

DEBORAH W. AINSWORTH
Licensed Mental Health Counselor Licensed Marriage & Family Therapist
Florida Supreme Court Certified Family Mediator

Summary of Qualifications

- Experienced at working with adolescents, adults, senior adults, couples, and groups
- Skilled at connecting with clients, developing a therapeutic relationship, and using CBT and other brief therapy techniques to bring about rapid change
- Experienced at diagnosis and developing effective treatment plans in collaboration with clients
- Compassionate and caring
- Dedicated to continuous learning and professional development
- Experience in treating presenting issues including:
 - anxiety/stress
 - depression/dysthymia
 - grief
 - social phobia
 - childhood abuse
 - low self-esteem
 - bipolar disorder
 - partner-relational problems
 - adjustment disorder
 - parent-child relational problems
 - schizophrenia
 - schizoaffective disorder
 - anger
 - codependency/boundaries

Education

- **University of Central Florida** **Orlando, FL**
Master of Arts, Mental Health Counseling, Marriage and Family Therapy Certificate **Dec. 2012**
- **University of Central Florida** **Orlando, FL**
Bachelor of Arts **May, 1994**

Clinical Experience

- **Family, Couple and Individual Counseling**
 - The Psychology and Counseling Group **Sept. 2017 – Present**
 - St. Luke's Community Counseling Center **March 2013 – Sept. 2017**
 - Lutheran Counseling Services (one-year grant to work with low-income senior citizens and people with mental or physical disabilities) at Tranquil Terrace, an HUD subsidized housing complex) **June 2013 – June 2014**
 - University of Central Florida Marriage & Family Research Institute (Internship 1 and 2) **May 2012 – Dec. 2012**
 - University of Central Florida Community Counseling Clinic (Practicum 1 and 2) **Aug. 2011 – Apr. 2012**
- **Group Counseling Experience**
 - Premarital classes, St. Luke's United Methodist Church **October 2015 – Present**
 - Resolution Counseling/Abolish Abuse Batterers Intervention Program group (co-facilitator) **March 2013– Sept. 2016**
 - Developed curriculum and led five groups for low-income seniors, including: **June 2012 - June 2013**
 - Memory/Reminiscence group
 - Relationships/Dealing with Difficult People group
 - Positive Psychology group
 - Gratitude group
 - Enthusiasm for Living group

- Developed curriculum with co-leader and co-led five groups, **Sept. 2012 – Dec. 2012**
including:
 - Student Success group for retained 6th graders (boys and girls) at Conway Middle School
 - Student Success group for retained 7th graders (boys and girls) at Conway Middle School
 - Self-Esteem group for teen-age mothers residing at Beta Center
 - Memory/Reminiscence group for senior citizens residing at Plymouth Apartments and Tranquil Terrace, HUD-subsidized apartment complexes for low-income senior citizens
 - Pain Management group for senior citizens residing at Plymouth Apartments and Tranquil Terrace
- **Psychoeducation Workshops Experience** **Sept. 2012 - April 2016**
 - Conflict resolution for couples and families, St. Luke’s United Methodist Church
 - Couples Connection, St Luke’s United Methodist Church, First United Methodist Church of Orlando
 - The 5 Love Languages of Couples: University of Central Florida Marriage & Family Research Institute, St. Luke’s United Methodist Church
 - The 5 Love Languages of Teenagers: St. Luke's United Methodist Church, and First United Methodist Church of Orlando

Other Professional Experience

- **Ainsworth Communications, *Communications Consultant*** **Sept. 1996 – March, 2013**
 - Offered writing, editing, desktop publishing and business communication expertise to a variety of clients.
- **Darden Restaurants, *Publications Editor*** **June 1992 – Sept. 1996**
 - Wrote, edited and desktop published two award-winning newsletters and a weekly fax newsletter. Wrote press releases, training materials, feature articles for external and internal publications and brochure copy.

Additional Training/Conferences

- Parenting Coordination Training (28-hour training program) **September 2017**
- Grief Therapy as Brief Therapy (6-hour workshop) **March 2017**
- American Counseling Association CE Introductory Competencies for LGBTQ-Affirmative Counseling **July 2016**
- Positive Psychology: Interventions That Work (6-hour workshop) **November 2015**
- NAMI CIT (Crisis Intervention Team) Training—Youth **May 2015**
- American Counseling Association Conference **March 2015**
- Anxiety: Treatment Techniques That Really Work (6-hour workshop) **November 2014**
- Family Mediation Training (40-hour Florida Supreme Court Certified Mediation training program) **May 2014**
- Prepare-Enrich training **May 2014**
- NAMI Provider Education **February 2014**
- 2-Hour Domestic Violence course required by state for licensure **January 2014**
- Gottman Level 1 training **June 2013**
- Harbor House Domestic Violence Training **Nov. 2012**
- Emotion Focused Couples Therapy Workshop: Breaking Through Toxic Relationship Patterns **Aug. 2012**
- CITI Training: **Jan. 2012**
 - Group 2.Social / Behavioral Research Investigators and Key Personnel, Basic Course
- New Innovations in Treatment Conference, Castlewood Treatment Center **Mar. 2011**

for Eating Disorders

- University of Central Florida Counseling Conference **February 2011, 2012, 2013**
 - Communication Coach training for the UCF MFRI Becoming Parents Program **Dec. 2011**
 - Florida Counseling Association Conference **Oct. 2011**
 - Allies Advance Workshop, UCF (GLBT Awareness) **Sept. 2011**
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Professional Affiliations

- American Counseling Association
- Central Florida Association for Marriage and Family Therapy