**EVA “ANNIKA” BACKSTROM, M.S., LGPC**

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**Objective:** Licensed Graduate Professional Counselor seeking a position aiming to increase client load and leverage my skills in fostering meaningful client connections, receiving valuable supervision for professional growth and accruing essential hours toward LCPC licensing. Eager to contribute to a collaborative clinical environment that encourages seamless communication and knowledge-sharing among fellow clinicians. Special interest in working with anxiety and obsessive-compulsive, and related disorders.

**EDUCATION**

**Loyola University Maryland** Baltimore, MD

Master of Science in Clinical Psychology, GPA 3.917 Graduated September 2017

**Malmo University** Malmo, Sweden

Bachelor of Education in Child and Youth Education Graduated January 2002

**CLINICAL EXPERIENCE**

**Gifts LLC Psychological Services** Owings Mills, MD

Extern: September 2016-May 2017

* Utilized psychological assessments with children and adults to include cognitive and social-emotional evaluations and decided on individualized battery’s based on clients’ needs.
* Administered clinical intake interviews.
* Administered, scored, and interpreted assessment results including Wechsler Intelligence tests (WPPSI-IV, WISC-V, WAIS-IV), Roberts Apperception Test, Thematic Apperceptions Test, Projective drawing (House-Tree-Person, Draw-a-Person), Sentence Completion, Behavioral Assessment System for Children – 3rd Edition ( BASC Parent Report, Teacher Report, Self-Report, Self-Report: Interview), Conners-3 (Parent Report, Teacher Report), Becks Depression Index-II, Symptoms Checklist-90- Revised, Millon Clinical Multiaxial Inventory - Third Edition (MCMI-III), Beery-Buktencia Developmental Test of Visual-Motor Integration.
* Created individualized reports based on collected client data.
* Diagnosed and suggested recommendations for home, work or social setting.
* Contacted clients or caregivers to facilitate intake interviews and test administration.
* Attended feedback session with client.
* Contacted client’s teacher and other professionals when necessary.
* Submitted online authorization for insurance approval (Value Option/Beacon Health).
* Received professional individual and group supervision.

Supervisor: Dr. Morakinyo, PhD.

**John Hopkins Bayview Medical Center Preschool Clinical Programs** Baltimore, MD

Extern: September 2016-May 2017

* Conducted family and group treatment sessions in the Therapeutic Learning Center Preschool Intensive Outpatient Program (IOP) utilizing behavioral modification techniques.
* Observed and stabilized children’s emotional behaviors.
* Utilized Epic System for electronical medical record keeping.
* Wrote daily progress notes to document child’s day and treatment.
* Created and implemented child treatment plans and treatment plan reviews.
* Facilitated intake interviews with clients.
* Entered data for Child Behavioral Checklist List for statistical data.
* Led parents’ group to discuss how to improve child’s and family’s well-being.
* Prepared and led family group activities that included a family tree, life skills, and emotions.
* Coordinated care with third party providers as needed.
* Participated in individual and group supervision as well as clinical treatment team meetings.

Supervisor: Shelley Perlin, LCSW-C.

**Various Preschool Class es** Malmo, Sweden

Intern:

* Age 5 preschool class May 2001
* Special preschool program for immigrants November 2000
* Mixed age group daycare class, ages one to five. October 1999

**WORK EXPERIENCE**

**Licensed Graduate Professional Counselor (LGPC)** Columbia, MD

Innovative Psychiatry LLCNovember 2021-current

* Working mainly with adult population struggling with depression, anxiety, and relationship difficulties.
* Utilize modalities such as CBT and DBT -informed therapy based on client need.
* Completing intakes, progress notes, therapy plans and other necessary tasks.
* Using Valant System for electronical medical record keeping.
* Therapy is offered both virtually and in-person.

**Private Child Care Provider:** Washington D.C and MD Various families April 2002-June 2014

* Cared for children ages 4 months to 9 years old, single child, infant twins, and up to 3 siblings.

**Preschool Teacher:** Malmö, Sweden

Blaklintens PreschoolJanuary 2002-February 2002

* Worked with a multicultural population, while preparing my move to the USA.

**Childcare Worker:** Malmö, Sweden

SDF Centrum March 2001-Decemeber 2001

* Substitute teacher at different preschool centers working with children ages one to six.

**CERTIFICATION**

Licensed Graduate Professional Counselor Maryland Since June 2018

1-2-3 Magic Certified Trainer 1/20/2020

**CONTINUING EDUCATION UNITS**

* Psychotherapy Networker Symposium: 3/16-3/19/2023

The future of Sex; Fair Play; Unmasking Anixety’s Everyday Patters;

Brain-Body Therapy for Kids; Helping clients Manage Unhealthy Family

Relationships; Becoming a Amygdala Whisperer; How Boundaries Can

Save Your Family Relationships; How Therapy Can Help Societal Trauma;

How Tantrums Throw Toddlers

* 2-Day Anxiety Course: Integrate CBT and Exposure & response Prevention

for Treatment of GAD, Panic Disorder, Social Anxiety, & Phobias 2/16-2/17/2023

* 2-Day Intensive Training: Mindfulness Certification Course 11/08-09/2022
* A Primer to Adlerian Psychology and Working with Families of Teens 04/22/2022
* Rewire the Anxious Brain: Neuroscience-Informed Treatment of Anxiety,

Panic, and Worry 02/22/2022

* Facing Todays Challenges for Youth and Families 10/29/2021
* Oppositional, Defiant & Disruptive Children and Adolescents: Non-

Medication Approaches to the Most Challenging Behaviors 10/28/2020

* Anxiety, Obsessive-Compulsive & Related Disorders 10/23/2020
* 1-2-3 Magic, 3-step Discipline for Calm, Effective & Happy Parenting 01/20/2020
* CBT Toolbox for Children and Adolescents 11/07/2019
* Treating the Traumatized Child and Family: 7 Essential Assessment

and Treatment Techniques 11/05/2019

* Ethics with Minors for Maryland Health Professionals, How to

Navigate the Most Challenging Issues 10/08/2019

* Level I: Bridging the Couple Chasm by the Gottman Relationship

Institute 05/24/2019

* You Don’t Have to be a Sex Therapist to Talk About Sex 04/12/2019

**ADDITIONAL TRAINING**

Intensive OCD and Specific Phobia Training, 3 contact hours 06/28/2022

**LANGUAGE SKILLS**

Fluent in Swedish and English, some knowledge in Finnish, German, and Spanish.

**REFERENCES**

Can be provided upon request.