

EMILY BELSITO, PH.D., LPC, NCC

EDUCATION

Duquesne University: Pittsburgh, PA

Doctor of Philosophy: Counseling Education and Supervision

2017 – August 2021

Geneva College: Beaver Falls, PA

Master of Arts: Clinical and Mental Health Counseling

2015 – 2016

Seton Hill University: Greensburg, PA

Bachelor of Arts: Psychology

2010 - 2013

Quigley Catholic High School: Baden, PA

Advanced Placement and Honors Studies

2006 – 2010

RELATED EXPERIENCE

Favored Wellness Counseling and Consulting, LLC

Licensed Professional Counselor

2021- Present

- Conduct psychosocial assessments for new clients
- Carry a caseload of clients and provide outpatient mental health therapy to clients
- Provide developmentally appropriate treatment and psychoeducation for clients and couples
- Complete notes, documentation, and treatment plans in a timely manner
- Specialize in perinatal mental health and couples counseling

Glade Run Lutheran Services: Zelienople, PA

Therapist/ Supervisor

2019 – 2021

- Conduct psychosocial assessments for new clients
- Carry a caseload of clients and provide mental health therapy to clients
- Provide developmentally appropriate treatment and psychoeducation for clients and families
- Approve admissions and discharges and ensure all necessary documentation is complete
- Review and submit payroll
- Review and approve psychiatric evaluation requests and send to scheduling to the psychiatrist

Seton Hill University: Greensburg, PA

Adjunct Faculty

2019- 2021

- Teach undergraduate and graduate courses in Research Methods (in person and online)
- Create syllabi and construct course according to appropriate educational standards
- Evaluate students based on criteria and performance, and provide support throughout semester

Duquesne University: Pittsburgh, PA

Adjunct Faculty

Summer 2020

- Teach Master's level course in Child and Adolescent Counseling via Zoom
- Create syllabi, course content, and construct course that meets CACREP educational standards
- Hold office hours and meet with students as needed and evaluate students according to standards and performance

Duquesne University: Pittsburgh, PA

Teaching Assistant: Traditional and Online

2018 - 2019

- Teach Master's level courses with Doctorate faculty
- Help prepare and organize material for specific topics and classes
- Conduct assessments of students' work and provide timely feedback

Duquesne University: Pittsburgh, PA

Graduate Research Assistant

2017 – 2019

- Conduct and write literature review for research projects
- Assist professor in organizing and reviewing data
- Assist with presentations and trainings associated with professor's research

Geneva College: Beaver Falls, PA

Doctorate Level Counseling Intern

2018 – 2019

- Conduct assessments and intakes for students at the college
- Carry a caseload of clients and conduct therapy appropriate to each individual client
- Assist in conducting trainings for other counselors as well as students and professors in the college

Pittsburgh Mercy Behavioral: Pittsburgh, PA

Child and Adolescent Therapist

2017

- Work with a co-therapist to conduct developmentally appropriate therapy groups for children and adolescents ages 5-17
- Keep timely case notes, provide crisis intervention to children and adolescents, provide psychoeducation to children and adolescents

Holy Family Institute

Drug and Alcohol Counselor

2016

- Provide motivational interviewing combined with specific interventions for clients ages 13 and older
- Provide psychoeducation and trainings to clients and families about various drug and alcohol issues

Northway Christian Counseling Center: Wexford, PA

Graduate Level Counseling Intern

2016

- Provide counseling in an outpatient setting
- Complete admission intakes and develop treatment goals with clients
- Work collaboratively with clients to reach their goals and document sessions

Family Services of Western Pennsylvania: Greensburg, PA

Graduate Level Counseling Intern

2015

- Collaborate in treatment team meetings
- Use a variety of techniques and interventions to help clients achieve goals
- Complete various trainings on counseling and psychology

Heritage Valley Sewickley Psychiatric Unit: Sewickley, PA

Milieu Therapist

2014 & 2016

- Conduct group sessions and implement treatment plans for clients
- Work on improving life skills and coping skills
- Assist in crisis interventions

Baden Academy Charter School: Baden, PA

Substitute teacher/Aide

2014 – 2017

- Served as a substitute teacher in various elementary grade classes as needed
- Served as an aide for students who needed extra support
- Assisted faculty, staff, and students in various ways

Rollins College, Office of Disability Services

Graduate Assistant

2014

- Meet with students to assess and provide accommodations for a wide range of disabilities
- Convert textbooks into electronic and audio formats
- Schedule, approve, and proctor testing to students who need accommodations for testing

The Watson Institute

Bachelor Level Counseling/Psychology Intern **2013**

- Aide the teacher in an Autistic and behavioral support classroom
- Work with students one on one to complete educational and life skill tasks
- Assess and complete progress evaluations for students

RESEARCH AND PRESENTATIONS AND TEACHING

Doctorate Dissertation: Duquesne University **Defense: June 29, 2021**

Examining the moderating role of the supervisory working alliance on the relationship between administrative supervision and burnout in mental health counselors

Duquesne University Doctorate Research

Understanding the connection between Geocaching and wellness **In progress**

Chi Sigma Iota- Pennsylvania Conference Presentation **2019**
Supervision and Wellness

Geneva College Counseling Center

Trauma Informed Care Instructor **2018**

Pennsylvania Counseling Association Conference Presentation
Integrating Motivational Interviewing into Clinical Supervision **2015**

Seton Hill University Psychology Department

Research Assistant/ Data Collector **2012**

MEMBERSHIPS

American Counseling Association

Chi- Sigma Iota

LEADERSHIP EXPERIENCE

Geneva College Student Advisory Board **2015 – 2016**

Seton Hill University Psychology Club **2012 – 2013**