

# *Jasmine L.M. Pickens*

## **Qualifications Summary:**

- Knowledge of human behavior and general systems theory
- Familiar with methods and procedures for diagnosis and treatment of mental disorders
- Worked with children, adolescents, young adults, adults, and the elderly
- Experience in individual, relational, and group therapy
- Working knowledge of current intake and treatment procedures for clients with co-occurring disorders
- Works well with others and has the ability to provide undivided attention when others are speaking
- Goal-oriented, driven, and cooperative

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## **EDUCATION**

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### **Alliant University**

**Sacramento, CA  
2016-Present**

- Currently pursuing a PsyD in Couples and Family Therapy
- Doctoral Candidate- Anticipated to complete program in Spring of 2022
  - All Coursework has been completed

### **Harding University**

**Searcy, AR**

- Masters of Science in Marriage and Family Therapy/Mental Health Counseling – August 2014
- Bachelor of Arts in Political Science- May 2012

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## **Professional Experience**

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***\*References available upon request***

**Sierra Vista Hospital**

**Sacramento, CA**

**Interim Director of Social Services  
Manager of Social Services**

**April 2022-Present  
June 2019-Present**

- Provides leadership and supervision to inpatient clinicians.
- Ensures appropriate psychosocial treatment programs that meet the needs of the patients and the community and are in compliance with regulatory agencies and the facility's performance objectives
- Consults with facility management in the development and facilitation of program activities which assure an optimal therapeutic experience for all patients.
- Ensures that the staff schedule and configuration will meet the needs and demands of the patient population and census.

**Seattle University**

**Seattle, WA**

**Adjunct Graduate Instructor**

**January 2020-Present**

*(Couples and Family Therapy Department- Graduate Program)*

**Winter Quarter**

- Teaches winter quarter course for approximately 16 students
- Provides students evidence-based information related to the etiology, assessment, diagnosis, drug classification, and treatment models related to systemic treatment of addiction and abuse.
- Teaches in part with an innovative, interdisciplinary team-teaching program design.

**Inpatient Clinician**

**Aug. 2016-Present**

- Assess patient's needs and compile treatment plans with a multidisciplinary team
- Use the hospital criteria for continued evaluation for hospitalization and make appropriate recommendations for level of care upon discharge.
- Integrate assessment information with the attending physician's initial treatment plan and compile a Master Treatment Plan with individualized, measurable, and observable problems, interventions, and short-term goals.
- Facilitate discharge process, complete thorough risk assessments, and arrange follow up care and resources
- Facilitate cognitive based therapy groups
- Facilitate certification hearings for involuntary patients placed on legal holds when needed

**Mid-South Health Systems**

**Brinkley, Ar**

***\*References available upon request***

**Feb. 2015- July 2016**

- Conducted weekly individual, family and group therapy sessions with children, adolescents, and adults diagnosed with a variety of disorders including Adjustment Disorders, ADHD, Oppositional Defiant Disorder, Depression, Bipolar Disorder, Schizophrenia, and Anxiety Disorders
- Maintained a caseload of 30-40 clients
- Developed and wrote treatment plans, progress notes, and diagnostic summaries
- Member of the MSHS crisis intervention team- screened suicidal, homicidal, and/or clients experiencing psychosis to assess if acute psychiatric placement was necessary.

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### **Presentations, Publications, and Proceedings**

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- Pickens J. (2019) Beavin, Janet. In: Lebow J., Chambers A., Breunlin D. (eds) Encyclopedia of Couple and Family Therapy. Springer, Cham
- Pickens, J. and Seshadri, G. (2019, June). *Parental Expectations of African-American sons in regards to sports involvement and their view of success.* Collected works presented at the annual meeting of the American Family Therapy Academy, Oakland, CA.
- Pickens, J. and Seshadri, G. (2019, June). *How can we support our Black mothers who have experienced incest abuse?* Literature review presentation at the annual meeting of the American Family Therapy Academy, Oakland, CA.

**\*References available upon request**