitated clinical skills training for crisis management to professional staff
- Provided consultation on behavioral health and wellness issues
- Co-founded, recruited, trained and supervised 12 Health & Wellness Peer Educators

**Laurel Hill Inn**, Intensive Outpatient Program Clinician, Somerville, MA (March 2011-June 2012)

- Facilitated group psychotherapy to diverse adult women with eating disorder and co-morbid diagnoses
- Provided individual crisis counseling and safety assessments
- Utilized dialectical-behavioral, cognitive-behavioral, motivational interviewing and expressive therapies

Senior Counselor, Medford, MA (June 2010-March 2011)

- Provided individual assessment, case management, group therapy and treatment planning to clients in a residential setting while utilizing cognitive-behavioral, dialectical-behavioral and solution-focused therapies
- Supported clients in milieu and during experiential outings with emphasis on distress tolerance skills
- Coordinated care with treatment team of social workers, psychiatrists, primary care physician and dietician

**North Shore Medical Ctr Partial Hospitalization Program**, Social Work Intern, Salem, MA (Sept 2009-May 2010)

- Provided individual, group, couples and family psychotherapy and case management to culturally-diverse adolescents and adults with major psychiatric disorders: attention deficit/hyperactivity, anxiety, mood, personality, pervasive developmental, substance abuse and psychotic disorders
- Led daily psychotherapy groups utilizing dialectical-behavioral, cognitive-behavioral, psychoeducation, expressive arts, solution-focused and psychodynamic therapies
- Completed biopsychosocial assessments and insurance authorizations and reviews
- Participated in team of clinical social workers and psychiatrists to develop treatment and discharge plans

**Boston College Alcohol and Drug Education**, Graduate Assistant, Chestnut Hill, MA (August 2008-May 2010)

- Coordinated 4 drug and alcohol programs for entire undergraduate population and 8 counselors
- Managed database of 600 students
- Utilized motivational interviewing and psychoeducation to encourage low-risk substance use
- Facilitated individual alcohol use assessments via BASICS and trained 12 CHOICES facilitators
- Interfaced with residential life, athletics, community standards and university counseling services

**Newton-Wellesley Hospital**, Social Work Intern, Newton, MA (January -May 2009)

- Assessed and supported biopsychosocial needs of patients and families including oncology, neurology, surgery, medicine, end-of-life, psychiatric, neo-natal, maternity and intensive care populations
- Determined discharge plan, provided case management and initiated appropriate referrals
- Collaborated with team of social workers, nurses, psychiatrists, medical doctors and physical therapists

**International Rescue Committee**, Social Work Intern, Boston, MA (September -December 2008)

- Supported refugee individuals and families from Somalia, Iraq and Bhutan in collaboration with interpreters
- Coordinated physical and mental health care for newly arrived refugees
- Designed and facilitated weekly mental health support group for 8 Somali-Bantu mothers

**Bay State Community Services**, Family Stabilization Team Clinician, Quincy, MA (September 2007-August 2008)

- Provided home-based counseling, crisis intervention, case management and advocacy to families with multi-generational major psychiatric illnesses
- Supported diverse client populations during crises via emergency pager and conducted insurance reviews
- Developed individual treatment plans and administered behavioral measurement tools
- Participated in systems meetings and interfaced with DYS, DCF, Dept of Ed, DMH, DMR
- Collaborated treatment with other providers and facilitated referrals for long-term outpatient services
- Facilitated one on one mentoring to children and adolescents via Community Support Program

**STEPS To End Family Violence**, Group Counselor, East Harlem, NY (summer 2006)

- Co-facilitated weekly support group for 10 socio-culturally diverse female domestic violence survivors
- Initiated community based participatory research on East Harlem public housing residents
- Chaired weekly Harlem Community Academic Partnership coalition meetings