

## Tina Mavalankar, LCSW

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### SUMMARY OF

#### QUALIFICATIONS

Licensed Clinical Social Worker  
Master of Social Work/BA in Psychology with focus on Mental Health/Counseling.  
Over 10 years experience in mental health  
Very proficient in French/Some Spanish spoken

#### EDUCATION

- February 2018: **Licensed Clinical Social Worker**
- June 2015: **Master of Social Work from Jane Addams College of Social Work at UIC with focus in Mental Health.**
- June 2007: **Bachelor of Arts from DePaul University-Psychology/French with focus in Counseling**
- 2006 and 2008: Studied in Paris, France and worked in Nimes, France

#### EXPERIENCE

Chicago Center for Cognitive Wellness

December 2019-Present

- **Therapist at group practice.** Use client-centered approach. Focus on evidenced based modalities including ACT/CBT/and mindfulness. Specialize in depression, anxiety, trauma, self-esteem, grief, adjustments, and mood disorders. Work with adults of all ages in-person but also do phone and online sessions. Certified CogMed trainer. Lead a dementia support group.

Clayton Residential Home

October 2010-December 2019

- **Social Worker at a residential mental health facility** • Provide patient centered care to a caseload of 20-30 residents ages 20-80y with various mental health disorders, including Schizophrenia, Bipolar Disorder, Borderline Personality Disorder, and Depression • Provide counseling and crisis intervention • Complete weekly charting • Collaborate with client and interdisciplinary team to create recovery based goals • Run weekly care plan meetings • Lead a Journaling/Creative Writing group and complete group notes. • Complete documentation according to deadlines including biopsychosocial assessments • Keep charts audit ready at all times • Serve as house supervisor on a weekly basis

University of Illinois at Chicago Hospital

September 2014-May 2015

- **Intern-Rotated on Psychiatric, General Medicine, Dialysis, ER, and Outpatient Cancer Center Units.** • Gained clinical skills by identifying and assessing service needs of clients while completing psychosocial assessments • Provided psychoeducation and referral to appropriate community services • Developed and maintained positive therapeutic relationships with clients and provided family interventions • Assisted Medicare/Medicaid clients with finding housing, including entering information in the Central Referral System • Developed relationships with outside social service agencies to coordinate care. • Attended multidisciplinary rounds several times per week. • Assisted in discharging patients to home settings, nursing homes, and rehab facilities • Provided info on advanced directives • Co-facilitated a cancer support group

Depression and Bipolar Support Alliance (DBSA)

September 2013-May 2014

- **Intern at non-profit organization.** • Worked on various administrative tasks related to providing services to DBSA's extensive volunteer-run support groups • Distributed educational materials about mood disorders • Attended peer specialist trainings for veterans/non-veterans and mood disorder support groups • Conducted a research project by creating and distributing surveys to constituents to assess for marketing opportunities/areas for growth.

Lake Shore Rehabilitation and Nursing Home Care

October 2009-October 2010

- **Care Manager on dementia unit at skilled nursing facility** • Managed a caseload of 60+ residents
  - Assisted low and high-functioning patients with achieving the highest possible quality of life.
  - Listened to client/family concerns during daily rounds and worked with them to find solutions
  - Managed weekly psychosocial groups allowing residents to reminisce and interact socially
  - Attended weekly care plan meetings and completed daily documentation via MDS system

National Runaway Switchboard

November 2009-July 2010

- **Volunteer Crisis Counselor** • Provided confidential, anonymous phone counseling at a 24 hour crisis hotline for runaway and abused youth and their family members January 2009-September 2009• Developed active listening and short-term counseling skills while assisting callers with finding shelter, locating resources, and/or medical assistance

Everest College (Corinthian Colleges)

January 2009-September 2009

- **Job Developer/Career Advisor** • Managed a caseload of 60+ unemployed graduates from diverse and lower-income backgrounds, assisted them with job searching, computer skills, resume and interview preparation, maintaining professionalism, as well as personal issues • Assisted in coordinating logistics for the January 2009 graduation, which included over 500 participants