

DR. ELIZABETH WOODRUFF

LICENSED CLINICAL SOCIAL WORKER

CONTACT

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PROFILE

Experienced Licensed Clinical Social Worker committed to delivering high-quality therapeutic services to individuals, couples, and families. Specializes in employing a range of therapeutic approaches, including Cognitive Behavioral Therapy (CBT), Behavior Therapy, Solution-Focused Therapy, and Eye Movement Desensitization and Reprocessing (EMDR), to foster personal growth, resilience, and wellness. Dedicated to tailoring treatment plans to meet the unique needs of each client, aiming to help them achieve their fullest potential through enhanced self-understanding and coping strategies.

SKILLS

- EMDR CERTIFIED
- QUALIFIED SUPERVISOR
- MOTIVATIONAL INTERVIEWING
- GRANT WRITING

EXPERIENCE

Contractor for Forensic and Clinical PsychExperts, LLC
February 2024 – Present

Conducts individual EMDR therapy sessions, collaborates with legal professionals to educate on trauma's psychological aspects and EMDR therapy, advocating for trauma-informed approaches in the legal system

Program Director of Discovery Mood and Anxiety
January 2023 – November 2023

Oversee all aspects of the program to ensure quality and initiate any quality improvement that may be necessary. Lead program operations, ensuring compliance with quality standards, health policies, and licensing regulations. Facilitate effective team communication and client progress through weekly Treatment Team Meetings.

Lead Clinical Director at Gulfstream Goodwill
July 2021 – October 2022

Oversee a multidisciplinary staffing team in a Housing First program utilizing harm reduction philosophies and motivational interviewing while using a trauma informed care lens. Provide continuity of care between homeless programs. Prepare findings, diagnostic impressions, diagnosis, and recommendations. Present information, written and verbal, to team members, participants, and supervisors for the purpose of caseload management and/or case review. Provide formal and informal clinical and administrative supervision to team members as per HUD and agency policies and procedures.

EDUCATION

DSW – DOCTOR OF SOCIAL WORK

FLORIDA ATLANTIC UNIVERSITY

2019-2022

MSW – MASTER OF SOCIAL WORK

FLORIDA ATLANTIC UNIVERSITY

2014-2016

Bachelor of Science in Psychology

PALM BEACH ATLANTIC UNIVERSITY

2003-2008

The Banyan Group Private Practice

April 2019 - Present

Provides therapeutic intervention services to children, adolescents and adults using individual and family therapy and crisis intervention. Maintain electronic files and documentation in compliance with state and federal standards.

Banyan Treatment Center

April 2020 – July 2021

Counsel and advise individuals or groups with substance abuse problems. Educate families and groups on substance treatments and prevention programs. Develops, implements, and evaluates clinical guidelines and protocols to establish appropriate utilization of services. Facilitation of group services,

SPECIAL TRAININGS

- EMDR Certified
- Mental Health CPR Training
- Motivational interviewing
- TF-CBT
- DBT Training

PUBLICATIONS

*JOURNAL OF EVIDENCE
BASED SOCIAL WORK (2023)*

INTERNSHIPS

2014 – 2015

Foundation Year

West Palm Beach, FL

The Arc of Palm Beach County – Adult Residential

Field Supervisor: Holly Stewart

Residential care with adults with developmental disabilities

2015 – 2016

Concentration Year

West Palm Beach, FL

Center for Family Services – SAFE KIDS

Field Supervisor: Andres Torrens

General counseling includes anxiety, couples counseling, bereavement counseling, behavioral issues with children and counseling sexually abused children using Trauma-Focused Cognitive Behavioral Therapy and addictions.

