

Vanessa Fawn Colburn | Licensed Professional Counselor-Board Approved Supervisor



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🌐 Website 🌐 LinkedIn

Professional Profile

Creating a curated event for different populations to access mental health education is one of my passions. I integrate evidenced based practices with play, discovery and curiosity to facilitate “a light hearted approach to heavy topics.” As a dedicated and dynamic clinician, I have worked many clinical departments in integrated behavioral health care settings and believe in the importance of weaving kindness and compassion through out our days.

Core Skills

- Creativity
- Advocate
- Communications
- Process Improvement
- Learning & Development
- Empathy
- Goal Setting
- Staff Development
- Document Management
- Consultations/Collaborations

Career Summary

Oct 2020 - Present

**HCA Corpus Christi Medical Center, Corpus Christi , Texas
Founding Therapist Women’s Intensive Outpatient Program**

Outline

Creation and facilitation of an evidenced based program to empower women to work through burn out and compassion fatigue. Maintenance of all documentation, program management and client care experiences. Development and implementation of program material including curriculum and art activities. Mentorship of students participating in Women's Intensive Outpatient Program. Coordination with integrated behavioral health team members.

Key Responsibilities

- Provide safe and supportive therapeutic environment for patients to engage in during IOP experience using Mindful Self Compassion, CBT and DBT theories
- Use of evidenced based treatments and The Golden Thread of documentation to create innovative and individualized treatment
- Engagement with staff and community partners to provide novel mental health presentations

Apr 2021 - Present

**HCA Corpus Christi Medical Center, Corpus Christi, Texas
Student Coordinator**

Outline

Responsible for coordination and management of college student field work experiences.

Key Responsibilities

- Effective communication and collaboration with affiliated universities
- Interview potential candidates and explore their strengths, values and goals
- Provide supervision of counseling students using the Discrimination Model of Supervision

Mar 2015 - Jan 2020

HCA Corpus Christi Medical Center, Corpus Christi, Texas
Lead Therapist Northwest Intensive Outpatient Program

Outline

Provided therapeutic support in outpatient setting to improve patients' level of function in their day to day lives utilizing Motivational Interviewing, CBT and DBT theories.. Initiated use of novel therapies such as expressive arts and Sandtray to facilitate exploration of patients' growth and goals. Coordinated services with psychiatrist to provide consistent medication management.

Nov 2011 - Mar 2015

HCA Corpus Christi Medical Center, Corpus Christi, Texas
Adult and Geriatric Inpatient Units Therapist

Outline

Provided client centered, empathetic care through group, individual and brief family therapy. Offered Motivational Interviewing, Brief Solution Focused and CBT Consulted as a key contributor to an interdisciplinary team with a focus on intrapersonal, interpersonal and relational function of individuals, groups and families. Incorporated knowledge of each patient's condition and encouraged appropriate participation by patients and completed timely documentation of services.

Jun 2010 - Nov 2011

HCA Corpus Christi Medical Center, Corpus Christi, Texas
Intake Counselor

Outline

Conduct clinical assessments from a Person Centered Therapy and provide clinical diagnosis using DSM criteria for adults, adolescents and seniors seeking inpatient psychiatric and/or chemical dependency services in the Emergency Department.

Jan 2019 - Jul 2023

Corpus Christi SSLC, Corpus Christi, Texas
Contract Therapist

Outline

Engage in individual counseling services offering DBT for Cognitively Challenging Clients, in a state supported living environment, for intellectually disabled individuals experiencing dual diagnosis criteria of mood and personality disorders . Support of individuals with long and short term goal identification, collaborative creation of treatment plans and session documentation with clients to empower their participation in therapeutic experience.

Education

- **M.S. Marriage and Family Therapy** | Texas A&M University Corpus Christi
- **B.S. Human Development** | Ambridge University | Graduated Summa Cum Laude
- **Certified Sandtray Therapist with Institute of Play Therapy** | Texas State San Marcos
- **Credentialed Mediator, Parenting Coordinator and Parenting Facilitator** | Manouso Mediation

Additional

Hobbies & Interests

Curriculum Design, Paddle Boarding, Baking, Public speaking, Enjoying Nature

Software

Microsoft office, PowerPoint, Outlook, Google Sheets, WebEx, MSForms

Awards

Living Our Mission Award, Corpus Christi Medical Center Bayview, HCA, 2020

Volunteer

Hope and Faith Foundation-Fostering kittens

HCA Colleague Mental Health and Wellness Network Board Member