

# Fatma Salem-Pease

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## SUMMARY

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Mental Health Counselor and doctoral student with experience supporting children, adolescents, and adults with behavioral and mental health needs. Skilled at fostering and maintaining positive rapport with clients from diverse backgrounds. Known for exceptional interpersonal and time management skills. I practice a constructivist philosophy to life and counseling guided by principles from the humanistic and psychodynamic schools of thought. I believe that humans are born with incredible abilities to adapt, survive, and self-actualize, and that in order to do so, we develop defense mechanisms that sometimes backfire and put us in a state of fear and confusion. Therapy is therefore a process of uncovering and detaching from that which does not serve us and deviates from our human nature to reconnect with our natural instincts and pursuit of purpose.

## EDUCATION

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**Doctor of Philosophy in Counselor Education and Supervision** 2/2020-current

Walden University (Minneapolis, MN)

- 4.0/4.0 GPA

**Master of Arts in Clinical Mental Health Counseling** 10/2019

Southern New Hampshire University (Manchester, NH)

- 4.0/4.0 GPA

**Personal Trainer Certificate** 03/2019

American Council on Exercise

**Bachelor of Arts in Applied Behavioral Science** 5/2016

Ashford University (San Diego, CA)

- 3.98/4.0 GPA
- *Summa Cum Laude*
- Graduated with Honors

## CONFERENCE SPEAKING ENGAGEMENTS AND PUBLICATIONS

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### Lead Presenter

2<sup>nd</sup> Annual Clinical Mental Health Counseling & Beyond Virtual Conference 4/2019

- Provided an NBCC approved for CEs presentation titled “Dare to Counsel Outside the Box”
- Shared information on creative psychotherapy techniques to a group of 20 mental health counseling students and professionals
- Provided examples on how to use creative techniques and props during psychotherapy with clients

### Co-author

Online Counselor Education: A Student-Faculty Collaboration 5/2020

- Participated as a researcher, author and research participant in a student-faculty collaboration inquiry addressing student’s attitudes toward online counselor education.
- Article published in The Professional Counselor journal.

## PROFESSIONAL EXPERIENCE

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### Mental Health Counselor

CREATE! Center for Expressive Arts Therapy and Education (Manchester, NH) 12/2019-current

- Perform mental health, substance abuse and other risk assessments in accordance with program standards.
- Develop counseling interventions in coordination with the client and/or their family.
- Provide individual, child/parent, family and group counseling.
- Identify community resources, provide linkages to services, and coordinate services for clients

- Complete comprehensive assessments, treatment plans, progress notes and other documentation in a timely manner.
- Participate in weekly individual and group supervision as required.
- Attend trainings to expand knowledge of current intervention options.

**Personal Trainer**

Cedardale Health and Fitness (Haverhill, MA)

5/2019- current

- Develop and implement personalized exercise programs to assist individual clients in achieving their health and fitness goals
- Counsel clients about fitness, exercise, diet, and injury management
- Instruct clients how to use equipment and ensure all equipment is well maintained

**Therapeutic Mentor**

3/2016 – 3/2019

The Key Program, Inc (Methuen, MA)

- Support children and adolescents with mental health needs by providing training related to age-appropriate behaviors, interpersonal communication and conflict resolution
- Graduated 10 clients who successfully reached their treatment goals
- Reflect on existing treatment modalities and utilize them with clients as needed
- Introduce innovative approaches to therapeutic mentoring in order to keep clients engaged
- Consistently receive recognition for attendance, completing client intakes in a timely manner, finding community resources for clients, and sharing knowledge about evidence-based treatment modalities with teammates

**Child Care Provider**

9/2011 – 12/2015

Self-Employed (Falmouth, MA)

- Created a positive and strengths-based environment for children between the ages 1 and 14
- Read to children and engaged them in activities in order to promote learning and development
- Communicated effectively with parents to ensure the needs of their children were always met

**Substitute French Teacher**

8/2013 – 6/2014

Waldorf School of Cape Cod (Cotuit, MA)

- Taught French to classes of approximately 15 students in grades 1-6
- Created lesson plans that were relevant, multidisciplinary and age-appropriate to engage students
- Utilized music, drawing and acting in order to create an active and engaging learning environment

**Project Manager**

7/2008 – 7/2010

International Association of Students in Economic & Commercial Sciences (Sfax, Tunisia)

- Completed numerous social-awareness projects in order to educate students, promote internships, and fundraise for individuals with disabilities
- Managed and trained a team of 6 college students by teaching them leadership skills and training them to kickstart their own projects
- Volunteered as an English teacher in a camp for at risk kids in Turin, Italy

**ADDITIONAL SKILLS**

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Fluent in English, French and Arabic

Certified for First Aid and CPR by the American Red Cross

Proficient in Microsoft Office- Excel, Word, PowerPoint, GPower, and SPSS