

DANIELA NOGALES, LCPC

PROFESSIONAL SUMMARY

Warm, compassionate, and collaborative child and family therapist who is dedicated to helping clients feel safe, heard, and empowered. Experience in working with clients of all backgrounds, in various settings, using an integrative approach to support clients' needs.

SKILLS

- Training in Child-Centered Play Therapy (CCPT), play and expressive therapies, Cognitive Behavioral Therapy (CBT), and mindfulness based techniques
- Certified therapist in Parent-Child Interaction Therapy (PCIT) and Trauma Focused - Cognitive Behavioral Therapy (TF-CBT)
- Specialized training in PCIT for Selective Mutism (PCIT-SM) and in process of obtaining certification
- Experience in conducting Early Childhood Mental Health Consultations
- Experience in group therapy for adults and children
- Proficient in Spanish

LICENSURE AND EDUCATION

DEPARTMENT OF HEALTH AND MENTAL HYGIENE, MD BOARD OF PROFESSIONAL COUNSELORS AND THERAPISTS
Licensed Clinical Professional Counselor, #LC7752

LOYOLA UNIVERSITY MARYLAND

Master of Science in Clinical Psychology

Baltimore, MD

UNIVERSITY OF MARYLAND, BALTIMORE COUNTY

Bachelor of Arts in Psychology

- Member of the Golden Key International Honour Society.

Baltimore, MD

UNIVERSITY OF SALAMANCA

Spanish Language and Culture

- Accepted in the International Studies Abroad program.
- Tested into the Superior Level Spanish classes.

Salamanca, Spain

MONTGOMERY COLLEGE

Concentration: Psychology

- Member of Phi Theta Kappa and Renaissance Scholars Honors Program.

Germantown, MD

CLINICAL EXPERIENCE

Growing Minds, Center for Child and Family Therapy

Rockville, MD

Child and Family Therapist

November 2017-January 2022

- Provided psychotherapeutic services to children, adolescents, families, and parents. Services include conducting comprehensive intake evaluations, diagnostic evaluation, providing individual and family psychotherapy, group therapy, treatment planning, and collaborating with other providers.
- Integration of expressive play therapy techniques, CCPT, PCIT, PCIT-SM, CBT, and mindfulness.
- Participated in weekly peer consultation groups in order to facilitate professional growth.
- Delivered Early Childhood Mental Health Consultation to preschools in the community with ChildLink, Montgomery County. Services included classroom observations, collaboration meetings with directors, staff, and parents, scoring screeners, formulating an action plan, modeling and coaching strategies in the classroom, and attending monthly peer consultation meetings.
- Lead support groups for mothers that recently immigrated to the USA; exploring topics around anxiety, depression, self-care, stress management, and parenting. Groups were conducted in English and Spanish, with the Family Discovery Center in Rockville, MD.

Kennedy Krieger Institute - Center for Child and Family Traumatic Stress

Columbia, MD

Child and Family Therapist

April 2019-July 2021

- Provided quality and competent trauma-informed therapy to families and children; utilizing PCIT, TF-CBT, and expressive play therapy techniques.
- Conducted evaluations to determine appropriate treatment modality.
- Developed and implemented individualized treatment plans in collaboration with families, and members of the client's treatment team, and maintained communication with community professionals involved in the client's plan of care.
- Attended and participated in TF-CBT and PCIT supervision groups, as well as program meetings related to direct client care and operations.

Jewish Social Service Agency (JSSA)

Rockville, MD

Professional Counselor

July 2016-August 2018

- Provided direct casework to clients and families. Services included intake and evaluation, formulating psychosocial diagnosis and treatment plans, providing crisis intervention, and analyzing the course of treatment and results of the treatment process.
- Co-led therapy social skills groups for children.
- Completed PCIT initial and continuation training program with certified PCIT Trainer, Dr. Kelly O'Brien.
- Provided Early Childhood Mental Health Consultation to preschools in the community with ChildLink, Montgomery County.

MPB Group, Inc.: Outpatient Mental Health Clinic

Columbia, MD

Mental Health Clinician

April 2015-June 2016

- Provided psychotherapeutic services to children, families, adolescents, and adults with psychiatric disorders. Services included conducting diagnostic evaluation, providing individual and family psychotherapy, treatment planning, and providing crisis intervention.
- Client diagnoses included Major Depressive Disorder, Generalized Anxiety Disorder, Social Anxiety Disorder, Attention-Deficit/Hyperactivity Disorder, Oppositional Defiant Disorder, and Adjustment Disorder.
- Use of play therapy, CBT, and mindfulness approach during therapy sessions.
- Created and led an eight-week mindfulness group for adults dealing with stress, anxiety, and depression.

House of Ruth Maryland- Adelante Familia

Baltimore, MD

Bilingual Graduate Intern

May 2014-August 2014

- Provided individual therapy sessions to treat the psychological effects of domestic violence, such as depression, anxiety, and post-traumatic stress disorder for adult Spanish-speaking clients.
- Developed treatment plans and delivered individual therapy using trauma-focused, narrative, CBT, and mindfulness approaches.
- Conducted intakes with potential clients, which involved a thorough review of abuse history.
- Assessed client's depression, anxiety, physical abuse, and non-physical abuse using the Mental Health Assessment, Lethality Assessment and Abuse Incident Information Assessment.
- Planned and co-facilitated weekly supportive group therapy for Spanish-speaking women who have a history of domestic violence.

Union Memorial Counseling Center

Baltimore, MD

Graduate Intern

May 2014-August 2014

- Provided ongoing psychosocial support, counseling, and case management to patients; such as assisting with completing forms and providing resources and referrals to patients for a variety of needs.
- Co-facilitated in supportive group therapy and mindfulness group therapy for adults diagnosed with bipolar disorder, schizophrenia, major depressive disorder, and other severe/chronic disorders.
- Developed and led mindfulness group therapy for individuals addicted to benzodiazepines.
- Conducted psychosocial evaluations for adults entering the partial hospitalization program.
- Attended mindfulness therapy training.
- Participated in professional consultations with therapists, psychologists, and psychiatrists in order to provide optimal services to patients.

GIFTS LLC. Psychological Services

Owings Mills, MD

Clinical Psychology Extern

September 2013-May 2014

- Conducted intake interviews with children, adolescents, and adults in order to determine the psychological test battery that will be administered.
- Administered cognitive, projective, and social-emotional tests to clients.
- Tests included Wechsler Intelligence Scale for Children-Fourth Edition, Wechsler Adult Intelligence Scale-Fourth Edition, Millon Clinical Multiaxial Inventory-III, Behavior Assessment System for Children-2: Parent Report, Behavior Assessment System for Children-2: Self-Report, The Children Depression Inventory, Projective Drawings, Rotter Incomplete Sentence Test, The Robert's Apperception Test for Children-2 (RATC-2), Thematic Apperception Test, Conners' Parent Rating Scale- 3, and Trauma Symptom Checklist for Children, Social Responsiveness Scale.
- Scored performance on psychological tests administered to clients.
- Wrote detailed reports based on the results of psychological assessments, as well as using information from the intake and previous records provided by the clients.
- Assisted with clerical tasks, such as answering the phones and organizing files.

Hope Health Systems

Gwynn Oak, MD

Hope Health Intern

September 2013-May 2014

- Provided individual therapy to children at Guilford Elementary /Middle School, from preschool to sixth grade, in order to treat symptoms of Attention Deficit/Hyperactivity Disorder, Oppositional Defiant Disorder, and Major Depressive Disorder using a cognitive-behavioral approach.
- Conducted intake interviews with parents and children in order to gather background information to begin formulating treatment plans and diagnosis.
- Led group therapy once a week for sixth graders discussing life skills; topics included peer pressure, drugs, alcohol, anxiety, communication skills, social media, anger, and self-image.

Children Achieving Maximum Potential, Inc.

Rockville, MD

Intensive Individual Support Services Therapist

February 2011-May 2015

- Provided in-home personal support to an adolescent client with autism spectrum disorder on how to function independently.
- Collaborated with the client's family therapist to develop an appropriate treatment plan.
- Assisted the client in developing better communication skills, life skills, reading comprehension, and gross and fine motor skills.
- Created a Program Goals binder as a resource for client's family members and other therapists to use, which included checklists of appropriate skills for the client to work on as listed above.
- Trained new IISS therapists working with the client.
- Provided assistance during the client's physical therapy sessions, occupational therapy sessions, and medical appointments.

Mental Health Association

Rockville, MD

Intern Call Counselor

October 2010-May 2011

- Utilized reflective and supportive listening skills to assist callers with a range of concerns and psychological disorders.
- Used crisis intervention and suicide risk assessment and intervention when talking to callers in crisis.
- Completed detailed call reports for each call.
- Trained new intern call counselors in the helping techniques used to assist callers and how to write call reports.

HOBBIES & INTERESTS

- Going on hikes and walks
- Travel
- Musicals and theater
- Gardening
- Embroidery and knitting
- Playing tennis
- Mindfulness
- Gaming
- Photography and film