

# Oriana Marquez, LMHC

Licensed Mental Health Counselor

 407 - 453 - 1529

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 Orlando, FL

## EDUCATION

### Oregon State University

Counselor Education  
Degree of Doctor of Philosophy  
2019 - Present

### Rollins College

Clinical Mental Health Counseling  
Degree of Master of Arts  
2014 - 2017

### University of Central Florida

Psychology  
Degree of Bachelor of Science  
2009 - 2013

## EXPERTISE

Anxiety & Stress  
Depression  
Self Esteem  
Productivity & Motivation  
Social Phobias  
Relationship Struggles  
Play Therapy

## PROFILE

Clinical Licensed Mental Health Counselor in the state of Florida with an emphasis on building personal resiliency and authenticity. I use an evidence-based model, Cognitive Behavioral Therapy (CBT) with an integration of Person Centered Therapy (PCT). My approach to therapy is goal oriented and effective for whole-person treatment.

I am completing my PhD in Counselor Education. I have specialized training in CBT from the Beck Institute for Cognitive Behavior Therapy as well as extensive training in play therapy techniques for my work with children.

## EXPERIENCE

### Licensed Mental Health Counselor

Private Practice | Present

Therapy practice focuses on a client's strengths and goals while providing a holistic, ethical, and empathetic experience. I offer sessions in-person and via-Telehealth to adults presenting primarily with concerns of stress, anxiety, and depression.

- Assess adults living with primarily anxiety disorders.
- Design and implement treatment plan towards therapeutic goals

### Counselor

Orange County Public Schools | 2017 - Present

Counselor for a Title I public school. I am responsible for the analysis, response, and management of the mental health needs of the students and staff. I provide individual and group counseling, referrals, and community outreach. I use play therapy techniques and skills to support students with social and emotional needs.

- Assess children ages 5 - 12 and develop a counseling/support plan
- Design and facilitate sessions with children, parents, and families

### Senior Adult Counselor

Aspire Health Partners | 2016 - 2017

Assessed and treated adult clients living with chronic illness and substance use concerns from a mental health and social advocacy perspective. I worked closely with psychiatrists, case managers, and social workers to deliver whole-person care.

- Provided weekly individual/group sessions for clients with chronic illness
- Conducted intake to provide DSM-V diagnosis and treatment plan

## SKILLS

Fluent in English & Spanish

Confident with Video & Online presence

Experience with Telehealth on various platforms

Keen attention to legal & ethical dilemmas

Documentation & handling of confidential information

Organized & detail oriented

Strong editorial skills

Creative in treatment

Time efficient

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## PROFESSIONAL AFFILIATIONS

### AMERICAN COUNSELING ASSOCIATION

(ACA) | USA | Active Member

To promote the professional development of counselors, advocate for the profession, and ensure ethical, culturally-inclusive practices that protect those using counseling services.

### FLORIDA COUNSELING ASSOCIATION

(FCA) | FL | Active Member

To promote the value of professional counseling as well as supporting and unifying professional counselors in all settings resulting in high quality practices in Florida.

### OREGON COUNSELING ASSOCIATION

(ORCA) | OR | Active Member

To empower each other, and our clients, to do our best, most healing work.

## REFERENCES

Available Upon Request