

Anah D. Emerson-Taylor

Professional Experience

Pathways Counseling Center

1265 Kass Circle

Spring Hill, Fl

Job Title: Independent Contracted Therapist

Dates of Employment: Present

Manatee Counseling Group

Spring Hill, FL

Job Title: Psychotherapist/Owner

Dates of Employment: 6/15-Present

Provide psychotherapy services to adults, seniors and couples. Using CBT and solution focused approach, work with and teach individuals the skills to connect the relationship between thoughts, feelings and actions in order to address emotional problems. Work with individuals and couples who have issues of:

- Anxiety
- Depression
- Grief and loss
- Relationship /Communication problems
- Anger Issues
- Panic Disorders
- Bipolar symptoms exacerbation

SpringBrook Hospital

Spring Hill, FL

Job Title: Clinical Therapist- PHP program

Dates of Employment: 12/2014-6/2015

Provided therapy services to adults in an intense therapeutic out-patient setting. The goal was to help stabilize individuals in order to prevent relapse or hospitalization and as a step down service post hospitalization. Psychosocial assessments and treatment plans were designed to address and enhance fuller social and mental health functioning.

Psychoeducation, and life skills and core CBT skills were taught to enable and build on individuals coping skills. Some of the core skills focused on improving:

- Self- assessment and goal setting
- Cognitive restructuring

- Mindfulness
- Distress Tolerance
- Building Wellness Toolkit
- Relationship Effectiveness

Employment Sabbatical Due to Health

Dates: November 2013-December 2014

Behavioral Health Associates

Fort Wayne, Indiana

Job Title: Independent Contracted Therapist

Dates of Employment: November-2012-November 2013

Provided psychotherapist services to adults in nursing home and Assisted Living facilities. Psychosocial assessments and treatment plans were developed and recommendations for medication adjustments were provided to the psychiatric team.

Lifebridge Senior Behavioral Health Unit

Portland, IN

Job Title: Director of Programs

Dates of Employment: May 2009 –November 2012

As the director of the Senior Behavioral Health Unit I led a multidisciplinary team of a psychiatrist, nurses, social workers, and mental health technicians in an inpatient program for people over 65 with exacerbation of psychiatric illnesses who needed to be diagnosed, evaluated, stabilized and monitored and had a need for psychotropic medication stabilization.

These patients had problems relating to:

- Depression
- Anxiety
- Sudden mood/personality changes
- Aggression and agitation
- Memory Loss and Dementia

Individual group and family counseling were provided as well as referrals to services in the community.

Indiana Vocational College

Fort Wayne, IN

46805

Job Title: Adjunct Faculty Sociology/Women's Studies

Dates of Employment: 1997-2007 (Part time)

Provided instruction to students in Sociology subjects and including Women's Studies. Assigned in class and outside activities and studies. Developed tests and evaluated progress.

Parkview Behavioral Health

Fort Wayne, IN 46805

Job Title: Therapist Clinician

Dates of Employment: 9/2003- 5/2009

Provided mental health and suicide risk assessment to determine level of care whether inpatient, IOP, PHP, or outpatient need. Provided diagnostic, evaluation and mental health counseling services to children, adults and families using a variety of psycho-therapeutic models. Interviewed clients, took bio-psycho social assessments. Wrote behavioral health contracts for children and adolescents who were hospitalized for behavior issues.

Led therapeutic groups to children, adults and seniors who were inpatient. Used CBT, and psychoeducational and family systems approaches to address mood dysregulation.

Created a snoezlin room for the therapeutic use of seniors to decrease anxiety and agitation.

Worked with a multi-disciplinary group to develop and monitor treatment plans to help patients reduce level of crisis and enable them to be returned to the least restrictive environment.

Homeless Task Force Cedars HOPE

Fort Wayne, IN 46802

Dates of Employment: 12/1996-9/2003

Title: Executive Director

Provided housing services to homeless mentally ill women in the Northwestern part of Indiana. Duties included writing grants to fund the homes including multiple year grants from HUD and local and regional foundations.

Responsible for oversight of budgeting, staff hiring training and retention.

Oversight of case management provided in the homes.

Developed volunteer programs and identified resources in community where residents could participate in community.

Ensured residents had psychotropic meds as prescribed and kept appointments with their psychiatrists and case managers.

Manchester University

Manchester, UK

Dates of Employment: 9/1992-5/1995

Title: Research Assistant

