

Mykenzie King

Registered Mental Health Counselor Intern

Experience

Pasco Kids First, New Port Richey, FL — Trauma Therapist

May 2023 - PRESENT

Utilizing Trauma Focused- Cognitive Behavioral Therapy with children ages 3-17 that have endured trauma, specifically sexual abuse.

Motivational interviewing with caregivers to help them change their environments to support their children's needs.

Integrating family therapy with children and parents to help families heal.

Write BioPsychoSocial assessments, treatment plans and daily notes.

STAR Labs, Tampa, FL — Volunteer Research Assistant

July 2023- Present

Assist Dr. Kristin Kosyluk in qualitative research on stigma in mental health.

Executed coding of transcripts from Excel spreadsheets to Dedoose.

Reviewed, defined and named themes found in research.

Citrus County Education Foundation, Inverness, Fl — Mental Health Liaison

December 2022 - Present

Mental Health liaison between at risk teenagers and adult mentors in Citrus County School District. Teaching mentors in motivational interviewing skills. Writing grants to fund success in the classroom.

Rogers Behavioral Health, Tampa, FL — Behavior Specialist

July 2022 - November 2022

Provide cognitive behavioral therapy to children and adolescents in partial hospitalization. Create exposure hierarchies and implement them to help children and adolescents overcome anxiety, depression and OCD.

The Family Institute, Evanston, IL — Student Intern

September 2020 - June 2022

Learning full Dialectical Behavior Therapy protocol and working with adolescents and adults with suicidal ideation, borderline personality disorder, mood disorders and individuals who self harm.

Leading skills groups for clients twice a week on the topics of mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance.

Motivational interviewing with clients to help them with life changes, addictions, and therapy resistance.

Education

Northwestern University Evanston, IL

September 2020- June 2022

MA in Clinical Mental Health Counseling

President of Chi Sigma Iota Nu Upsilon 2021-22

University of South Florida St. Petersburg, FL

June 2018- May 2020

BA in Psychology

Training

Gottman Therapy, Level 1 October 2023

Dialectical Behavior Therapy September 2023

Qualitative Research Methods: Data Coding and Analysis - Massachusetts Institute of Technology September 2023

Krimes Against Kids- Florida Network of Child Advocacy Centers July 2023

Trauma Focused- Cognitive Behavioral Therapy April 2022

Reach Youth Center, St. Petersburg, FL — *Research Assistant*

August 2018- May 2020

Assist Dr. Tiffany Chenneville in qualitative research in psychology.

Executed coding of transcripts from word documents to Excel spreadsheets.

Reviewed, defined and named themes found in research.

Created literature reviews and assisted in writing research paper on the decisional capacity and medication adherence among youth with HIV