

# **KRISTAL LEWIS TELEHEALTH CLINICAL THERAPIST**

Kristal is a Double Graduate of the University of Connecticut of which she received a Master's Degree in Social Work with a concentration on Individual's, Groups and Families and a Bachelor's Degree in Human Development, Family coupled with a Minor in Women's Gender and Sexuality Studies. Kristal has extensive training working with individuals of all ages, race, gender, disabilities, intense medical conditions, and behavioral issues. Kristal's approach to working with others is to create an open and safe environment through her use of empathetic and strength based communication. She is solutions focused and assists with creating a goal oriented therapeutic dynamic alongside sharing space for personal and spiritual growth and healing. Kristal has a passion for aiding others with redeveloping their intrapersonal insights towards life. Her intuitive use of Cognitive Behavioral Therapy, Internal Family Systems Therapy, Structural Therapy, Exposure Therapy, Narrative Therapy, Solutions Focused Therapy, Dialectical Behavioral Therapy and Motivational Interviewing allows for direct insight with multilevel depth. Her background is dynamically sourced in working with at-risk children, adolescent youth, adults and families in clinical and community based agencies in various positions relative to: Behavioral Health, Substance Abuse & Use, Group Facilitation, Program Coordinator/Supervisor, and ABA Therapy. Furthermore, Kristal has experience in the following areas: Trauma focused CBT (TF-CBT) – CSSD MET/CBT/FSN/ART/MIT – CPR Certified – TARGET trainings – Family Mediation, Therapeutic Crisis Intervention, TAM (Techniques of Alcohol Management).

## **ADDITIONAL EXPERIENCE**

Graduate Level Intern Advisor/Supervisor  
Mental Health Counselor  
Family-Mediation  
Treatment and Social-Emotional Learning  
Case management  
Crisis Management  
Care Coordination & Discharge Planning  
Educational Advocacy  
Substance Use & Abuse Group Facilitator

## **OTHER ENGAGEMENT**

MSW Excellency Practicum, Creator/Co-facilitator • JEDI (Justice, Equity, Diversity & Inclusion), Member-BIRT (Bias, Inequity, and Rights Team), Member-Black Women's Collective, Member.