

# ASHTYN BERNING

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Nebraska License Number: PLMHP 13692  
Missouri License Number: PLPC 2022034535  
Colorado License Number: LPCC.0019549

## EDUCATION

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- June 2020 - *University of Colorado at Colorado Springs, Colorado Springs, CO*  
May 2022 MA in Clinical Mental Health Counseling  
Addictions Counseling Emphasis  
GPA: 4.0
- August 2014 - *University of Nebraska-Lincoln, Lincoln, Nebraska*  
May 2018 Bachelor of Arts and Sciences  
Major: Psychology; Minor: Spanish  
GPA: 3.618  
James Canfield Scholarship Recipient (Fall 2014-Spring 2015)  
Dr. Lillian G. Portenier Scholarship Recipient (Fall 2015-Spring 2016)  
Dean's List (Spring 2014, Fall 2017, Spring 2018)

## WORK EXPERIENCE

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- January 2024 - *Provisionally Licensed Mental Health Professional, Healing Tree Counseling*  
Current Provide couples and individual counseling to teens and young adults (ages 16-70)  
Help clients struggling with anxiety, depression, addiction, past trauma, life transitions, grief/loss, self-esteem, and interpersonal relationships  
Practice under the theoretical orientation of Person-Centered therapy integrated with CBT, DBT, and other modalities
- August 2022 - *Provisionally Licensed Professional Counselor, Tenfold Counseling Group*  
February 2024 Provide couples and individual counseling to teens and young adults (ages 16-70)  
Help clients struggling with anxiety, depression, addiction, past trauma, life transitions, grief/loss, self-esteem, and interpersonal relationships  
Practice under the theoretical orientation of Person-Centered therapy integrated with CBT, DBT, and other modalities
- August 2023 - *Server, Ophelia's Restaurant and Inn*  
November 2023 Provide quality care to guests by obtaining correct orders and serving their food and beverages promptly  
Respectfully handle phone and financial transactions with quality customer service.  
Maintain clean environment of the restaurant in accordance to both food and health regulations.
- August 2020 - *Psychiatrist Assistant/Associate, AT Psychiatry, PLLC*  
Current Organize and schedule appointments for patients with Psychiatrist  
Process financial transactions with attention to detail and accuracy  
Transcribe Psychiatrist's notes with the psychiatrist when needed

May 2021 - Intern Counselor, *Behavioral Health Consultants, Inc.*  
 July 2022  
 Provide individual therapy to adolescents and adults (ages 12-70)  
 Help clients struggling with anxiety, depression, addiction, trauma, life transitions, grief, among other struggles to clients' mental health  
 Practice within the theoretical orientation of Person-Centered therapy integrated mainly with CBT and MI

January 2021 - Research Assistant, *AMFTRB*  
 December 2021  
 Research the state laws for LMFTs  
 Research and obtain contact information of LMFTs in different states for AMFTRB to send surveys out to.  
 Organized all research data into Microsoft Excel

January 2021 - Practicum Student, *Thriveworks*  
 July 2021  
 Provide individual therapy to adults (ages 18-70 years old)  
 Help clients struggling with anxiety, depression, addiction, trauma, life transitions, grief, among other problems interfering with clients' mental health  
 Practice within the theoretical scopes of Existentialism, Person-Centered therapy, CBT, REBT, and MI

July 2019 - July 2020  
 Client Service Representative, *UNMC Regional Pathology*  
 Process and report results of outreach laboratory specimens directly impacting patient care  
 Handle specimens and patient information with integrity and organization  
 Provide client service communication with internal and external customers of RPS and NPHL

August 2018 - Behavioral Support Specialist, *CHI – Lasting Hope Recovery Center*  
 July 2019  
 Complete 1:1 sessions with patients, actively listening and providing guidance  
 Facilitate small groups to support patients and teach them new skills and process feelings  
 Provide patients with resources that are available within the community

April 2018 - Family Service Worker, *Jenda Family Services*  
 August 2018  
 Monitor visitations between biological parents and their children who are wards of the state  
 Be in communication with Supervisor(s), Case Worker, and other team members for clients  
 Be liaison between clients and the foster parent(s)

September 2013 - April 2018  
 Customer Service Personnel, *Sartor Hamann Jewelers*  
 Keep store clean and organized to show care for customers' experience  
 Communicate with employees and customers efficiently to ensure positive customer service  
 Complete financial transactions with attention to detail and accuracy

## COMMUNITY ACTIVITIES AND VOLUNTEER EXPERIENCE

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April 2021 - Current	<p>Vice President, <i>Chi Sigma Iota - Chi Upsilon Sigma</i> Oversaw officers and checked in with them to ensure assigned tasks are being completed</p> <p>Completed tasks as assigned by the President</p> <p>Led a mini committee that planned, scheduled, and ran study groups for students studying for the CPCE and NCE.</p>
2014 - 2018	<p>Member &amp; Hospitality Chairman for Recruitment (2017), <i>Phi Mu Sorority - Zeta Gamma</i> Learned communication and collaboration skills to achieve goals within academics, philanthropy, and citizenship</p>
2014 - 2018	<p>Member, Secretary (2015-2016) &amp; Vice President (2016-2017), <i>UNL No Kill Advocacy Club</i> Worked alongside and advocated for local No Kill Animal Shelters</p> <p>Acted as a liaison between members and organizations</p> <p>Helped organize and run fundraising events</p>

## SKILLS

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Counseling	Proficient in rapport building, active listening, reflecting, reframing, paraphrasing, summarizing, immediacy, confrontation, challenging, silence
Computer	Proficient in working with Microsoft Office Applications and Google Applications
Math and Science	Algebra, Calculus, Chemistry, Biology, Psychology, Anatomy
Customer Service	Clear communication, effective listening, attentive to client and details, efficient

## REFERENCES

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- Artin Terhakopian *AT Psychiatry, PLLC*  
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- Crystal Rodenbaugh *Tenfold Counseling Group*  
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LCSW  
Owner  
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- Joey Tapia-Fuselier *University of Colorado at Colorado Springs*  
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PhD, CRC, LPC, NCC  
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- Lois Paff Bergen *Association of Marital & Family Therapy Regulatory Boards (AMFTRB)*  
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