

Jacob Paul Brennan, MA, LPC

Address

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Education

MA 2017 Clinical Mental Health Counseling
Goddard College
Plainfield, VT

Thesis: Exploring the role of expressive & creative writing in the healing process

BA 2012 English/Philosophy
University of Vermont
Burlington, VT

Clinical Positions

2017-present Outpatient Counselor
Onward Behavioral Health, Jenkintown, PA

Description: Substance abuse and mental health outpatient counselor at Rehab After Work and The Light Program within Onward Behavioral Health. Responsible for conducting level of care/bio-psycho-social assessments, treatment planning and weekly individual therapy. Also provide general outpatient group treatment and intensive outpatient group treatment.

2015-2016 Graduate Clinical Internship: in-patient substance abuse clinician
Maple Leaf Treatment Center, Underhill, VT

Description: Counselor at an in-patient co-occurring substance abuse facility. Responsible for conducting bio-psycho-social assessments, treatment planning and providing individual treatment and group treatment at the in-patient level of care. Upon completion of internship I continued to serve in this role as full time staff.

Additional Training

- 2019-present Alternate Route Program for Dance Movement Therapy
National Centre for Dance Therapy at Les Grands Ballet,
Montreal, Quebec, CA
- Description: This is a program to become an ADTA registered dance movement therapist (R-DMT). It consists of three, three-week residences over two years, as well as a 700-hour supervised internship. To date I have completed the first residency. Anticipated completion is July 2021.
- 2017 Barbara Mettler Expressive Dance Teacher Training: 2 week intensive
Tucson Creative Dance Center
Mettler Studios, Tucson, AZ
- 2016-2017 Post Graduate Training: Contextual Family Therapy
CFT 807: Guilt, Shame & Exoneration
Family & Play Therapy Center with
Dottie Higgins-Klein, Philadelphia, PA
- 2016 Narrative Therapy- Live Interviews:
Finding our way in narrative conversations, with Maggie Carey.
Reauthoring Teaching, Shelburne, VT

Relevant Work Experience

- 2014-2015 Residential Counselor*
Maple Leaf Treatment Center, Underhill, VT
- *I worked in this role prior to beginning my clinical internship at this site.
- 2014 Residential Counselor
Mansfield Hall, Burlington, VT
- Description: Residential setting for students on the autism spectrum transitioning from high school to college. Provided therapeutic, academic and living skills support in Milieu setting.
- 2013-2014 Residential Counselor
Community Support Worker
Howard Center, Burlington, VT
- Description: Worked in residential setting housing six adult men with Schizophrenia and Schizoaffective disorders.
- Provided individual support to a homeless man with developmental disabilities in his transition out of prison.

Interests and Skills

Psychodynamic therapy

Harm reduction

Adolescent and adult counseling

Diverse client experience including high risk and marginalized groups

Dance movement therapy & expressive dance

Skilled in CBT, DBT & mindfulness interventions

Experience with active and recovering psychosis

Expressive writing and arts therapies

Active musician and songwriter

Literature & creative writing

Teacher's Assistant in senior seminar course on James Joyce

Running