

CINDY CARTER, LCSW-S

Social Work Building #203 | (713) 743-9363 | cjcarte3@central.uh.edu

EDUCATION

The University of Texas at Austin May 2009
Master of Science in Social Work
Concentration: Clinical Social Work

Florida State University April 2007
Bachelor of Science in Psychology
Minor: Child Development

Certifications

Licensed Clinical Social Worker (License # 53089) July 2015
Licensed Clinical Social Work Supervisor October 2017

FIELD EDUCATION EXPERIENCE

Adjunct Lecturer/Field Liaison

Baylor University, Garland School of Social Work August 2020 – Present

- Instruct weekly master's-level Field Internship Seminar course to first year social work students
- Provide case consultation, support, and guidance to students during their first field placement
- Serve as a primary resource to social work interns and field instructors on classroom content integrating classroom and field knowledge, practice, and skills
- Facilitate field site visits to assess students' progress in their internship placement

Clinical Supervisor

October 2019 – Present

- Meet weekly with master's-level social workers looking to obtain their LCSW licensure
- Provide case consultation to supervisees to strengthen their clinical skills such as treatment planning, formulating diagnoses, and identifying and implementing appropriate interventions
- Provide feedback and support in managing issues with ethical dilemmas, countertransference, boundaries, and cultural humility
- Provide a supportive and safe environment to encourage and foster growth, confidence, and increased competency in clinical skills

PROFESSIONAL SOCIAL WORK EXPERIENCE

Lead Clinician

August 2016 – Present

PATH Intensive Outpatient Program at UT Physicians

- Manage human resource activities for direct reports regarding recruiting and selection, hiring and terminating, training and development, and salary planning for all non-faculty staff.
- Led the program's transition to and implementation of telehealth services amid COVID-19 pandemic
- Participate in teaching master's-level trainees as a Field Instructor for the University of Houston Graduate College of Social Work

- Manage monthly metrics, grant reporting, and collaborative relationship building with community agencies
- Provide administrative supervision to all members of the treatment team and conduct annual performance evaluations for all non-faculty staff
- Manage interpersonal mediation, conflict resolution, and team building efforts amongst staff to foster a safe and supportive work environment
- Conduct peer reviews with clinicians and social workers to assist in problem solving complex cases
- Provide consultation and coverage for oversight of patient's care, progress in treatment, and progress toward discharge
- Conduct initial family and patient assessments, developing an appropriate treatment plan, and formulating diagnoses using the DSM-5
- Provide short-term solution focused individual, family, and group therapy using a variety of treatment modalities with an emphasis on evidence-based practices including Cognitive Behavioral Therapy, Dialectical Behavior Therapy and Acceptance and Commitment Therapy
- Work closely with the interdisciplinary team of pediatricians, psychiatrists, psychologists, and nursing staff for coordination of care
- Facilitate community trainings on somatic symptom disorder and integrated behavioral health

Staff Social Worker

The Menninger Clinic-Adolescent Treatment Program

March 2015 – August 2016

- Provided twice weekly family therapy using Mentalization based treatment for assigned patients and their parents and twice weekly individual psychotherapy to assigned patients
- Performed family and social assessments, case management, case coordination, and discharge planning services for assigned patients
- Facilitated the Body Project, a weekly psychoeducation group on body image acceptance, self-esteem, and media literacy
- Collaborated with a multidisciplinary team of psychiatrists, psychologists, and nursing staff to provide comprehensive patient care, including assessment, diagnostic formulation, and treatment
- Provided clinical support for the hospital's Eating Disorder track, conducting eating disorder consultations and diagnostic assessments throughout the hospital

Open Adoption Counselor

Independent Adoption Center

January 2011 – March 2015

- Provided pre-birth and post-placement grief and loss therapy to birthparents interested in or who have placed their baby for adoption
- Provided individual, couples and group therapy to adoptive parents during the time of a match with a prospective birthmother
- Developed working relationships with social workers from area hospitals through personal contacts, education, and in-service presentations to increase the rate of birthparent referrals
- Provided assessment and intake services to expectant mothers considering adoption
- Conducted domestic home studies and provided post placement supervision to the adoptive families in accordance with Texas Department of Family and Protective Services
- Facilitated monthly Open Adoption Psycho-education workshops to prospective adoption parents

Prevention Specialist

Family Violence Prevention Services

September 2009-December 2010

- Provided drug and alcohol prevention education/life skills training groups to residents of the Krier Juvenile Correctional Treatment Center
- Worked with facility residents to set personal goals in preparation of release from the juvenile detention center
- Facilitated a substance abuse prevention group with juveniles ticketed by the San Antonio Municipal Court
- Conducted individual substance abuse counseling sessions with participants of the municipal court groups
- Conducted teen dating violence and domestic violence awareness presentations throughout the city of San Antonio

PROFESSIONAL LEADERSHIP EXPERIENCE AND TRAINING

University of Houston Graduate College of Social Work

- Social Work Field Placement Supervisor Training
- Clinical Supervision in Social Work Training

August 2017

September 2017

Dr. Rachel Zoffness Pain Management Training

June – August 2020

SPEAKING ENGAGEMENTS

Open Adoption 101. Workshop for Caring Adoptions. Houston, TX. (July 2020 – Present)

Pediatric Somatic Symptom Disorder: How School Support Staff Can Identify & Intervene. Presentation at Pearland Independent School District. (July 2019)

Somatization: How Physical Pain and Emotions Intersect. Presentation at Humble ISD Counselor Conference. (June 2019)

Cultural Humility: Treating Patients of Diverse Backgrounds. Presentation for UT Health McGovern Medical School Department of Psychiatry and Behavioral Sciences. (May 2019)

Integrating Behavioral Health Support in the School Setting. Presentation at Cypress-Fairbanks Independent School District. (January 2018)

Teen Dating Violence Prevention. Workshop for San Antonio Independent School District. (February 2010)