

Beatriz Alaniz, LCSW-S

EDUCATION

New York University August 2007-May 2008
New York, NY
Master's Degree in Social Work

Our Lady of the Lake University August 2003-December 2006
San Antonio, TX
Bachelor's Degree in Social Work

CERTIFICATES/TRAINING/RELATED EXPERIENCE

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- Completed Texas Board Supervision Training June 2020
 - Completed EMDR Training via Compassion Works December 2019
 - Gottman Level III Training for Couples Therapy August 2019
 - Gottman Level II Training for Couples Therapy October 2018
 - Gottman Level I Training for Couples Therapy April 11, 2017
 - Licensed Clinical Social Worker Exam-Passed May 16, 2015
 - Clinical Supervision with Dr. Alonzo Cavazos for LCSW licensure June 2012-Nov. 2014
 - License in Master of Social Work transferred to the State of Texas: TX-54925 March 17, 2011
 - Completion of Block I: Forensic Interview Training Core Curriculum CACTX February 2011
 - License in Master of Social Work attained (State of New York) May 13, 2010
 - Certificate for Forensic Interviewing of Children Training by NCAC March 2010
 - Certificate for Forensic Interviewing Best Practices New York State October 2009
 - Appointed Co-Chair of NJ Coalition Against Human Trafficking May 2009
 - Appointed Point of Contact for New Jersey Human Trafficking Task Force Fall 2008
 - Eight-day Fellowship Training on Human Trafficking by Polaris Project June 2008

WORK EXPERIENCE

University of Texas San Antonio

Associate Professor of Practice (Spring 2022-present) August 2020-Present

Adjunct Lecturer (Fall 2020) Lecturer III (Spring-Summer 2021) Assistant Professor of Practice (Fall 2021)

- Teaching Specialized Multidimensional Assessment Courses Fall 2022
- Support the construction and development of the Bachelor's in Social Work Program by researching, writing, and participating in the proposal and accreditation phases from Spring 2022-present
- Taught Generalist Foundation and Seminar I courses Fall 2021 and Spring 2022
- Taught Generalist Foundation and Seminar II courses Spring and Summer 2021 and Summer 2022
- Taught a Final Year Seminar class for Master level Social Work Students as an Adjunct Lecturer in Fall 2020
- Create Syllabi for classes accordingly
- Prepare for lectures accordingly using time wisely.
- Provide support and evaluation grades for students in their practicum/internship settings as a Field Liaison
- Construct and assign assignments and tests to classes accordingly
- Use existing and/or create rubrics to grade students' papers and exams accordingly
- Created a Virtual Simulation Program using Microsoft Teams for the Social Work Department to help emulate client sessions for students
- Recruited volunteer social workers from the community to participate as the "clients" for the Simulation Program
- Researched and used evidence-based assessment questions to create structured Feedback Forms for volunteers to complete after sessions with students
- Researched and created two trainings for CPS students, staff, foster parents and other personnel via Title 4E grant
- Respond to e-mails, phone calls from students on a timely basis

Resiliency Trauma and Couples Therapy, PLLC

July 2021-Present

Owner/Therapist (Freelance)

- Provide Individual and Couples Therapy for private-pay clients and couples
- Provide Sliding-Scale options for eligible clients and couples
- Utilize EMDR, Gottman Method, Discernment Counseling, CBT, DBT, and other modalities
- Provide HIPAA protected Telehealth services using Simple Practice
- Provide Board-Approved Supervision group(s) for LMSW practitioners seeking LCSW licensure through state of Texas
- Provide Seven Principles to Making a Marriage Work Workshop(s) for couples

Couples Therapy, Inc.

October 2019-Present

Licensed Clinical Social Worker (Freelance Contract)

- Assess couples' individualized level of need based on the "Big Big Book" science-based questionnaire assessments
- Provide couples therapy using Gottman Method Couples Therapy and interventions
- Provide Weekend Intensive Therapy retreats
- Provide Weekly and/or "Saturday Intensive" couples therapy
- Since COVID-19 pandemic, services provided via HIPAA protected zoom video therapy sessions

Restore Behavioral Health, PLLC

July 2019-January 2021

Licensed Clinical Social Worker

- Provide Individual and Family Therapy sessions
- Provide couples therapy using Gottman Method Couples Therapy and interventions
- Assess couples' level of need based on the Gottman relationship-checkup science-based questionnaire assessments
- Provide EMDR therapy for clients meeting criteria for this modality of treatment
- Participate in consultation meetings with Multi-disciplinary Team
- Utilize advanced technological methods to amplify the effects of therapy (during therapy sessions) such as: Alpha-Stim device, pulse-oximeters, heart-rate monitors, thera-tappers device, and remotemdr.com (for video therapy sessions)
- Since COVID-19 Pandemic, services provided via HIPAA protected video therapy

Methodist Healthcare Ministries of South Texas, Inc.

June 2016-July 2019

Behavioral Health Counselor

- Conduct Intake assessments, family, couples, individual and group therapy sessions
- Conduct Treatment Plans with clients during their therapy sessions
- Assess levels of Depression and Anxiety using GAD-7 and PHQ-9 questionnaires
- Participate in consultation meetings with Multi-disciplinary Team
- Provide Crisis Intervention to clients in mental health crisis
- Coordinate discharge/termination sessions and plans for clients who have succeeded in their treatment goals
- Provide family and client advocacy throughout for clients
- Provide family and couples counseling for clients and their family members as needed
- Wellness Champion for Hidalgo County team
- Participate in ongoing safety trainings for the teams in RGV area
- Ongoing trainings from agency to improve quality of services
- Ongoing trainings to improve clinical skills

UTRGV-Social Work Department

August 2015-June 2019

Lecturer Full-Time-One Year Appointment (2015-2016)/Since 2016: Part-Time Lecturer

- Teach/Lecture for four undergraduate level social work courses Fall and Spring semester
- Create Syllabi for classes accordingly
- Prepare for lectures accordingly using time wisely
- Provide advisement to undergraduate level students currently attempting to enroll into the program and those who have been granted admission into program
- Provide support and evaluation grades on students in their last semester practicum/internship settings
- Construct and assign assignments and tests to classes accordingly
- Use existing and/or create rubrics to grade students' papers and exams accordingly
- Respond to e-mails, phone calls from students on a timely basis
- Coordinate service-learning projects for classes and students enrolled in classes assigned
- Participate and sit on several committees that coordinate and organize events for student's enhancement

Deer Oaks A Behavioral Health Organization

September 2015-July 2016

Staff Clinician (Part-time initially then Subcontract)

- Conduct Diagnostic Assessments on patients assigned in designated nursing home settings in RGV area
- Provide ongoing therapeutic treatment to assigned patients in nursing home settings 1-2 times a week
- Initiate Plan of Care with patients
- Provide Crisis Intervention as required/needed
- Maintain communication and professional relationships with nursing home staff and medical personnel regarding patients' well-being.
- Document, print and chart therapy and treatment notes accordingly

South Texas Behavioral Health Center

August 2015-November 2015

Social Worker/Therapist-PRN

- Conduct Bio-psychosocial assessments, family, individual and group therapy sessions as assigned
- Provide Crisis Intervention to inpatient mental health clients
- Initiate Discharge Safety Plans for all inpatient clients
- Coordinate safe discharge plans for nursing home and assisted living geriatric patients
- Provide family and client advocacy throughout the patient's stay in hospital
- Provide family and couples counseling for patients and family members of patients as needed prior to discharge
- Coordinate aftercare services for patients

South Texas Behavioral Health Center

April 2014-August 2015

Clinical Program Coordinator for Intensive Outpatient Program

- Supervise Therapy Aid and social work intern for IOP program
- Conduct Intake Assessments to determine eligibility according to criteria indications
- Conduct Bio-psychosocial assessments within 24-48 hours of admission into program
- Initiate and conduct treatment plans within 24-48 hours of admission according to individualized treatment needs for client
- Provide Outpatient therapeutic interventions in group therapy format for an average of 3-4 hours a day
- Provide individual, family and couples therapy sessions as needed prior to or after group therapy sessions
- Provide case management and resource referral services to clients as needed
- Coordinate treatment care with patient's outpatient psychiatrist and medical team

- Provide group therapy to inpatient adolescent and/or children's group daily
- Provide group therapy to inpatient adult/geriatric population when needed
- Coordinate services and advocate for authorization for services with Medicaid Utilization Review case managers/reviewers
- Conduct Utilization authorizations, reviews and discharges with patients' insurance providers

South Texas Behavioral Health Center

Social Worker/Therapist

March 2012-March. 31, 2014

- Conduct Bio-psychosocial assessments, family, individual and group therapy sessions
- Participate in Treatment team meetings with Multi-disciplinary Team
- Provide Crisis Intervention to inpatient mental health clients
- Initiate Discharge Safety Plans for all inpatient clients
- Coordinate safe discharge plans for nursing home and assisted living geriatric patients
- Provide family and client advocacy throughout the patient's stay in hospital
- Supervise Master level and Bachelor level students for their internship hours
- Provide family and couples counseling for patients and family members of patients as needed prior to discharge
- Coordinate aftercare services for patients

Estrella's House/Children's Advocacy Center of Hidalgo County, Inc.

January 2011-February 2012

Human Trafficking Grant Liaison with Pharr P.D./Back-up Forensic Interviewer

- Provide Crisis Counseling to families, non-offending caregivers, children and siblings of child victims
- Meet with families to conduct family and intake assessments
- Conduct Forensic Interviews for child victims of sexual abuse, physical abuse, neglect, witness to crime, human trafficking, etc.
- Participate in Multi-Disciplinary Team monthly meetings with Child Protective Services Investigators and Law Enforcement Investigators connected to the cases being discussed
- Provide case management to families and children clients of the CACHC
- Serve as a Victim Liaison to Pharr Police Department's Human Trafficking grant, therefore, much collaboration with partner agencies and law enforcement is prominent
- Currently working on Anti-Human Trafficking initiatives to provide awareness, education, prevention and victim services
- Provide forensic interviews to potential victims of human trafficking in collaboration with Federal and Local law enforcement agencies involved in cases
- Conduct Crisis Intervention, empowerment, and therapeutic services for individuals recovering from trauma, Stockholm syndrome and leaving trafficker-controlled lifestyles
- Provide case management and social services to victims of human trafficking
- Link victims to shelter, legal services, medical assistance, crime victims' programs, appropriate law enforcement agencies, counseling services, and other services as needed for each individual client
- Provide Law Enforcement and NGOs with Human Trafficking presentations and trainings

Safe Horizon: Manhattan Child Advocacy Center

August 2009 – December 2010

Clinical Forensic Specialist/Counselor

- Actively participate in all aspects of the forensic interview process including the pre-forensic interview meeting, in the forensic interview by assuming a lead role or observing the interview of the child with the multi-disciplinary team members and participate in the post-forensic interview planning meeting.
- Debrief with the child victim and family after the forensic interview to clarify next steps
- Administer a PCL (Post Trauma Checklist) Trauma Symptom Screen with the child victim and siblings to assess for trauma symptoms
- Engage child victims, impacted siblings and their non-offending caregivers in CFTSI (Child and Family Trauma Stress Intervention) when appropriate
- Provide trauma focused crisis intervention and support to the child and non-abusing parent(s) in the process of making effective linkages to mental health treatment and other services if warranted
- Coordinate with the Senior Case Manager and multidisciplinary team to ensure that the child's and family's needs are addressed, and the family is kept informed
- Participate in multidisciplinary case reviews and case planning meetings to represent the child's interest and advocate for their needs
- Participate in weekly supervision, staff meetings and required trainings
- Enter and maintain case data in the NCA Trak
- Maintained forensic interview reports of all interviews conducted and coordinate with multidisciplinary team members involved in the case to provide them with copies of the CAC reports to eventually present in court
- Attend monthly CFTSI meetings with all other CAC teams from all different NYC boroughs
- Provided supervision and guidance for a student who was in her final year of her Bachelor's in Social Work Program
- Set up student's curriculum for the year as her internship with Safe Horizon: Manhattan Children's Advocacy Center
- Revised and graded student's process recordings, reflection papers and research papers regarding her internship experience with the agency

Polaris Project

May 2008 – August 2009

Case Manager for New Jersey local office

- Provide case management services for victims of human trafficking including counseling and shelter, legal, medical referrals and maintains relationships with clients long after initial assessment
- Conduct Crisis Intervention, empowerment, and therapeutic services for individuals recovering from trauma, Stockholm syndrome and leaving pimp-controlled/trafficker-controlled lifestyles
- Conduct Farm work outreach for potential victims of labor trafficking (in most cases in Spanish)
- Participate in Victim Outreach activities for potential victims of sex trafficking both in Northern New Jersey area and Atlantic City, NJ

- Actively participate as the Co-Chair for the Newark local Coalition against Human Trafficking and restructured it now being the North Jersey Coalition Against Human Trafficking, actively participate with the NJ Statewide Task Force and Atlantic County's Coalition against Human Trafficking
- Appointed Point of Contact for the North New Jersey area for victims of human trafficking by the NJ Statewide Task Force Against Human Trafficking
- Provides trainings for Rape Crisis Centers, educational forums, coalition meetings, etc. in New Jersey and New York
- Built and maintained relationships with Service Providers, Community Organizations, Court officials, and Law Enforcement (FBI, ICE, VICE, Police Departments, etc)
- Managed Spanish Hotlines when needed and English Hotlines 24/7

Tropical Texas Behavioral Health

January 2007- August 2007

- Responsible for providing rehabilitative services to assigned clients with diagnosis of a Co-occurring Psychiatric and Substance Use Disorder (COPSD)
- Patient's diagnosis also ranged from schizophrenia disorder, depression, psychosis, and bipolar and borderline personality disorder
- Assisted in assessing medical, social, educational, and other appropriate services.
- Conducted home visits to clients in order to provide rehabilitative services and family therapies
- Coordinated the development of the Treatment Plan, progress notes, and other various psychiatric and paperwork needs
- Provided Crisis Prevention and Management services when needed
- Managed selected client's medication due to individual drug abuse history

PUBLIC SPEAKING EXPERIENCE/PRESENTATIONS

University of Texas San Antonio

- Conducted Trauma-Informed Care Trainings for CPS workers/Title IV-E students Spring/Fall 2021
- Conducted Motivational Interviewing Trainings for CPS workers/Title IV-E students Spring 2022
- Provide LMSW Test Preparation Workshops for graduating MSW students/community Fall/Spring 2021-present

Methodist Healthcare Ministries Speaking Experiences

- Trauma-Informed Care Training via National Council for Behavioral Health February 2019
- Grief Support Groups provided to Edinburg, TX via collaboration with Mothers Against Drunk Driving (MADD) Sept.-Dec. 2018
- Keynote Speaker on Grief and Recovery for RGV Empowerment Zone homicide-loss survivors Dia De Los Muertos Event September 25, 2018
- Suicide Bereavement Training Certification August 22, 2018
- PSJA Women's Conference/Grief workshops November 16, 2017
- Grief Support Groups provided to Mission, TX Oct.-Dec. 2017
- MHM Forum Panel Discussion on collaboration October 2016

UTRGV Speaking Experiences

- Ending the Stigma on Suicide Conference May 2019
 - Panelist and Presenter
- Field Supervisor Training-Presenter October 2018
- PhD Showcase Conference-MC March 2016
- Hogg Student Forum-Panel Speaker December 2, 2015
- Comfort House: Evening of Hope Event October 18, 2015

Other Speaking Experience/Presentations

- Alzheimer's/Dementia Presentation for Brookridge Retirement Community May 13, 2015
- Alzheimer's Presentation for Edinburg Regional Hospital March 12, 2015
- NASW LRGV Social Work Conference-Presenter on Ethical Dilemmas March 22, 2013

Estrella's House: Children's Advocacy Center/Pharr Police Department

- South Texas Law Enforcement Expo Human Trafficking Trainer October 27-29, 2011
- Created and conducted Pharr PD TCLEOSE trainings in Human Trafficking September 26-30, 2011
- A World for Children: Speaker for Human Trafficking May 20, 2011
- Speaker for Human Trafficking Training/Special Meeting April 1, 2011

Polaris Project

- Have spoken several times to adolescent boys in the Essex County Juvenile Detention Center in Newark, NJ
- Have given several trainings to Rape Crisis Centers, Domestic Violence Shelters, Educational Forums, etc...
- Participated as a speaker and a panelist speaker for Kean University's Human Rights Conference
- Speaker and panelist for Rutgers Law School Human Trafficking conference in Newark, NJ
- Keynote Speaker for Freedom Run for the University of Albany in Albany, NY
- Keynote Speaker for the Human Rights Conference for Middlesex Resource Center in New Brunswick, NJ
- Speaker and Panelist speaker for the first ever Essex County Domestic Violence and Human Trafficking Conference in Rutgers Law School at Newark, NJ

SKILLS

SPSS, v. 10

Microsoft Word, Power Point, Excel, Access

Languages

Spanish: Fluent in writing and speech