
Tessa B. Ritchie M.A., LPCC

LICENSE # LPCC 6250

COUPLES AND FAMILY REQUIREMENT MET

Education

Master of Arts, Boston University School of Medicine May 2014

- Mental Health Counseling and Behavioral Medicine Program

Bachelor of Arts, University of California, Santa Barbara June 2011

- Psychology Major, Applied Psychology Minor

Experience

Point Loma Nazarene University, Masters of Arts in Clinical Counseling Program January 2023-Present

Adjunct Faculty

- Facilitate weekly clinical supervision group to eight masters-leveled marriage and family therapy trainees.
- Review two videos per semester with each student to give live feedback on therapeutic skills and case conceptualization.
- Grade and provide feedback for student's assignments and papers.
- Facilitate role plays of therapeutic techniques to support trainees' growth as practitioners.
- Meet with clinical director regarding support plans for trainees in need of additional support. Implement support plans with trainees.

Freitas Family Therapy

Clinician

March 2023-Present

- Provide direct clinical services to adults with identified mental health and/or substance use needs.
- Specialize in treating individuals with perinatal mood disorders through CBT and EMDR.
- Complete clinical assessments of individuals and families, reviewed medical records, and collaborated with other professionals to evaluate the needs of the individual requesting services.
- Formulate a treatment plan based on comprehensive biopsychosocial assessment of person. Continuously review and revise treatment plan based on clinical needs and regulatory bodies.
- Assess individual's continuing care needs during crisis interventions, contact appropriate resources based on client's needs for higher level of care, and arrange for admission to appropriate facilities.

Hope Therapy Group

Clinician & Clinical Supervisor

July 2022-Present

- Provide direct clinical services to children, adolescents, and adults with identified mental health and/or substance use needs.
- Facilitate bi-weekly and as needed individual clinical supervision to Associate Marriage and Family Therapists.
- Complete clinical assessments of individuals and families, reviewed medical records, and collaborated with other professionals to evaluate the needs of the individual requesting services.
- Formulate a treatment plan based on comprehensive biopsychosocial assessment of person. Continuously review and revise treatment plan based on clinical needs and regulatory bodies.
- Assess individual's continuing care needs during crisis interventions, contact appropriate resources based on client's needs for higher level of care, and arrange for admission to appropriate facilities.

San Diego Youth Services

Clinical Supervisor for Quality Management Team

October 2021- June 2022

- Facilitated weekly and as needed individual clinical supervision to twelve associates and masters leveled trainees.
- Facilitated three weekly clinical supervision groups to twenty various associates and masters leveled trainees.
- Co-facilitated weekly multi-disciplinary treatment team meeting with Community Assessment Team.
- Reviewed, edited, and approved all clinical notes, behavioral health assessments, diagnosis forms, client plans, and discharge summaries from associates and trainees.
- Reviewed and approved all Board of Behavioral Sciences hours and contracts for associates and trainees.

- Met with universities regarding support plans for trainees in need of additional support. Implemented support plans with trainees in coordination with their program managers and school counselors.
- Conducted semester evaluations for all masters leveled trainees.
- Provided coverage for other clinical supervisors to be available to all SDYS employees for clinical consultation.
- Completed 30-hour Fundamentals of Supervision course through AAMFT. Currently collecting hours (completed 121/180) towards becoming an AAMFT approved supervisor.

Program Manager of Sunny Days Program

August 2021-June 2022

Program Manager of Family Urgent Response Team (FURT)

July 2021-December 2021

Program Manager of Crisis Counseling Program (CCP)

March 2021-December 2021

- Managed a team of four CCP crisis counselors, three FURT case managers, and four Sunny Days trainees.
- Provided weekly and as needed clinical supervision to one AMFT through the CCP program and three master level trainees through the Sunny Days Program, including approving all clinical documentation.
- Provided biweekly and as needed programmatic supervision to four CCP and FURT non-clinical staff.
- Facilitated weekly program meetings to inform staff/trainees about programmatic and agency-wide updates.
- Provided personnel management by recruiting, interviewing, hiring, training, and supervising staff.
- Participated in weekly and monthly programmatic meetings for SDYS, CalMHSA, and Cal-FURS.
- Oversaw and approved input of all data entry for CCP and FURT programs.
- Provided monthly and yearly programmatic reports to SDYS administration team.

Clinical Coordinator of Community Assessment Team (CAT)

October 2018-October 2021

Clinical Director of Camp Mariposa

- Coordinated, trained, and support an average of twelve to sixteen clinical interns per year and monitor clinical services provided by CAT program.
- Co-facilitated two weekly clinical group supervision sessions, with an average attendance of eight master level clinical interns per group.
- Coordinated and facilitated eight to ten school placements for incoming clinical interns.
- Provided clinical coordination for Camp Mariposa and provided on-site clinical consultation, crisis management, program development, and adherence to legal and ethical mandates.
- Provided short-term individual and family therapy to assist in family reunification following temporary shelter placement (Cool Bed) and hold an average case load of one to two high-risk CAT clients.
- Ensured contract compliance by coordinating and conducting internal audits and file reviews.
- Coordinated fielding therapy referrals and assigning referrals to clinical interns/trainees.
- Created new interactive virtual HIPAA training for 2020 and facilitate monthly new-hire and agency wide HIPAA training.

Lead Clinician of Surviving Together, Achieving, and Reaching for Success Program (STARS)

August 2016-October 2018

- Provided individual, family, and group therapy to an average caseload of fifteen youth, aged twelve to eighteen who have been survivors of Commercial Sexual Exploitation and/or human trafficking.
- Conducted a trauma-informed intake process for youth and their families to determine appropriate level of care and identify specific case management needs.
- Provided clinical case management services to youth and their families including help with employment, education, housing, physical health, and financial needs.
- Assisted Program Manager in complying with state-funded OES contract, which included overseeing data collection, writing grant progress reports, and auditing staff files.
- Assisted in new hire interviews, selection, and onboarding of all new STARS staff and clinical interns.
- Helped implement RISE court, San Diego's first court specific to helping adolescent survivors of human trafficking and CSEC. Provided court advocacy for survivors during pre-screenings and hearings at weekly RISE court.
- Provided an average of 5 outreach and trainings on CSEC per fiscal year, both internally and in the community.

Lahey Health Behavioral Services

Outpatient Clinician

Beverly, MA

June 2014-February 2015

- Provided direct clinical services to children, adolescents, and adults with identified mental health and/or substance use needs with an average of twenty clients.
- Completed clinical assessments of individuals and families, reviewed medical records, and collaborated with other professionals to evaluate the needs of the individual requesting services.
- Formulated a treatment plan based on comprehensive biopsychosocial assessment of person. Continuously reviewed and revised treatment plan based on clinical needs and regulatory bodies.
- Assessed individual's continuing care needs during crisis interventions, contacted appropriate resources based on client's needs for higher level of care, and arranged for admission to appropriate facilities.
- Facilitated three weekly, intensive outpatient groups for individuals with a primary diagnosis of substance abuse.

***Boston Medical Center
Clinical Intern***

Boston, MA

September 2013-May 2014

- Provided individual psychotherapy in Adult Psychiatry outpatient clinic to at-risk adult population, who presented with a variety of mental health and/or substance use disorders.
- Co-facilitated two weekly structured groups, Women's Anger Management and Dialectical Behavioral Therapy, and one support group, Suboxone Management.
- Conducted biopsychosocial, diagnostic assessments, and developed treatment plans for long-term therapy goals.
- Managed and assessed client crises and referred to appropriate level of care for treatment.
- Conducted individual psychotherapy and intake sessions with the use of interpreter services.

Organizations

Postpartum Health Alliance	January 2023
American Association of Marriage and Family Therapy	October 2020

Training

Human Trafficking Research Conference	February 2017
Eye Movement Desensitization Reprocessing by HAP Institute (1 and 2)	March 2017-June 2017
Our Safe Place LGBTQ+	August 2017
Gottman Institute Couples Therapy Training	January 2018
PMH Leadership and Management Certificate Training Program	February 2019-February 2020
First Aid & CPR	July 2020
PERT training	September 2020
Activated Allyship	September 2020
AAMFT Conference	November 2020
Multicultural Supervision	January 2021
Birth of Brilliance	February 2021
SDYS Leadership Academy	February 2021-October 2021
American Association of Marriage and Family Therapy Fundamentals of Supervision	July-August 2021
Perinatal Mood and Anxiety Disorders: Components of Care through PSI	August 10-11, 2022
Advanced Perinatal Mental Health Psychotherapy Training through PSI	August 12, 2022

