

Tabetha Dirla, LPC-MHSP (temp)

(404)430-3338 TRDirla@trevecca.edu

PROFESSIONAL SKILLS AND STRENGTHS

Doctoral Student holding temporary Licensed Professional Counselor with a Mental Health Service Provider designation (LPC-MHSP); experienced in working with high-risk populations including addiction, trauma, and human trafficking

Strengths include creative, and visionary work style; seeing the purpose and hope in all individuals regardless of their circumstances; empathy; compassion; leadership. Strive to be genuine, engaging, and inspirational.

EDUCATION

Candidate for PhD in Clinical Counseling: Teaching and Supervision, 2024
Trevecta Nazarene University, Nashville, TN

Master of Clinical Mental Health Counseling, 2021
Trevecta Nazarene University, Nashville, TN

Bachelor of Science, Psychology, 2018
Capella University, Minneapolis, MN

Associate of Applied Science, Human Services, 2016
Purdue University, West Lafayette, IN

WORK HISTORY

LPC-MHSP (temp) at StrongWell, division of Mindoula 06/2021- present

- Assists substance abuse clients with navigation of medically assisted treatment program
- Duties included intakes, assessments, and treatment planning with clients for optimal therapeutic intervention
- Diagnosis and treatment of a variety of disorders including addiction, grief, trauma, anxiety, and depression
- Efficient in cognitive behavioral therapy, strengths-based solution focused therapy, motivational interviewing, and psychoeducation
- Provided telehealth services to clients during COVID pandemic
- Timely completion of clinical documentation including notes, assessments, and scheduling in an electronic health record system
- Consistent in mindfulness meditation and self-care techniques for the clinician as well as the client

Intern Therapist at Cedar Recovery, 01/2020-04/2021

- Assisted substance abuse clients with navigation of medically assisted treatment program
- Duties included intakes, assessments, and treatment planning with clients for optimal therapeutic intervention
- Diagnosis and treatment of a variety of disorders including addiction, grief, trauma, anxiety, and depression
- Efficient in cognitive behavioral therapy, strengths-based solution focused therapy, motivational interviewing, and psychoeducation
- Provided telehealth services to clients during COVID pandemic
- Timely completion of clinical documentation including notes, assessments, and scheduling in an electronic health record system
- Consistent in mindfulness meditation and self-care techniques for the clinician as well as the client

Clinical Assistant at The King's Daughters' School, 11/2019-5/2021

- Responsible for direct medical care of students and adults with special needs including transport to medical appointments
- Direct consultant with medication management psychiatrists to ensure the best care for students
- Liaison between guardians, DCS, administrators, and medical providers
- Timely completion of medical notes via Excel Spreadsheet as well as other medical record databases
- Administration of medication to students including PRNs; counting and destroying medication while maintaining proper records

Officer & Medication Administrator at Middle TN Juvenile Detention Center, 01/2015-12/2015

- Intake assessments completed for youth arriving to the facility
- Direct care of juveniles including non-violent crisis interventions
- Administration of medication to detained youth, counting and destroying medication while maintaining proper records
- Mentorship of detained youth

SERVICE

- **Mentor and Advocate** with Rescue 1 Global, Brentwood TN, 2014-Present
Volunteer for direct care of human trafficking victims/survivors in the capacities of prevention, rescue, restoration, and advocating
- **Volunteer** with Center of Hope, Columbia TN, 2015-2017
Volunteer for women's abuse shelter, assistant in prevention classes, childcare, emergency hotline, and donation center
- **Leadership Team** with Celebrate Recovery, 12-Step Recovery Program, Hendersonville TN, 2010-2014
Small group leader for women's trauma, as well as drug/alcohol support group
Youth leader for children and teens of parents with addictions
Tabetha Dirla, LPC-MHSP(temp) – Curriculum Vitae

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)
American Counseling Association (ACA)
Tennessee Counseling Association (TCA)
Association for Counselor Education and Supervision (ACES)
Southern Association for Counselor Education and Supervision (SACES)
Tennessee Licensed Professional Counselor Association (TLPCA)
Chi Sigma Iota, Counseling Academic and Professional Honor Society International, Theta Nu Upsilon Division

CURRICULUM RESEARCH AND PRESENTATIONS

Existential Tattoo Therapy for Human Trafficking Victims; research proposal submitted and approved, Capella University 2018
Workplace Discrimination: A Social Psychology Perspective, key presenter, Capella University 2018
Current ongoing research project with Paris Goodyear-Brown of Nurture House, Trevecca University, 2021-present

TRAINING AND CERTIFICATIONS

CITI Social & Behavioral Research Certificate, stage 1, record id 44782906, 2021 (expires 9/4/2026)
Borderline, Narcissistic, Antisocial, and Histrionic Personality Disorders; Effective Treatments for Challenging Clients. Dr. Gregory Lester, Chattanooga, TN 2020
Certification in the use of both intranasal and intramuscular naloxone use. TN Department of Health, 2020
Suicide Prevention Training, Columbia Suicide Severity Scale Protocol, The Columbia Lighthouse Project, 2020
Protecting Human Research Participants Training. TN Department of Health & Substance Abuse Services, 2020
Disaster Mental Health: Introduction Disaster Cycle Services. American Red Cross. 2019
Adult & Child First Aide/CPR/AED Certification. American Red Cross. Since 2014 - Current
CITI Human Research Basic Training, record id 26029633, 2018
Behavioral Challenges in Foster Care Certificate. TN Department of Children Services, 2018
Appropriate Engagement with Commercial Sexual Exploitation of Children (CSEC)Victims Certificate. TN Department of Children Services, 2018
Practical Strategies for Connecting with and Managing Behaviors of Children Impacted by Trauma Certificate. TN Department of Children Services, 2018
Active Listening Training (2parts). TN Department of Children Services, 2018 Empathetic Listening Certificate. TN Department of Children Services, 2018 Human Research Training. CITI Program, 2018
Nonviolent Crisis Intervention Training. CPI Blue, 2016
101, 201, & Connect 1 Human Trafficking Training. Rescue 1 Global 2014-2018 Domestic & Sexual Violence Training. Center of Hope, 2015
Crisis Hotline Training. Center of Hope, 2015