

## Lindsey Dinkel, LCPC

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### PROFESSIONAL SUMMARY

Licensed Clinical Professional Counselor with experience providing mental health services in residential, in-home, inpatient, and community-based settings with children, adults, and families. Additional experience in administrative roles as an acting supervisor, Assistant Superintendent, and Chief Operations Officer. Presents as highly motivated and enthusiastic towards new challenges along with excellent leadership and social skills. Exhibits strong writing abilities and proficient in computer usage.

### EDUCATION

<b>Doctor of Philosophy in Psychology</b>	Currently Enrolled
Specialization: Mental Health Policy and Practice	Anticipated Degree Completion: May 2020
Northcentral University	Prescott Valley, AZ
<b>Master of Arts in Forensic Psychology</b>	August 2011 – July 2013
The Chicago School of Professional Psychology	Chicago, IL
<b>Bachelor of Science in Psychology</b>	August 2008 - July 2011
Fort Hays State University	Hays, KS

### LICENSING

<b>Licensed Clinical Professional Counselor (LCPC)</b>	June 2018 – Present
State of Kansas	
<b>Licensed Professional Counselor (LPC)</b>	November 2013 – June 2018
State of Kansas	

### PROFESSIONAL EXPERIENCE

<b>Larned State Hospital (LSH)</b>	Larned, KS
<i>Assistant Superintendent/Chief Operations Officer</i>	November 2019 – Present
<ul style="list-style-type: none"> <li>■ Directs the operations and delivery of services for Safety &amp; Security Department, Engineering, Quality Management, Risk Management, Environmental Services in non-program areas, Laundry Services, Clinical Information Management, and oversees local monitoring of the food services contractor.</li> <li>■ Assists in development and monitoring of performance improvement projects, serves as role model in leadership and management, coordinates and oversees special projects, provides supervision, and evaluates systems and processes for improvements and efficiencies.</li> </ul>	

- Works closely with LSH Superintendent to support the functioning of the three psychiatric programs of LSH including: Psychiatric Services Program (PSP), State Security Program (SSP), and Sexual Predator Treatment Program (SPTP).

### **KVC Wheatland Hospital**

Hays, KS

*Contract Therapist*

February 2019 – October 2019

- Implemented therapeutic interventions and skill building specific to treatment needs in group setting for acute care patients ages 5-17.
- Delivered psychoeducation in group setting along with emotional support to clientele facing challenges with mental health, challenges in parental or family home, or the foster care system.
- Coordinated and consulted with other mental health and medical providers within the inpatient program to facilitate necessary treatment services.

### **Serenity Psychological Services & Consulting**

Hays, KS

*Therapist*

January 2019 – October 2019

- Completed mental health assessments in private practice setting and devised supporting clinical documentation for mental health diagnosis, treatment recommendations, devise treatment plans.
- Implemented therapeutic interventions and skill building specific to treatment needs for individuals, couples, and families including skill building for areas such as emotional regulation, communication, and developing healthy relationships.
- Coordinated with other community services and resources that are in connection with clientele on assigned caseload.

### **Sunflower Psychological Services**

Wichita, KS

*Supervisor*

October 2017 – January 2019

- Oversaw contract therapists' service delivery in the Sexual Predator Treatment Program at Larned State Hospital while providing needed clinical support and giving clinical staff directives and guidance.
- Ensure therapists' responsibilities were met in a timely and efficient manner while maintaining high quality service delivery in various therapy settings.
- Actively contributed during treatment team and clinical meetings to advocate for both clinical staff and clients' needs and challenges as well as support implementation of new policy and procedures.

*Therapist*

March 2017 – January 2019

- Fulfilled agency contract duties as a therapist in the Sexual Predator Treatment Program at Larned State Hospital which included providing individual and group therapy services for the clientele and ongoing planning, assessment, and coordinating with other clinical and medical staff.
- Actively contributed and facilitated treatment planning meetings for residents on case load including identifying short term goals, developing interventions, and providing feedback on progress observed from clinical standpoint.
- Conducted ongoing assessments of residents including completion of the Sexual Offender Treatment Intervention and Progress Scale and submitting annual review information for court reports.
- Participated in treatment team and clinical meetings to address resident concerns, determine treatment decisions, and exploring ways to improve service delivery as a clinical team.

**Saint Francis Community Services**

Hays, KS

*Rapid Responder – Human Trafficking Program*

January 2016 – March 2017

- Member of the rapid response team that provided on-call availability to professionals in the Kansas community requesting immediate assessments of potential victims of human trafficking.
- Developed individual rapport with potential victims to assess and identify safety risks and provide clinical recommendations to law enforcement and/or legal professionals on needed steps to maintain victims' safety.
- Provided education and understanding to victims, community partners, and professionals on managing risks associated with human trafficking victims and providing support to making necessary decisions to ensure protection.

*Supervisor – Family Preservation Program*

April 2015 – March 2017

- Provided program management and oversight for the Hays, Great Bend, and Hutchinson Family Preservation offices serving 18 counties in Kansas under the direction of the West Region Program Director.
- Provided individual and group supervision support to help educate individuals, problem solve through crisis issues, and ensure proper care was being provided in accordance with program contracts with the Department for Children and Families (DCF).
- Implemented and enforced policies and procedures to help meet program benchmarks for quality care and productivity along with developing and proving ongoing staff development and training.

*Therapist/Case Manager – Family Preservation Program*

August 2013 – April 2015

- Assessed families whom have children at risk for removal of home and deliver services to eliminate concerns identified within referral.
- Evaluated referred families for in-home therapeutic services including the completion of Mental Health Assessments and Treatment Plans followed by implementing therapeutic interventions and skill building to support achievement of treatment plan objectives.
- Provide case management support including case coordination with outside agencies, complete the necessary paperwork to maintain documentation of client progress, report client engagement and status to appropriate parties including DCF and the courts, and link families to additional community services deemed appropriate.

**Lawrence Hall Youth Services – Residential Facility**

Chicago, IL

*Therapy Intern*

July 2012 – June 2013

- Evaluated clients for mental health assessments and devised supporting clinical documentation for mental health diagnosis, treatment plans, and court reports.
- Executed therapeutic interventions and skill building specific to child and adolescents through individual and group therapy settings along with providing therapeutic support to clients as they transitioned out of residential setting.
- Engaged in case management related activities for individuals assigned on case load including consulting with school staff, communicating with extended family members of clients, and linking client to community related activities.

## RESEARCH EXPERIENCE

### Doctoral Researcher

November 2018 – present

*Department of Psychology, Northcentral University*

- Conducting research exploring preventative factors for burnout amongst mental health providers of sexual abusers.
- Examined the literature of burnout amongst mental health providers along with protective factors suggested to help alleviate burnout symptoms.

## PROFESSIONAL ASSOCIATIONS

### Clinical Associate Member

October 2017 - present

Association for the Treatment of Sexual Abusers (ATSA)

## PROFESSIONAL DEVELOPMENT

### Association for the Treatment of Sexual Abusers (ATSA) Conference

October 2018

British Columbia, Ontario, Canada

### Association for the Treatment of Sexual Abusers (ATSA) Conference

October 2017

Kansas City, MO

### Motivational Interviewing

October 2016

Great Bend, KS

### Mastering Dialectical Behavior Therapy

August 2014

Larned State Hospital, Larned, KS

### Diagnosis, Treatment, and Management of DSM 5 Personality Disorders

August 2014

Larned State Hospital, Larned, KS

### Home-Based Family Therapy Core Training

April 2014

HBFT Partnership, Manhattan, KS

### Trauma Focused Cognitive Behavioral Therapy Training

December 2013

Cenpatico & Sunflower State, Salina, KS

## SKILLS

### Leadership

- Accustomed to working in roles and settings where leadership is imperative. Dedicated to inspiring others, maintain trust and integrity, and continually looking to help evolve and improve self and others.

### Teamwork

- Strong ability to be flexible and adapt to new situations, policies, and routine changes while collaborating with others to efficiently carry out tasks. Innovative in working with others to devise new ideas to help provide high quality services.

### Communication

- Confident in verbal communication skills as demonstrated through delivering of services in therapy setting, actively listening and attentiveness toward professional cohort, and assertiveness when advocating or addressing areas of concern.

### Problem Solving

- Excellent problem solving and ability to effectively manage several tasks at once while maintaining a calm and composed manner that is efficient in meeting all responsibilities. These skills evidenced by

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professional history that includes maintaining several different professional roles at once and given opportunity to provide guidance and direction.

**PROFESSIONAL REFERENCES**

**Shawna Lyon, LMSW**

Director of Family Preservation – St. Francis Ministries

Contact Information: shawna.lyon@st-francis.org; 785-656-3412

**Marcus Herrera, LPC**

Sexual Predator Treatment Program – Larned State Hospital

Contact Information: marcus.herrera812@gmail.com; 785-531-0272

**Liz Pilster, LCPC**

Private Practice Counselor

Contact Information: lizpilster@gmail.com; 785-294-6677