

Tracy Muklewicz, MS Ed, NCC, LCPC

Clinical and Executive Director

Insight Therapeutics, Inc.
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EDUCATION

- College of DuPage**, Glen Ellyn, IL August 2010-Present
Certificate in Addictions Counseling
- Coursework completed, Internship hours pending
- Adler School of Professional Psychology**, Chicago, IL August 2011 – April 2012
Doctoral Coursework in Clinical Psychology, Emphasis in Pediatric Neuropsychology
- APA-Accredited Doctor of Psychology Program
 - Received the Community Service Program Life Credit Waiver
- MidAmerica Nazarene University**, Olathe, KS May 2008 – July 2009
Post-Graduate Certificate in Play Therapy
- Completed over 1000 hours of clinically supervised play therapy experience
 - Registered Play Therapy Supervisor Eligible
- Northern Illinois University**, DeKalb, IL August 2000-May 2004
MS Ed. in Counseling with Community/Agency Emphasis
- Doctoral-level elective coursework: Theories of Counseling, Sex Therapy
- Northern Illinois University**, DeKalb, IL August 1998-May 2000
Bachelor of Arts in Psychology, May 2000, Upper Division Honors
- Completion of Honors Capstone Research Paper
 - Research Experience: Emotional Processing and Cognitive Restructuring, David Valentiner, PhD.
- College of DuPage**, Glen Ellyn, IL August 1996-December 1997
Associate of Arts, Emphasis: Psychology, December 1997

CERTIFICATIONS/ACCREDITATIONS

Illinois Licensed Clinical Professional Counselor (180-006950)	Theraplay™ Certified Therapist
EMDR Levels 1 and 2, Humanitarian Assistance Program	Illinois Licensed Child Welfare Caseworker
Illinois Licensed Professional Counselor (178-003648)	IDCFS CERAP Certified
National Certified Counselor	Illinois Licensed Emergency Dispatcher
Registered Play Therapist-Supervisor (RPT-S)	Golden Key National Honor Society

RESEARCH EXPERIENCE

Adler School of Professional Psychology

- Research associate with Dr. Douglas Whiteside, Neuropsychology

Northern Illinois University

- Undergraduate Research Apprenticeship Program Recipient, Fall 1999
- Undergraduate Research Apprenticeship Program Recipient, Spring 2000
- Completion of University Honors Program Capstone Paper, May 2000
“Conceptualization of Post-Traumatic Stress Disorder Differences by Trauma Type and Gender”

AWARDS AND HONORS

Adler School of Professional Psychology, Community Service Program Life Credit Waiver, Fall 2011

- One of ten doctoral students awarded the Community Service Program Life Credit Waiver

Northern Illinois University, Undergraduate Research Apprenticeship Program Recipient, Spring 2000

Northern Illinois University, Undergraduate Research Apprenticeship Program Recipient, Fall 1999

- Only student to receive URAP distinction for two semesters since inception of the URAP program in 1998

Outstanding Leadership Award, Northern Illinois University LGBT Coalition, 1994, 1995

PROFESSIONAL AFFILIATIONS

American Society of Group Therapy and Psychodrama, October 2018 - Present

International Society for the Study of Trauma and Dissociation, April 2018 - Present

Association for Play Therapy Member, May 2011 - Present

Theraplay Association Member, June 2006 - Present

National Board of Certified Counselors, August 2004 - Present

American Counseling Association, January 2000 – Present

American Psychological Association, January 2000 – January 2007

Illinois Psychological Association, November 1997 – November 2007

American Association of Art Therapists, September 1998 – September 2006

National Head Start Association, January 2005 – January 2007

Illinois Head Start Association, October 2004 – October 2007

CLINICAL EXPERIENCE

Advocate Aurora Lutheran General Hospital, Park Ridge, IL

Psychiatric Clinical Counselor, September 2018 - Present

- Conduct crisis evaluations for level of care referrals at Level 1 trauma center
- Clinical coordination and collaboration with emergency department medical team
- Foster collaborative relationships with physicians and outpatient providers
- CareConnection trained to provide regular case documentation for each patient
- Provide additional assistance with psychiatric patients admitted to medical floors
- Provide case management to patients admitted to substance detox unit

Insight Therapeutics, Inc., Winfield and Northbrook, IL

Clinical and Executive Director, Founder, September 2013 - Present

- Experienced therapist for variety of mental health concerns
- Clinical specialization in working with children, teens, and families
- Expert in attachment dynamics, trauma, and play therapy
- Provides all HR functions including hiring, supervision, and management of all staff

NorthShore University Health System, Evanston, IL

Licensed Mental Health Worker, Tier 2, ACCESS Department, October 2015 – March 2018

- Conducted crisis evaluations for level of care referrals at four area hospitals
- Clinical coordination and collaboration with emergency department medical team
- Foster collaborative relationships with physicians and outpatient providers
- EPIC trained to provide regular case documentation for each patient
- Provided additional PRN assistance on Adolescent Inpatient psychiatric unit

Family Service Center, Wilmette, IL

Clinician, January 2013 – September 2015

- Provided outpatient therapy to a children, teens, adults and families
- Clinical specialization in trauma, attachment dynamics, and prevention and early intervention
- Provided EAP counseling and consulting services to select area companies

The Theraplay Institute, Evanston, IL

Therapist, September 2011 – September 2015

- Provided Theraplay-based treatment for children and families
- Clinical specialization in trauma, adoption, foster care, and attachment dynamics
- Invited speaker for community and professional trainings, local and nationally, on attachment

Legacy Clinical Consultants, LLC

Clinician/Consultant, November 2009 – September 2013

- Specialization working with children ages 2-12
- Provided outpatient clinical services to children, adolescents, adults and families
- Provided support and consultation to school and medical personnel regarding clientele through IEP, clinical staffing, hospital staffings and related forums
- Provided EAP counseling and consulting services to select area companies
- Provided community presentations and networking regarding various mental health topics

TriCity Family Services, Geneva, IL

Mental Health Worker, January 2006 – August 2011

- Provided outpatient clinical services to children, adolescents, adults and families
- Provided crisis mental health services to youth through SASS program
- Created, provided, and oversaw intern supervision for elementary age social skills group therapy
- Provided community presentations and networking regarding various mental health topics
- Ensured compliance with COA, DMH and Medicaid standards of care

Mercy Home for Boys and Girls, Chicago, IL

Group Home Supervisor, June 2005 – November 2005

- Trained and supervised seven residential staff in group home for boys ages 14-17
- Provided education and leadership pertaining to adolescent development, behavior management, strengths-based assessment and mentoring models.
- Ensured compliance with DCFS regulations pertaining to residential services

Children's Home and Aid Society of Illinois, Early Childhood Services, Chicago, IL

Family Support Supervisor, August 2004 – June 2005

- Trained and supervised nine paraprofessional social work staff in Humboldt Park and West Englewood Head Start/Early Head Start centers
- Provided leadership and staff training in family and child welfare, strengths-based family assessment, community violence, and child development
- Monitored 240 enrolled families in several program options and provided outcome reports
- Implemented increased professionalism and procedures with staff supervision
- Revised family assessment tools to assist in goal planning

Catholic Charities Family First Program, De Kalb, IL

Family Intervention Specialist, Licensed Child Welfare Caseworker, May 2000 – October 2002,

Foster Care Caseworker, January 2002-May 2002

- Provided child welfare case management for child abuse clientele, both intact and foster families
- Provided family preservation and reunification services while assessing and monitoring safety
- Sought out by employer to engaged in second full time position as foster care caseworker for deaf clientele when program staffing was strained
- Conducted supervision with agency case aid staff, provided emergency on-call interventions
- Provided intensive home-based interventions with economic and ethnic/racial minorities and specialized populations, including non-English speaking and deaf populations.
- Assisted in training and orienting foster care case managers

Family Service Agency, De Kalb, IL

Homemaker/Case Aid, Generational Care Department, February 2000 – May 2000

- Provided Case Aid services for Department of Children and Family Services wards
- Supervised scheduled child visits with offending caregivers and their children
- Provided budgeting, basic home-making, and parenting skills training to individual families
- Provided court correspondence reflecting content of services

Little Friends Group Home for Autistic Children, Carol Stream, IL

Instructor, October 1996 – March 1997

- Designed and implemented ABA behavioral programs for children with autism in a group home facility
- Worked with each client of two-year Group Home program in autism, developmental and learning disorders, behavioral modification, aggression management, augmentative communication systems, and play therapy.

CLINICAL TRAINING PRACTICA: *Graduate Level*

Alexian Brothers Behavioral Health Hospital, Hoffman Estates, IL

Counseling Intern, December 2003 – April 2004

- Conducted inpatient biopsychosocial assessments, diagnoses and treatment plans across all developmental levels
- Co-facilitated groups specializing in substance abuse and management of self-injurious behaviors
- Specialized in intensive individual and family therapy for children in a partial hospital setting
- Provided discharge planning, family therapy, and psychiatric case staffings.

Safe Passage, Inc., DeKalb, IL

Counseling Intern, August 2003 – April 2004

- Conducted screening and intakes for clients of domestic violence/sexual assault shelter and counseling center
- Facilitated support groups for female victims of domestic violence and sexual assault/abuse, children, and substance abusing clients
- Provided individual and family counseling regarding domestic violence, sexual assault, and trauma
- Answered agency hotline and provide information related to all aspects of interpersonal violence
- Engaged in advocacy and training in community regarding client needs and rights
- Completed 30 hour ICADV Illinois Advocate training in Domestic Violence

CLINICAL TRAINING PRACTICA: *Undergraduate Level*

Provena Mercy Center Behavioral Health Services, Aurora, IL

Behavioral Health Intern, Adolescent Partial Hospitalization Program, May 1999 – August 1999

- Obtained clinical experience in conducting group, individual, family, and multi-family group therapy in an outpatient hospitalization setting, as well as participation in psychiatric case staffings
- Enhanced skills in assessment, treatment planning, and discharge planning
- Designed several group activities using cognitive behavioral skills with adolescents

VOLUNTEER EXPERIENCE

Youth Outlook, De Kalb, IL

Volunteer, Policy Consultant, September 2010 – September 2012

- Completed 30 hour training regarding LGBT/questioning youth, included HIV/AIDS and transgender issues
- Consulted with program director regarding implementing clinical services
- Provided emergency mental health consultation

Volunteer Services, Ben Gordon Center, De Kalb, IL

Sexual Assault*Abuse Services Counselor/Advocate, May 1996 – April 2001

- Provided 24-hour support/intervention for victims of sexual assault/abuse as well as education, legal advocacy, counseling, and support for victims
- Provided information, referrals, and coordination of further services for clients of this community intervention program
- Completed 40-hour ICASA Illinois Victim Advocate training in Sexual Assault and Abuse
- Provided ongoing training to staff in areas of child sexual abuse

Volunteer Services, Ben Gordon Center, De Kalb, IL

Crisis Line Coordinator, August 1995 – August 1996, September 1999 – April 2000

Crisis Line Volunteer, July 1995 – August 1996, September 1999 – April 2000

- Conducted telephone crisis intervention, particularly in suicide assessment and support counseling of the chronically mentally ill
- Completed extensive training in management of crisis line staff
- Developed volunteer schedules and meeting agendas, negotiated special projects, and screened/trained new volunteers
- Provided shift coverage when volunteers unavailable in addition to regular responsibilities

INVITED TRAININGS PROVIDED

Attachment 101, Parenting with Love & Logic, Glenview D34 Parents in Partnership, April 2017

Attachment 101, Sensory Integration and Mental Health, Glenview D34 Parents in Partnership, April 2016

Attachment 101, Parenting with Love & Logic, Glenview D34 Parents in Partnership, April 2015

Attachment 101, Parenting tips for Discipline, Glenview D34 Parents in Partnership, April 2014

Theraplay-based Parenting, The Theraplay International Conference, July 2013

Sensory Integration and Mental Health, Attachment 101, Glenview D34 Parents in Partnership, April 2013

Parenting the Theraplay Way, The Children's Bureau, Fishers, IN, April 2013

Attachment 101, CAFFA Conference, March 2013

Sensory Integration and Mental Health, February 2013

Parenting the Theraplay Way, Co-presented with creator of Theraplay, Phyllis Booth, February 2013

NAMI Basics Program: Managing Difficult Behaviors, December 2011

The Adult Attachment Interview in Clinical Practice, May 2011

Making the Most of Early Childhood Therapy, October 2010

Making the Grade: Study and Test-Taking Skills, December 2008

Tips for Discipline: Preschool through 5th Grade, May 2008

Understanding Self-Injury, February 2008

Attachment: The Ties That Bond, November 2007

Managing Bipolar Disorder: A Community-Based Training, June 2007

CLINICAL TRAININGS/WORKSHOPS ATTENDED (SELECTED)

Trauma & Resilience: Embodied Approaches to Treatment, Center for Creative Arts Therapy, 2018
Psychodrama I, Center for Creative Arts Therapy, 2018
Completed the 2016-2017 Advanced Trauma Consultation Program, Women care Counseling, 2017
Facilitator Training, Parenting with Love & Logic, Denver, CO, October 2015
Accepted into the 2015-2016 Trauma Consultation Program, Womencare Counseling, 2015
2015 Psychopharmacology Conference, Fran Miller, RN, MSN, BC
Listening to the Untold Stories of Trauma: Understanding the Impact of Betrayal Trauma in Relationships, 2015
Traumatic Transference and Countertransference: Minefield or Goldmine, 2015
EMDR Level 1 and 2, Sponsored by Humanitarian Assistance Project and EMDRIA, 2014
Level 2 Dyadic Developmental Psychotherapy (DDP) Training, Dan Hughes, PhD., 2013
Attachment, Trauma and Neuroscience, Bessel van der Kolk, November 2012
Perspectives on Self-Regulation, Child's Space, November 2012
Healing the Rift: LGBTQ Clients and Spirituality, November 2012
Illinois Children's Mental Health and the Law, October 2012
Sunshine Circles Train-the-trainer, Theraplay Institute, September 2012
Level 1 Dyadic Developmental Psychotherapy (DDP) Training, Dan Hughes, PhD., 2011
Advanced Theraplay and the Marshak Interaction Method Practicum, The Theraplay Institute, 2010
Personality Disorders in Social Work and Healthcare, Cross Country Education, 2010
Counseling Supervision Training Program, North Shore Wellness Services, 2009
Trauma Focused Cognitive Behavioral Therapy (TF-CBT) 2009
New Frontiers in Trauma Treatment, Bessel Van Der Kolk, PhD., 2008
Childhood Developmental Disorders, 2008
Grief: Immediate, Practical & Effective Interventions, 2008
Intermediate Theraplay and the Marshak Interaction Method Practicum, The Theraplay Institute, 2007
Assessing and Managing Suicide Risk, Suicide Prevention Services, 2007
Play Therapy and Beyond: Treatment Techniques and Strategies with Children and Pre-Adolescents, Paul White, LCSW, 2007
CLAYtherapy: The Clinical Application of Clay with Children, Paul White, LCSW, 2006
Introductory Theraplay and the Marshak Interaction Method, The Theraplay Institute, 2006
Group Theraplay, The Theraplay Institute, 2006
Assessing and Treating Reactive Attachment Disorder: Beyond Oppositional Defiant Disorder, Cross Country Education, 2006
Therapeutic Interventions for Counseling Parents with Difficult Teens: Surviving and Thriving through Adolescence, Cross Country Education, 2006
Child and Adolescent Needs and Strengths (CANS) training, Northwestern University, 2005
Residential Child & Youth Care Professional, University of Oklahoma OUTREACH, 2005
Illinois Child Counselor Training (ICASA, 30 hours), 2004
Illinois Rape Crisis Counselor Training (ICASA, 40 hours), 1996, 2003
Illinois Domestic Violence Counselor Training (ICADV, 60 hours), 2003
Early Onset Bipolar Disorder and Suicide, American Association of Suicidology, 2001