

s a b r i n a w o o n - c h e n

L I C S W

CONTACT

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CREDENTIALS

Licensed Independent Clinical Social Worker

State of Washington

LW61015809

EDUCATION

Master of Social Work

Concentration in Mental Health

University of Washington

School of Social Work

2014 – 2016 | Seattle, WA

*Master Thesis: An Exploratory
Qualitative Research Study on
Resiliency Based Advocacy Support
Strategies for Asian, Pacific
Islander & South Asian Adult
Survivors of Child Sexual Abuse*

*Leadership: Participant in the
Northwest Leaders in Behavior
Health Program, Joshua Children's
Foundation on Child Sexual Abuse
Fellow*

Bachelor in Social Work

Minor in Women Studies

Seattle University

2005 – 2010

SUMMARY

Social worker with a background in community organizing and experience providing therapy for youth, families, and adults impacted by trauma, particularly sexual abuse and domestic violence. Therapeutic orientation centers an anti-oppression framework that considers the impact of historical trauma.

EXPERIENCE

Mental Health Therapist

API Chaya | Seattle | 01.2019 – Present

- Providing individual therapy focused on processing trauma for individuals impacted by sexual assault, domestic violence, and/or human trafficking.
- Incorporating an anti-oppression framework when processing trauma with clients that considers historical & inter-generational trauma.
- Provide clinical supervision and mentorship to graduate level mental health therapist interns.

Mental Health Therapist

Asian Counseling & Referral Service | Seattle | 04.2017 – 12.2018

- Facilitate high school Southeast Asian young women's group focused on incorporating trauma informed mindfulness, building an anti-oppression framework, historical trauma and healthy relationships
- Conduct and complete initial assessments, which include consideration of family migration history and trauma history, treatment plans, crisis plans and treatment notes in a timely manner according to contractual and agency standards

Client Care Specialist

King County Sexual Assault Resource Center | Renton | 06.2016 – 03.2017

- Collaborated with clients and their families in coordinating services, including scheduling clinical assessments, utilizing the GAIN-SS (Global Appraisal of Individual Needs – Short Screener) & PSC-17 (Pediatric Symptom Checklist – 17) to assess therapeutic needs, and brief initial screening of current impact of trauma and trauma history

Care Coordinator Intern

Sound Mental Health | Seattle | 09.2015 – 06.2016

- Provided individual therapy for middle school students and collaborated with referral source, families, school, and other systems
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PROFESSIONAL TRAINING

**Restore, Reclaim, and
Resource: A Weekend with
Resmaa Menakem**
16 Hours, 2019
Presented by Resmaa
Menakem

CONFERENCE PRESENTATIONS

Luki Tenifa 'I Hono Tahi
Pacific Islander Violence
Prevention Conference
2014, San Mateo, CA

**API Chaya Community
Organizing Model**
Asian Desi Pacific Islander
Freedom School
2014, Eugene, OR

**Examining A Culture of Slut
Shaming Among Youth**
Washington State Coalition of
Sexual Assault Programs Annual
Sexual Assault Conference
2013, Spokane, WA

**Examining Media in Asian and
Pacific Islander Youth & Queer
Relationships**
Pulama I Ka 'Ohana Women's
Conference
2012, Honolulu, HI

involved in the youth's lives to coordinate wrap around services and ensure quality of care

Youth Program Coordinator/Sexual Assault Advocate API Chaya | Seattle | 08.2011 – 08.2014

- Planned, developed, and co-facilitated an art-based 10-week, closed support group for Asian, Pacific Islander, and South Asian female survivors of sexual assault and abuse
- Coordinated and facilitated 2 youth leadership programs for 25 young Asian, Pacific Islander, and South Asian high school youth to develop capacity to creatively engage with their communities around issues that contribute to dating violence and sexual assault
- Provided advocacy based support for survivors of sexual assault through initial assessments, case management, and advocacy based counseling

Tobacco Cessation Quit Coach

Alere Wellbeing | Seattle | 11.2010 – 08.2011

- Utilized motivational interviewing and strengths based cognitive behavior therapy to empower individuals to overcome their tobacco addiction through phone based counseling

Counselor Intern

Asian Counseling & Referral Service | Seattle | 09.2009 – 06.2010

- Created, compiled, and organized progress notes, assessments, and safety plans for two youth clients

COMMUNITY & LEADERSHIP EXPERIENCE

Break the Silence – Co Founder

**Seattle University Sociology Department
2007 – 2010**

- Built relationships with other students to organize events to increase awareness on the intersections of oppression and sexualized violence.
- Refashioned the Break the Silence Event into a full day conference in which 60 community members attended

Student Member

**Seattle University's Diversity, Equity, and Education Programs
2007-2009**

- Worked with a team of three to four students in developing and facilitating programs to increase awareness around issues that relate to diversity and equity.
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