
CBT Therapist Resume

Job Objective

Seeking a CBT Therapist position within your organization where I can utilize my skills, training and experience.

Highlights of Qualifications:

- Extensive experience of cognitive behavioral therapeutic (CBT) activities
 - Deep knowledge of therapeutic techniques and CBT Therapy
 - Skilled in identifying patient health and safety issues
 - Familiarity with patient care services
 - Amazing ability to work with patients suffering from mental health problems
 - Outstanding ability to provide CB services independently and in groups
 - Remarkable ability to incorporate research findings in therapeutic practices
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Professional Experience:

CBT Therapist
Compass Health Center, Teterboro, NJ
August 2007 – Present

Responsibilities:

- Performed psychological assessment of patient.
- Reviewed therapy program to meet patient's needs.
- Maintained records of patient's progress and mental condition.
- Determined therapeutic approaches to improve patient's well-being.
- Conducted group therapy sessions.
- Prepared weekly patient reports for submission to Lead Therapist.
- Acted as back-up for other Therapists on leave.
- Reported any accidents to Lead Therapist promptly.

CBT Therapist
Gateways Hospital & Mental Health Center, Teterboro, NJ
May 2004 – July 2007

Responsibilities:

- Provided therapy advices to patients and their families.
 - Recommended behavioral therapy options based on patient needs.
 - Maintained good working relationships with patients.
 - Identified areas for service improvements.
 - Complied with local and federal policies.
 - Maintained case documentations.
 - Developed best practices to improve patient care services.
 - Participated in weekly multi-disciplinary team meetings.
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Education:

Bachelor's Degree in Psychology
Villanova University, Villanova, PA

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