

He/Him/His

DAVE URSILLO

Professional Counseling
Associate (LPCA), Connecticut

Contact Information

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Clinical Experience

- Individual Counseling
- Intake Assessments
- DSM-5-TR Clinical Diagnosis
- Treatment Planning
- Suicide Risk Assessment
- Clinical Record-Keeping
- Clinical Case Presentations
- Interdisciplinary Health Team
Coordination of Care
- Client Advocacy
- Cross-Cultural Humility and
Social Justice Orientation
- Trauma-Informed Care
- Strong Therapeutic Alliances
- Empathic Confrontation &
Compassionate Challenging

Professional Skills

- Highly Sensitive & Empathetic
- Strong Self-Awareness
- Active Listening
- Independent & Self-Sufficient
- Strong Time Management
- Empathic Communication
- Written, Verbal & Nonverbal
Communication
- Reasoning & Critical Thinking
- Ethics & Professional Boundaries
- Writing & Researching
- Content Publishing &
- Professional Interviewing

Personal Statement

Equitable, Ethical, Remarkable Care. My name is DAVE URSILLO and I am a dedicated Mental Health Counselor (LPCA) seeking a client-centered, cross-culturally humble practice to continue my long, devoted track record of meaningful service to others.

Professional Experience

Mental Health Clinician Sept 2024 - Present

Well Life Therapy, LLC Berlin, CT

- Delivering +125 direct contact clinical hours of individual counseling to growing client roster. Excelling in all aspects of individual therapy with clients ages 20 to 57 years from diverse socio-economic statuses, gender and sexual identities, presenting concerns, and psychopathology, on a weekly basis.
- Guiding clients through mental health diagnoses (Anxiety, Depression, OCD, ADHD, Adjustment Disorder, PTSD, etc.), developmental challenges (self-identity, existential/life purpose, career goals), interpersonal and relational issues (marriage, family life), life transitions, and daily functioning (medication management, organizational/task management, executive functioning, self-advocacy).
- Responsible for all aspects of delivery of services including client intake evaluation, assessment scoring, clinical documentation, treatment planning, billing code assignment, time management, client communication, policy adherence, and development of strong, trust-based, ethical therapeutic alliances.
- Utilizing eclectic blend of client-centered theoretical orientations including Cognitive Behavioral Therapy (CBT), Relational-Cultural Theory (RCT), Feminist Theory, Constructivist/Narrative Therapy, and consistent adherence to best practices in cross-cultural humility, equity and inclusivity.

Mental Health Counseling Clinical Intern Aug 2023 - May 2024

Connecticut College, Student Counseling Services New London, CT

- Delivered +250 direct contact clinical hours of individual and group counseling in a dynamic, fast-paced environment. Excelled in all aspects of counseling college-aged clients (age 18 to 24 years) of varying socio-economic statuses, gender and sexual identities, countries of origin, presenting concerns, and psychopathology, on a weekly basis.
- Earned highest, most consistent performance rates among clinical interns including 100% client retention rate across academic semesters, 99.1% client attendance rates, and 98.3% counselor reliability.
- Coordinated clinical care among staff of 9 on-site clinicians, including on-site psychiatric prescriber (APRN), as well as coordination of care with at-home/community prescribers and at-home/community mental healthcare providers.
- Provided routine advocacy to clients including collegiate resources, off-campus referrals, interdisciplinary case management, community-based resources, psychiatric diagnosis and prescription management.
- Independently conceptualized and formulated instructional "cheat sheets" for fellow clinical interns on essential clinical processes of Department, including Intake Assessment, Mental Status Exam, and Limits of Confidentiality.

Mental Health Counselor (Per Diem) Mar - May 2024

Connecticut College, Student Counseling Services New London, CT

- Provided additional site coverage by expanding client caseload by +60% and extending weekly clinical hours by +57% without interruption to responsibilities.
- Created and implemented a new, standardized "Preferred Name Pronunciation" system in Department to improve site equitability practices. Modified client-facing forms. Created guidelines, sample questions, and led full staff training.
- Comprehensively rewrote Department postvention protocols, commensurate to the College's new postvention procedures. Researched and integrated standards of care and best practices from governmental, medical, and nonprofit resources. Cross-referenced and integrated policies from numerous college and university postvention plans.

Client Identities

- Adults Ages 17 to 57 Years
- Men, Women, Trans, Nonbinary, Gender-Fluid Gender Identifying
- LGBTQIA+ Identifying
- BIPOC & Latinx/e Identifying
- College Students, First-Generation Students & International Students
- Healthcare Professionals
- Law Enforcement & First Responders
- Neurodivergent Identifying & Those With Disability

Clinical Interests

- Attachment Theory
- Obsessive Compulsive Disorder
- Disordered Eating
- Trauma-Informed Care
- Survivors of Sexual Abuse
- Personal & Professional Identity Development
- Interpersonal & Intimate Partner Relationship Issues
- Exposure Therapy

Affiliations

- American Counseling Association (ACA), Member
- Connecticut Counseling Association (CCA), Member
- Association for Multicultural Counseling and Development, (AMCD), Member

Fun Facts

- Family name "Ursillo" means "Little Bear" in Italian
- Former White House Intern
- 29 countries visited since 2013
- Independently published author
- 50-time blood donor
- Experienced interviewer

Professional Experience (Continued)

- Collaborated with Clinical Director to develop proposal to increase annual stipend provided to clinical interns to Connecticut College administration.

Mental Health Counseling Practicum Intern May - Aug 2023

Mitchell College, Health & Wellness Services New London, CT

- Delivered 40+ clinical hours of individual counseling to a diverse array of college-aged students on a weekly basis across a 100-hour supervised practicum.
- Engaged in student outreach and advocacy including psychoeducation on the benefits of counseling services. Enlisted by college staff to promote counseling services utilizing social media channels.

Professional Life Coach & Career Coach 2012 - 2024

The New Story Company, LLC Providence, RI

- Delivered +2000 hours of life and career coaching to over 300 professionals, small business owners, and professional helpers from 12 countries.
- Independently developed comprehensive coaching process, including intake forms, questionnaires, self-assessments, goal-setting, session summary templates, and more, for clients ranging in age from mid-20s to 60s.
- Fulfilled high-pressure copywriting projects for demanding executives and entrepreneurs in a complex digital marketing and online branding landscape.
- Increase client capability, resilience, self-awareness, fluency, and communication capacity, enabling them to be more self-sufficient, resourced, confident, and mindful in their everyday duties and obligations.
- Independently developed reputable podcast featuring range of authors, experts, and thought leaders for thousands of listeners. Responsible for all aspects of research, editing, production, interviewing, scheduling, and promotion.

Registered Yoga Teacher 2014 - 2018

Laughing Elephant Yoga; Jala Yoga & Art; Shri Service Corps Rhode Island

- Designed and delivered +1,350 hours of all-levels Vinyasa Flow yoga classes to +4,000 students as a 200-Hour Registered Yoga Teacher (RYT-200) and Yoga Alliance Continuing Education Provider® (YACEP).
- Hosted 40 clients at international retreats in three countries while delivering daily yoga classes, mindfulness lessons, and reflective writing prompts. Established and executed two nonprofit-funded outreach programs for under-served populations in Providence, RI, across 18 months.

Professional Writer, Writing Coach & Story Coach 2012 - 2016

Lead Without Followers, LLC Providence, RI

- Built reputable writing, teaching platform for global audience of 100,000 online visitors annually. Spoke and led workshops in Europe, Canada and USA. Published +600 articles and self-published five books.
- Creator of +100 member, premium online writing community and international group coaching program. Created and delivered 2x/weekly original writing prompts and lessons. Coordinated and facilitated individual and small group coaching weekly.
- Responsible for all aspects of publishing a book to make 22 client members into first-time published authors, including book conceptualization, coordination of copy and content editing, hiring artists, marketing, and distribution.

Education & Honors

Master of Arts

Holistic Clinical Mental Health Counseling
Salve Regina University Newport, RI 4.0 GPA

Bachelor of Arts

Political Science
The College of the Holy Cross Worcester, MA

Inductee, Delta Epsilon Sigma

National Scholastic Honors Society
Association of College Honor Societies

Masters Certification

Organizational Change & Development
Hawaii Pacific University Honolulu, HI