

**Bethanne Frazer MS, LPC, NCC, ATR-P**  
Philadelphia, PA 19143 | 212-470-5557 | [bethannefrazer.lpc@gmail.com](mailto:bethannefrazer.lpc@gmail.com) |  
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## **SUMMARY**

Dedicated and compassionate Licensed Professional Counselor and Art Therapist with extensive experience providing trauma-informed, culturally responsive, and evidence-based therapy to individuals, couples, and families across diverse settings. Demonstrated expertise in administering psychotherapeutic interventions and art therapy, addressing complex psychological and developmental needs. Skilled in conducting comprehensive assessments, formulating individualized treatment plans, and delivering both in-person and telehealth services. Proficient in managing high caseloads, coordinating multidisciplinary care, and integrating advanced crisis intervention techniques. Committed to fostering personal growth, resilience, and effective functioning through a holistic, client-centered approach.

## **SKILLS & PROFICIENCIES**

Clinical and Therapeutic Skills (Art Therapy, Counseling, Client Assessment) | Assessment & Diagnosis | Clinical Interventions | Trauma-Informed Care | Cognitive Processing Therapy | Cognitive Behavioral Therapy | Crisis Intervention | Multicultural Counseling | Military Cultural Competency | Technical Skills (Data Management, Healthcare Software Proficiency) | Documentation & Data Management | Telehealth Services | Training Development | Training & Education | Curriculum Development | Professional Ethics | Communication Skills | Team Leadership & Development | Program Development | Interdisciplinary Collaboration | Research & Analysis | Visual Arts Skills

## **PROFESSIONAL EXPERIENCE**

### **Private Practice**

*Philadelphia, PA*

*Self Employed clinician independently managing a therapeutic business, providing personalized and confidential mental health services while handling all aspects of client care, administration, and business operations.*

### **Licensed Professional Counselor & Art Therapist**

*December 2022 – Present*

- Provide trauma-informed, culturally responsive, evidence-based individual therapy to clients of diverse backgrounds, addressing issues such as anxiety and depression, with a focus on applying DSM-5 guidelines for accurate diagnosis and effective treatment planning.
- Conduct comprehensive initial assessments, including biopsychosocial evaluations, problem identification, and crisis interventions, ensuring precise diagnoses and the development of tailored treatment plans.
- Develop and implement individualized treatment plans through a collaborative process with clients, utilizing a wide variety of clinical interventions, and regularly tracking therapeutic progress to adjust interventions as needed.
- Deliver telehealth services via HIPAA-compliant platforms, ensuring accurate and timely clinical documentation and maintaining continuity of care.

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- Provide referrals for additional services and coordinate care with other healthcare professionals, contributing to an interdisciplinary team approach that supports holistic client care and effective functioning.

### **Drexel University Counseling Center**

*Philadelphia, PA*

*Drexel University is a private research institution in Philadelphia known for its cooperative education program, which integrates professional experience with academic study.*

**Licensed Professional Counselor & Art Therapist, Staff Therapist, Part Time \**

**December 2022 – January 2024**

- Delivered individual, trauma-informed, culturally attuned counseling and art therapy to emerging adult college students, applying evidence-based modalities and professional counseling practices to address psychological and developmental needs.
- Facilitated an Open Studio Art Therapy group, utilizing group therapy techniques and demonstrating sensitivity to diversity to support emotional expression and peer interaction.
- Conducted comprehensive initial assessments, including risk evaluations, problem identification, and crisis interventions, and provided coordinated referral services, adhering to ethical codes and regulations affecting professional counseling practice.
- Documented clinical progress and therapeutic interventions using DAP (Data, Assessment, Plan) notes within the Titanium electronic medical records system, ensuring accurate and timely clinical documentation.

### **Council For Relationships**

*Philadelphia, PA*

*The Council for Relationships is a nonprofit organization dedicated to providing expert counseling and therapy services for individuals, couples, and families, with a focus on improving relationship dynamics and emotional well-being.*

**Licensed Professional Counselor & Art Therapist, Staff Therapist, Part Time**

**July 2023 – February 2024**

- Provided trauma-informed, culturally attuned, evidence-based individual and couples therapy, focusing on interpersonal dynamics and relational patterns to address anxiety and depression, while utilizing DSM-5 guidelines for treatment planning.
- Served as a therapist in the Operation Home and Healing Program, working with active military service members, their families, and veterans of the armed forces, applying specialized knowledge in military cultural competency.
- Pursued training in Cognitive Processing Therapy (CPT) and completed a course in Military Cultural Competency to enhance therapeutic interventions for clients with military backgrounds.
- Conducted in-depth initial evaluations, including biopsychosocial assessments, risk evaluations, and crisis interventions, developing targeted treatment plans through a collaborative process with clients.

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- Developed and refined individualized treatment plans, employing psychodynamic and relational techniques, and facilitated psychotherapy and psycho-education groups that supported life skills, family support, and community integration.
- Provided services in a hybrid format, offering both in-person and telehealth sessions via HIPAA-compliant platforms, ensuring flexibility and continuity of care.

### **University of the Arts Counseling Center**

*Philadelphia, PA*

*The University of the Arts is a comprehensive institution in Philadelphia offering a range of undergraduate and graduate programs in the arts, emphasizing creativity, innovation, and professional preparation in fields such as visual arts, performing arts, and design.*

**Licensed Professional Counselor & Art Therapist, Independent Contractor**

*April 2022 – June 2022*

- Delivered individualized, trauma-informed counseling and art therapy to emerging adult college students at a creative and performing arts university, utilizing evidence-based approaches and therapeutic techniques to support emotional and psychological healing.

### **Intercultural Family Services, Inc.**

*Philadelphia, PA*

*Intercultural Family Services, Inc. is a nonprofit organization committed to offering culturally responsive mental health and social services to individuals, families, and communities, addressing diverse needs with a focus on integration and empowerment.*

**Outpatient Contractor, Independent Contractor**

*August 2020 – November 2022*

- Delivered trauma-informed, culturally responsive, evidence-based counseling and art therapy to individuals, couples, and families in a Community Behavioral Health agency, addressing issues such as addiction, anxiety, depression, and severe mental illness, utilizing DSM-5 for accurate diagnoses and treatment planning.
- Managed an active caseload of over 50 clients, applying cognitive, affective, behavioral, and systemic interventions to support high-risk behaviors, personal growth, and career development.
- Provided telehealth services via HIPAA-compliant platforms, ensuring accessibility and continuity of care.
- Developed and facilitated a Young Women's Empowerment group curriculum, demonstrating multicultural counseling skills and sensitivity to diversity.
- Coordinated therapy scheduling, outreach, case management, and psychiatric care, including conducting intakes, biopsychosocial evaluations, diagnostic assessments, and crisis interventions, contributing to an interdisciplinary team approach.
- Created and monitored individual treatment plans, tracking therapeutic progress and documenting clinical notes using the Electronic Medical Records system, Carelogic.

### **University of the Arts Counseling Center**

*Philadelphia, PA*

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*The University of the Arts is a comprehensive institution in Philadelphia offering a range of undergraduate and graduate programs in the arts, emphasizing creativity, innovation, and professional preparation in fields such as visual arts, performing arts, and design.*

**Counseling & Art Therapy Intern**

*August 2019 – May 2020*

- Administered individual, trauma-informed psychotherapeutic interventions and art therapy modalities to emerging adult students in a higher education setting, addressing developmental and psychological needs.
- Delivered telehealth services via HIPAA-compliant Zoom, ensuring continuity of care from mid-March through mid-May 2020.
- Designed and implemented a structured art therapy curriculum and co-facilitated a women's empowerment group, integrating evidence-based therapeutic techniques and demonstrating sensitivity to diversity.
- Coordinated psychiatric referrals, case management, and follow-up care, applying professional counseling practices and integrating multidisciplinary treatment approaches.
- Conducted comprehensive triage, intake assessments, risk evaluations, and crisis intervention strategies, formulating individualized treatment plans and monitoring therapeutic progress.
- Documented clinical interactions and treatment progress using the Titanium electronic health records (EHR) system, adjusting interventions based on client outcomes.

**Horizon House Inc.**

*Philadelphia, PA*

*Horizon House Inc. is a nonprofit organization providing comprehensive residential and community-based services for individuals with mental health challenges and co-occurring disorders, focusing on recovery, support, and empowerment.*

**Counseling & Art Therapy Intern**

*October 2018 – June 2019*

- Developed and facilitated trauma-informed art therapy groups at residential treatment facilities, addressing trauma and co-occurring mental health disorders among emerging adults and women-identified adults.
- Conducted individual art therapy sessions, utilizing psychodynamic and cognitive-behavioral techniques to enhance therapeutic engagement and outcomes within a residential milieu.

**ADDITIONAL RELEVANT EXPERIENCE**

**Greater Philadelphia Cultural Alliance**

*Philadelphia, PA*

*The Greater Philadelphia Cultural Alliance is a nonprofit organization dedicated to supporting and promoting the region's cultural sector through advocacy, funding, and collaborative initiatives to enhance the impact of arts and culture.*

**Licensed Professional Counselor & Art Therapist**

*June 2024 – August 2024*

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- Conducted psychoeducational workshops introducing student interns to therapeutic uses of creative processes, enhancing self-awareness through art-making.
- Worked with 10 student-interns to integrate a pro-mental health agenda, focusing on mental health education and support through the arts.

### **Fleisher Art Memorial**

*Philadelphia, PA*

*Fleisher Art Memorial is a nonprofit community arts center in Philadelphia offering accessible visual arts education and creative opportunities for individuals of all ages and backgrounds.*

#### **Lead Teacher**

*January 2018 – June 2020, July 2022*

- Led instruction in painting, drawing, and sculpture for various age groups, employing differentiated instruction and age-appropriate pedagogical strategies to support artistic development.

### **Rutgers University-Camden**

*Camden, NJ*

*Rutgers University-Camden is a public research university in Camden, New Jersey, providing a diverse range of undergraduate and graduate programs with a focus on academic excellence, research, and community engagement.*

#### **Licensed Professional Counselor & Art Therapist, Adjunct Instructor**

*January 2022 – May 2022*

- Taught an undergraduate course on Art Therapy, integrating theoretical frameworks with evidence-based therapeutic practices.
- Developed and wrote a comprehensive syllabus, provided career advisement, and facilitated experiential learning through interactive art-making activities.

### **CORA Services Inc.**

*Philadelphia, PA*

*CORA Services Inc. is a nonprofit organization in Philadelphia dedicated to providing comprehensive educational, behavioral health, and social services to support children, families, and communities in need.*

#### **Afterschool Program Group Facilitator**

*October 2018 – June 2019*

- Mentored students and facilitated project-based learning interventions aimed at enhancing job readiness skills, employing scaffolding techniques and formative assessments to support student growth.

### **Kingsborough Community College, CUNY**

*Brooklyn, NY*

*Kingsborough Community College is a public institution in Brooklyn, New York, offering a diverse range of associate degree and certificate programs with a focus on academic achievement, career readiness, and community involvement.*

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***Continuing Education Instructor***

*January 2012 – June 2014*

- Instructed courses in drawing, painting, and photography, utilizing creative pedagogical strategies to foster artistic skills and cognitive development.

**University of the Sciences**

*Philadelphia, PA*

*The University of the Sciences is a private institution in Philadelphia specializing in healthcare, science, and pharmacy education, with a focus on preparing students for professional careers through rigorous academic programs and experiential learning opportunities.*

***Administrative Coordinator***

*April 2016 – July 2017*

- Optimized budgeting and financial processes for the Behavioral Sciences Department, improving resource management.

**Brooklyn College, CUNY**

*Brooklyn, NY*

*Brooklyn College is a public college in Brooklyn, New York, renowned for its diverse academic programs, commitment to research and community service, and vibrant campus life.*

***Study Abroad Advisor***

*January 2014 – December 2014*

- Managed study abroad program logistics, improving recruitment strategies and administrative procedures.

**Kingsborough Community College, CUNY**

*Brooklyn, NY*

*Kingsborough Community College is a public institution in Brooklyn, New York, offering a diverse range of associate degree and certificate programs with a focus on academic achievement, career readiness, and community involvement.*

***College Laboratory Technician, Photographic Darkroom Technician, Administrative Assistant***

*October 2008 – October 2013*

- Maintained photographic equipment and supported students in learning photographic processes while coordinating course scheduling.

**EDUCATION**

**Thomas Jefferson University, College of Health Professions**

*Philadelphia, PA*

*Master of Science in Community & Trauma Counseling; Specialization in Art Therapy*

*May 2020*

**Brooklyn College, City University of New York (CUNY)**

*Brooklyn, NY*

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*Bachelor of Fine Arts in Fine Art; Minors in Art History and Psychology*  
*June 2012*

### **PROFESSIONAL DEVELOPMENT & CERTIFICATIONS**

**Pennsylvania State Board of Social Workers, Marriage & Family Therapists and Professional Counselors**

*Licensed Professional Counselor (LPC) # PC015041*

**New Jersey Division of Consumer Affairs, Marriage and Family Therapy**

*Licensed Professional Counselor (LPC) # 37PC01014400*

**Delaware Board of Mental Health and Chemical Dependency Professionals**

*Licensed Professional Counselor (LPC) # PC-0011692*

**National Board for Certified Counselors (NBCC)**

*National Certified Counselor (NCC) # 1440784*

**Art Therapy Credentials Board, INC. (ATCB)**

*Registered Art Therapist-Provisional (ATR-P) # 21-281*

### **COMMUNITY INVOLVEMENT**

**The Woodlands Cemetery**, West Philadelphia, PA 2017 – Present  
*Grave Gardener*

**Planned Parenthood of Southeastern Pennsylvania (PPSP)**, Philadelphia, PA 2019  
*Patient Escort*

**Pennsylvania Art Therapy Association (PAATA)**, Philadelphia, PA 2018 – 2019  
*Student Representative*

**West Philadelphia Alliance for Children (WePac)**, West Philadelphia, PA 2017  
*Library Book Cataloger*