

Sheena O'Brien MA LP
1360 Energy Park Drive, Suite 340
Saint Paul, MN 55108

Professional Experience

- 3/2007 - Present Licensed Psychologist**
River City Clinic, St. Paul, MN
- * Provide therapy for clients with anxiety and depression
 - * Assist young adults with life transitions including relationships, colleges, and housing
 - * Demonstrate cultural competence with clients who immigrated to the United States
 - * Career counsel with interest inventories, resume writing, and interviewing techniques
 - * Specialize in employment assistance including leadership, team building, and workforce development with site visits available
- 11/2005 - 3/2008 Minnesota Outreach/Admissions and Career Transition Manager**
Hubert H. Humphrey Job Corps Center, St. Paul, MN
- * Managed the performance and development of four Admissions Counselors, three Career Transition Specialists, and two Administrative Assistants
 - * Oversaw the Admissions process ensuring applicants are eligible, suitable, and prepared to transition to Job Corps. Coordinated with departments on center to prepare for student needs in the areas of Health and Wellness, Academics, Vocations, and Residential Living
 - * Ensured graduates received assistance to transition in housing, transportation, child care, health care, food and nutrition, budgeting, job retention, and legal services
- 3/2001 - 11/2005 Manager of Counseling Services/CPP (Career Preparation Program)**
Hubert H. Humphrey Job Corps Center, St. Paul, MN
- * Managed the performance and development of five Counselors, Career Preparation Specialist, and Administrative Assistant
 - * Implemented and monitored a variety of programs including: Individual Counseling Services; Group Counseling; Career Preparation Program; Student Performance Evaluations; Reproductive Health Program; Diversity Council and Peer Mentoring
 - * Facilitated a variety of staff trainings in various forms
 - * Provided technical assistance and training to Counseling Managers from Blackwell, Brunswick, Detroit, Flint, New Haven, Sacramento, San Diego and Turner Job Corps Centers
- 2/1998 - 3/2001 Counselor**
Hubert H. Humphrey Job Corps Center, St. Paul, Minnesota
- * Conducted individual student assessments and counseling sessions
 - * Facilitated group counseling and crisis intervention
 - * Administered student performance evaluations
 - * Instructed student social skills training
 - * Supervised counseling interns

Education and Licensure

University of Wisconsin: River Falls
Saint Mary's University of Minnesota
Minnesota Board of Psychology

Bachelor of Science Degree in Psychology
Master of Arts Degree in Counseling
Licensed Psychologist

