

## **Elsy Estrada Murillo**

### **Licensed Clinical Social Worker (LCSW-C)**

Germantown, MD, 20874 \* (240) 252-3349 \* eestrada@kentlandspsychotherapy.com [LinkedIn](#)

## **EDUCATION**

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### **COLUMBIA UNIVERSITY**

**NEW YORK, NY**

*Major: Master of Science in Social Work: Advanced Clinical Practice with Children and Families*

### **UNIVERSITY OF MARYLAND-BALTIMORE COUNTY (UMBC)**

**BALTIMORE, MD**

*Major: Social Work Double Major: Psychology*

## **CERTIFICATIONS & SKILLS**

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- Licensed Certified Social Worker- Clinical (LCSW-C)  
*License# 29964, State of Maryland, Expires: October 2027*
- Handler Certification on Animal-Assisted Play Therapy + Animal-Assisted Therapy Interventions
- Bilingual: Fluency in English and Spanish
- National Association of Social Workers Active Member
- National Capital Therapy Dog Certified Handler
- *Clinical Skills:* Empathy, Active Listening, Collaboration, De-escalation Techniques, Group Facilitation on Process groups and Psychoeducation in Mental Health and SUDs.
- *Clinical Positions:* Evidence-Based Practice, Trauma-Informed Care, Cultural Competence/Sensibility, Cognitive Behavioral Therapy Intervention, Dialectical Behavior Therapy Intervention Person-in-Environment Approach, Intakes, Assessments, Substance Use Brief Intervention, Treatment Planning, Safety Planning and Discharge, and Case-Management.

## **EXPERIENCE**

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### **Kentlands Psychotherapy LLC, Gaithersburg, MD**

*Child and Adolescent Psychotherapist, May 2023-Current (Full-time)*

- Facilitates a therapeutic alliance with each child utilizing a fun and interactive play and art therapy intervention techniques and provides a pressured-free and nonjudgmental atmosphere for children to feel safe.
- Formulates treatment plans and behavioral plans for children and adolescents of ages 5-17 with various mental health diagnoses and behavioral challenges.
- Incorporates safe and effective evidence-based integration of animals into therapy with the use of Animal-Assisted-intervention strategies to facilitate strong social-emotional communication skills., support co-regulation between client and animal, incorporate and harness the positive effect of human-animal interactions in the therapeutic space.
- Provides individualized therapy interventions to young children and adolescents.
- Implementation and conceptualization of Animal-Assisted Therapy with clients. Facilitating the client-therapy dog development of greater trust in the therapeutic setting, therapist, and interpersonal relationships; attuned listening to immediate emotional experience; guidance and support in the implementation of animal-assisted therapy; and the supportive implementation of animal-assisted therapy as an adjunct to treatment.
- Collaborates with interdisciplinary staff to support parents navigating life transitions and developed person-centered intervention techniques for caregivers, teachers, and support systems in their children's lives.

- Formulates individual assessments, conceptualized treatment plans, and developed psychotherapy interventions services to a diverse adolescent and adult population diagnosed with various mental health disorders and behavioral problems.
- Integrates fun and engaging alternative incentives for children to works towards increasing motivation for behavioral change incorporating behavioral charts, organized extracurricular activities and applied token economy system to promote interaction.
- Brainstorms and conceptualizes individualized intervention techniques for children and adolescents incorporating art therapy, child-centered, and creative intervention techniques, which help facilitates and strengthen the therapeutic relationship.

### **Psychiatric Institute of Washington, District of Columbia**

*MSW Student Intern, Field Placement, August 2022-May 2023 (21hrs/week.)*

- MSW student intern-clinical coordinator in Behavioral Health
- Formulated individual assessments, conceptualized treatment plans, and developed psychotherapy interventions services to a diverse adolescent and adult population diagnosed with chronic mental disorders and substance use disorders.
- Interviewed and conducted psychosocial assessments, substance use intervention, and clinical formulations for adolescent and adult patients within 72 hours of admission.
- Collaborated in multidisciplinary treatment planning for inpatient adolescents during their psychiatric hospitalization.
- Spearheaded process group facilitations and co-lead psychoeducation groups utilizing various motivational and evidence-based interventions to provide patients with an understanding of mental health disorders, raise stigma awareness, and stress reduction.
- Integrated soft skills building and augmented clients' motivation by encouraging resilience and self-esteem using strengths-based perspective and CBT intervention.
- Designed and implemented psychoeducational intervention techniques for substance use and adolescent units to enhance social skills, conflict-resolution skills, and provides diagnosis education 4+ times weekly.
- Brainstormed and conceptualized individualized intervention techniques for adolescents incorporating art therapy intervention techniques, which facilitated and strengthened the therapeutic relationship.
- Collaborated with patients on discharge planning and established connection to outpatient services in Washington D.C., Virginia, and Maryland.
- Provided direct patient care to adolescents ages 10-17 on inpatient psychiatric crisis stabilization unit.
- Developed a thorough knowledge of referral resources for the larger DMV area.
- Coordinated case management services, family therapy, team meetings, and disposition coordination.
- Contributed to daily multidisciplinary treatment planning on teams with Social Workers, Psychiatrists and Nurses.
- Gained experience in direct clinical practice rotating on all inpatient units of PIW including child (9-12), adolescent (10-17), adult ICU, adult subacute, and adult medical detox for substance use disorders.

### **Prince George's County Department of Social Services, Hyattsville, MD**

*BSW Student Intern, Field Placement, August 2021-April 2022 (16hrs/week.)*

- BSW student intern caseworker for Foster Care Unit.
- Evaluated all individual foster child requirements on a regular basis.
- Assisted with permanent placement of foster care children as necessary.
- Attended court hearings and collaborate with the Department's attorney as necessary.
- Conducted case management and link families to counseling services as required.
- Conducted and oversaw monthly home visits on a regular basis to assess for safety and wellbeing of each child.
- Collaborated with parents to educate in child behavior modification techniques
- Educated biological and foster parents on alternative disciplinary measures to corporal punishment.

- Assessed foster care situations in coordination with legal and medical personnel.
- Researched prospective foster family history for potential risk factors and discuss evaluations with task supervisor and field instructors on a regular basis.
- Researched various frameworks that impact families and worked with a broad range of age groups, ethnicities, and socioeconomic backgrounds.
- Managed caseloads and serve as an advocate for client rights.
- Prepared legal court reports and assist on internal paperwork to assess for safety and wellbeing of each child.

### **Volunteer Work**

- National Association of Social Work.
- National Capital Therapy dog Handler and volunteer
- Maryland Student Conference as part of the Social Work Student Association to provide feedback on Student Advocacy Day.

### **Leadership Experience**

- Collaborated with multidisciplinary teams to provide free back-to-school psychoeducation + preparation to the local Kentland's Community.
- Collaborated and assisted in drafting a Trauma-Informed Policy Brief with legislator and Maryland Governor-elect Wes Moore and campaign, as well as educators, and state councilmen.
- President of the Social Work Student Association at UMBC-Shady Grove Campus.