Eric P. Castonguay, LCMHC, AAP, LPCC

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EDUCATION **Plymouth State University at Plymouth, New Hampshire**

B.A in Childhood Studies, Child Welfare, & Family Services

 **Southwestern College at Santa Fe, New Mexico**

M.A in Counseling

 Certificate in Children’s Mental Health

 Certificate in Infant Mental Health

EXPIERENCE Nomadic Psychotherapy & Wellness Coaching, PLC

 Clinician & Founder

 October 18, 2019 – Present

* Provide adult & adolescent individual counseling.
* Provide parent support counseling and coaching services.
* Provide family counseling.
* Provide marriage, couple, and relationship counseling.
* Provide eTherapy Services to Vermont, New Mexico, Hawai’i
* Provide eTherapy worldwide.
* Provide consultation and supervision.

**First Call of Chittenden County of Burlington, Vermont**

Assessment and Triage Crisis Clinician

September 29, 2015 – Present

* Provide triage services through a crisis hotline to support community members evaluating their level of risk and help their needs being met.
* Provide direct level of care risk assessments for community members within a range of settings and locations.

**Crisis Intervention Team member for Burningman (Annual Event)**

Crisis Clinician Supervisor

August 2009 – Present

* Provide supervision for multiple crisis intervention teams who complete level of care risk assessments for participants attending this week long event.
* Provided direct level of care risk assessments for participants within a mobile triage and assessment modality and Incident Control System (ICS) approach.

**Centerpoint Adolescent Treatment Services of Burlington, Vermont**

Substance Abuse and Mental Health Counselor

 September 29, 2015 – Present

* Provide Substance Abuse and Mental Health Assessments
* Provide individual adolescent counseling services regarding mental health and substance use goals.
* Provide family counseling services.
* Provide parent support counseling and coaching services.
* Created an experiential martial arts and mindfulness based group for adolescents.
* Created a father figure and caregiver based group for parents.
* Provide case management, care coordination, and consultation to providers and teams regarding client care.

**Healthy Families of Albuquerque, New Mexico**

Psychotherapist

October 2014 – June 2015

* Provide individual adolescent counseling services regarding mental health goals.
* Provide family counseling services.
* Provide parent support counseling and coaching services.
* Provided couples counseling services.

**Small Steps Children Counseling of Albuquerque, New Mexico**

Psychotherapist

December 2013 – December 2014

* Provided client centered play therapy for children between the ages of 3-12 years of age.
* Provided Sandtray therapy for children between the ages of 3-12 years of age.
* Provided Infant Mental Health counseling and coaching for parents of children between the ages of 3-12 years of age.

RELATED

EXPERIENCE **Youth Shelters & Family Services of Santa Fe, New Mexico**

Service Coordinator and Program Designer

November 2009 – November 2013

* Provided case management and care coordination to residents of a Transitional Living Program (TLP) and Supportive Housing Program (SHP) serving homeless youth.
* Provided interim program directing leadership which included supervision and scheduling of staff, facilitating staff meetings, managed program overall program functioning and logistics.
* Lead designer and implementer of the Supportive Housing program serving young adults.

**APS Healthcare of Hilo, Hawai’i**

Care Coordinator

December 2006 –February 2008

* Provided care coordination to adults with identified severe mental health symptoms.
* Provided consultation to medical and mental health collaterals regarding the wellness of clients.
* Provided orientation and training opportunities to new agency providers inter-island wide.

**Germaine Lawrence of Arlington, Massachusetts**

Program Coordinator

June 2005 – October 2006

* Created an academic and therapeutic day program for adolescent female residents who are receiving treatment.
* Provided supervision for staff, interns, and volunteers.
* Created a “Slam Poetry” event in which 15 residents were broadcasted on National Public Radio based in Boston, MA.

SCOPE

OF PRACTICE **Eclectic** **Therapeutic Orientation**

* Motivational Interviewing, Seven Challenges, Seeking Safety.
* Experiential Play, Sandtray, and Filial Family Therapy.
* Cognitive Behavioral, Dialectical Behavior and Mindfulness.
* Attachment and Systemic.
* Psychosynthesis, Emotionally-Focused Relational, Interpersonal Neurobiological.

**Areas of Specialty**

* Substance Use
* Family Relationships
* Depression and Anxiety
* Emotion Management
* Lifestyle Management and Coaching
* Emergency Response, Evaluation, and Triage.
* Supervision, Leadership, Guidance, Training, and Consultation.

**Treatment Method**

* Individual, Family, Group, Coaching , Supervision and Assessment.