Joshua Cortes

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PROFESSIONAL LICENSURE AND CERTIFICATIONS

Licensed Clinical Social Worker ***(LCSW)*** *7/24*
Certified Multi-Dimensional Family Therapist ***(MDFT)*** *12/22*
American Psychological Association ***(APA)*** & National Association of Social Workers ***(NASW)***: Board Member *01/20*

CLINICAL PRACTICE EXPERIENCE

Cortes Counseling, Oxford, CT
Founder & CEO *07/24- Present*

- Spearheads a team of dedicated and competent clinicians who provide mental health and medication management services to clientele with differential diagnoses of mild to severe mental health disorders and/or substance use disorders.
- Specializations and expertise are in: anxiety, depression, anger management, trauma/PTSD, career counseling, psycho-religious counseling, couples & marriage counseling, separation/divorce, and family and parenting counseling, and more.
- Utilizes empirical psychoeducation and psychometric particularities to facilitate greater outcomes in prognoses of mood affect lability, relational dynamics, intra/interpersonal conflictions, cognitive/behavioral processes, parenting practices, substance use, and all presenting client concerns.
- Conducts comprehensive biopsychosocial assessments to materialize precise diagnoses and develop specialized treatment plan goals, objectives, and interventions.

Stokes Counseling, Naugatuck, CT
Licensed Clinical Psychotherapist *09/23- 11/23*

- Identified clients with urgent mental health conditions and/or medical concerns (e.g. suicidality, homicidal proclivities, psychotic features, somatics/physiological ailments, etc.) and makes appropriate clinical provisions and/or referrals to appropriate healthcare providers and treatment facilities.
- Extensive experience working alongside clients mandated for treatment by the Department of Children and Families (DCF) and Connecticut Courts.

Boys & Girls Village (BGV), Bridgeport, CT
Licensed Child & Family Therapist *05/22- 02/24*

- Provided weekly individual and family therapy to 10+ adolescents ages 9-18 with mental health/behavioral health concerns and co-occurring substance use disorders to regulate diagnostic disorders and symptomatology.
- Collaboratively developed individualized and culturally sensitive treatment plans alongside adolescents, caretakers, clinicians, interdisciplinary teams, and community providers.
- Guided children and families through research-based psychoeducation on mental health, mood regulation, substance use disorders, effective parenting strategies, and interpersonal communication to improve familial dynamics.

The Department of Children & Families (DCF), New Haven, CT
Graduate Intern *05/21- 05/22*

- Led the Young Adult Program that guided 30+ adolescents in their development of self-efficacy through leadership skills, seminars, activism, and organized advocacy upon completion and discharge from state care.
- Cultivated an environment where client strengths and feedback were paramount to advancing agency policy, practice development, and direct services provided.

EDUCATION

Southern Connecticut State University (SCSU), New Haven, CT

- *Master of Social Work* ***(MSW)*****:** Concentration in ***Clinical Practice****; GPA-3.81* *'22*
- *Bachelor of Science in Communication* ***(B.S.)***: Concentration: *Interpersonal and Organizational Communication*
  Minor: *English Literature*; *GPA-3.62, cum laude* *'18*

CLINICAL SPECIALTIES, FORMAL TRAINING, AND AREAS OF EXPERTISE

- Anxiety Disorders
- Depressive Disorders
- Behavioral Disorders
- Autism Spectrum Disorders
- Attention-Deficit/ Hyperactivity Disorder and other Neurodevelopmental Disorders
- Personality Disorders
- Obsessive-Compulsive and Related Disorders
- Trauma- and Stressor-Related Disorders, Substance-Related and Addictive Disorders
- Disruptive, Impulse-Control, and Conduct Disorders
- Bipolar and Related Disorders
- Somatic Symptoms and Related Disorders
- Sexual Dysfunction Disorders
- Gender Dysphoria
- Parasomnias and Sleep-Wake Disorders
- Feeding and Eating Disorders

SCHOOLS OF PSYCHOLOGY, THEORETICAL FRAMEWORKS, INTERVENTIONS, AND MODALITIES

- Humanistic Psychology
- Existential-Phenomenological Psychology
- Jung's Analytical Psychology
- Adler's Individual Psychology
- Freud's Psychoanalysis
- Frankl's Logotherapy
- Cognitivism
- Behaviorism
- Behavioral Neuroscience
- Evolutionary Psychology
- Developmental Psychology
- Quantitative Psychology and Psychometrics
- General Intelligence/IQ and Cognitive Testing
- Trait Theory and The Big Five Personality Traits Model
- Gottman's Cascade Model of Relational Dissolution
- Skinner's Radical Behaviorism
- Applied Behavior Analysis (ABA)
- Pavlov's Classical Conditioning
- Erikson's Theory of Psychosocial Development
- Objects Relation Theory
- Maslow's Hierarchy of Needs
- Piaget's Theory of Cognitive Development and Genetic Epistemology
- Psychodynamic Psychotherapy
- Beck's Cognitive Behavioral Therapy (CBT)
- Linehan's Dialectical Behavioral Therapy (DBT)
- Rogerian (Person-Centered) Psychotherapy
- Strategic Family Therapy
- Minuchin's Structural Family Therapy
- Exposure Therapies
- Assertiveness Training
- Gestalt Therapy
- Psycho-religious Counseling and Faith-Based Therapy
- Feminist Therapy
- Solution-Focused Therapy
- Task-Centered/Problem-Solving Therapy

ADDITIONAL PROFESSIONAL EXPERIENCE

SCSU, New Haven, CT

Graduate Assistant- *The Office of Career & Professional Development* *05/21- 05/22*

- Facilitated bi-weekly career exploration workshops among 40+ disenfranchised high school students that aided in an 80% success rate of client satisfaction reporting in service quality.
- Developed, produced, and analyzed all educational material, resume writing, programming, and occupational development curricula with pre- and post-testing measures.

Welcome 2 Reality, Waterbury, CT

Graduate Intern *05/20- 05/21*

- Held weekly strengths-based workshops that aided 20+ at-risk and/or previously incarcerated youth in attaining independent sustainability.
- Raised awareness of media literacy and the dangers of technology/social media by educating and empowering youth through creative visual productions that were featured on NBC CT news.

Connecticut Youth Resources, North Haven, CT

Certified Therapeutic Youth Mentor *05/18- 05/21*

- Mentored 15+ adolescent males with substance use, behavioral health, and cognitive/executive functioning difficulties.
- Aided development in youth's life skills, prosociality, and emotional stability through specialized programming and lesson planning.

PROFESSIONAL REFERENCES

Stockton University, Galloway, NJ
Joseph Bertolino, MSW, Ed.D.; *President of Stockton University*

- Joe.bertolino@stockton.edu
- (917)647-3809
- Former supervisor while he was President of Southern Connecticut State University from 2017-2018.

Anchored Soul Counseling, North Haven, CT
Shane Mahon, LCSW; *Owner, Practice Manager, Lead Clinician*

- Shane@anchoredsoulcounseling.com
- (203)980-7454
- Current practice supervisor.

Elevate Therapy, Milford, CT
Adrian Rodriguez-Targa, LCSW; *Owner and Director*

- Arodtarga@elevatetherapyct.com
- (203)-654-6699
- Current practice supervisor.

Bespoke Therapy, Milford, CT
Justin Branham, APRN; *Advanced Practice Registered Nurse*

- justin@bespoketherapyct.com
- (203)318-4177
- Current colleague and collaborator

BTS Counseling & Wellness, Shelton, CT
Brooke Sarno, LCSW; *Owner and Lead Clinician*

- Bsarnolcsw@gmail.com
- (203)580-6879
- Current colleague and collaborator

Stokes Counseling Services, Naugatuck, CT
Evan LeClair, LCSW; *LMSW Supervisor*

- Evan@stokescounseling.com
- (774)406-4924
- Former LMSW supervisor from 2023-2024.

Connecticut Department of Mental Health & Addiction Services (DMHAS), Middletown, CT
John Fernandes, LCSW; *Forensic Clinical Social Worker*

- John.fernandesjr@ct.gov
- (203)-751-1261
- Former LMSW supervisor in 2024.

Department of Children & Families (DCF), New Haven, CT
Tony Kinder, MSW; *Social Work Supervisor*

- Tony.kinder@ct.gov
- (203)584-4144
- Former DCF supervisor for my second graduate internship while attaining my MSW in 2021-2022.

Stallworth Counseling, Waterbury, CT
Marcus Stallworth, LMSW; *President & CEO*

- Info@stallworthcounseling.com
- (203)759-8928
- Former supervisor for my first graduate internship while attaining my MSW in 2020-2021.