

Lana Gollyhorn

Lana Gollyhorn, M.A., Psychotherapist, LLC
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Professional Summary

I am a mental health clinician specializing in counseling and therapy for children, adolescents, and their families. I conduct individual, group, and family therapy in addition to parent education and training. My approach to diagnosis and treatment is supportive, multidisciplinary, and evidence-based in order to produce the most clinically sound and substantive outcomes. By developing positive rapport and an authentic, healthy relationship, I guide young people and their parents in understanding how social, emotional, and cognitive strengths can serve as the foundation for insight and positive changes. I develop individual treatment plans in a collaborative process that highlights realistic and sustainable solutions for difficulties ranging from mild to severe and including academic, social, and emotional. I support and guide children and adolescents in exploring how to minimize their difficulties through a deeper understanding of self, from the use of personal strengths and relationships, and by identifying and maintaining behaviors that promote improved mental health.

Key Skills

Psychological treatment and diagnosis: Twelve years of experience as therapist, counselor, diagnostician, and clinical interviewer. Write clinical treatment plans, conduct individual, group, and family psychotherapy. Administer and interpret psychological assessment tools including: SCID; Folstein Mini-mental status, WAIS, WISC, MMPI, CIDI-SAM, DIS. DSM-IV assessment and diagnosis. Excellent motivational interviewing skills, quickly develop rapport with children, parents, adolescents.

Curriculum/Program development: Develop and administer original clinical and leadership curriculums to mental health professionals and parents. Supervision and education topics including differential diagnoses, addressing difficult or unique family pathology, understanding and motivating behavior change in clients.

Executive management and leadership: Three years of experience running all daily operations of in-patient mental health facility. Includes supervising master's clinicians and bachelor's level counselors on patient diagnosis and treatment, recruiting administrative and clinical staff, personnel management, understand and administer legal mandates, maintain safety among extremely ill, volatile, and dangerous patients. Maintained clinical caseload treating adolescents and their families in conjunction with administrative tasks.

Research design, implementation, and interpretation: Three years of experience conducting original research, studying empirical and case studies and collaborating as research assistant. Interpret research results, communicate complicated scientific concepts to lay persons and non-academic medical professionals at all levels of clinical practice.

Academic and clinical medicine: 2 1/2 years of robust full-time medical school coursework and clinical physician training. Extensive knowledge in human development, anatomy, physiology, pathology of disease, pharmacology, and clinical protocol. Understand human disease and its implications on body systems and mental health including cognitive, social, and occupational functioning. Excellent motivational interviewing skills support patient lifestyle and behavior change.

Pharmaceutical knowledge and training: Extensive clinical and academic pharmaceutical knowledge obtained through medical education, pharmacy technician training and experience, and professional experience as in-patient mental health clinician and administrator.

Professional Experience

Child, Adolescent, and Family Therapist

Lana Gollyhorn, MA, Psychotherapist, LLC- Denver, CO

Private practice psychotherapist treating children, adolescents, and families. Extensive experience with ADHD and related emotional lability, social conflict. Multi-modal treatment plan development, collaborative approach with parents, school, other treatment professionals. Additionally treat mood disorders, anxiety, social difficulties, transitions/grief, family conflict, substance abuse, trauma. Evidence-based and supportive approach to treating emotional and behavioral problems, teach child and adolescent clients skills that support therapy including: relaxation techniques such as exercises to reduce insomnia, panic, and anxiety.

Osteopathic Medical Student**Rocky Vista University-** Parker, CO

7/09-11/11

Full-time academic and clinical training towards Doctor of Osteopathic Medicine (D.O.) degree. Academic curriculum included gross anatomy, physiology, pathology of disease, pharmacology, and clinical skills. Trained in sterile field and aseptic technique (including gowning and gloving), physical exam and diagnosis of all body systems (including psychiatry, neurology, cardiovascular, respiratory, neurological, HEENT, w/ special emphasis on musculoskeletal), injections/venipuncture/IV/glucose monitoring, catheter placement and maintenance, lumbar puncture, sutures and first aid, patient history taking, hands-on musculoskeletal diagnosis and osteopathic manipulative therapy (OMT), medical terminology and documentation, medical ethics, patient education and motivational interviewing/behavior change. Certified in advanced basic life support (BLS), adult and infant.

Research Assistant

7/06-7/08

University of Colorado School of Medicine – Denver, CO

Volunteer part-time research position in exchange for professional mentoring and research experience. Worked in three-person team on two studies in adolescent psychiatry; Conduct Disorder in Asian adolescents and empathy in adolescents with conduct disorder. Responsible for administering diagnostic psychological interviews to research subjects, offering clinical feedback on subject interviews, recruiting research subjects, organizing research protocols. Independent project: Reviewed the National Epidemiological Study on Alcohol and Related Conditions (NESARC) to test the nativity paradox related to mental illness rates in Mexican American immigrants.

Assistant Treatment Director

8/03-11/05

Third Way Center, Lincoln Facility – Denver, CO

Supervise therapists and mental health counselors in clinical and business operations of 24-bed residential treatment center for mentally ill adolescents in urban Denver. Responsible for evaluating and executing program and services including: client placement and treatment planning, hiring and training new staff, supporting staff in clinical education and life/work balance, train staff on state and federal mandates, ethical issues. Conducted weekly agency-wide supervision for mental health counselors. Organized agency-wide events, solicited for donated goods and services. Offered Clinical Director position of Lincoln facility in August 2004, offered Clinical Director position of York facility in September 2005.

Psychotherapist

3/01-8/03

Third Way Center, York and Lincoln Facility – Denver, CO

Supervise five bachelor's level counselors in daily operations of 16-bed residential treatment center in central Denver. Provided DSM-IV diagnostic assessment for adolescent clients. Developed treatment plans. Conducted individual, group, and family therapy as part of a multi-disciplinary team. Collaborated with caseworkers, client managers, and human services to support client in meeting treatment goals. Selected to work with psychiatrist in conducting weekly client medication evaluation. Developed a curriculum for a grief group, led group and trained other therapists in grief therapy. Advocated for best interest of client and community in legal hearings. Trained teachers at Third Way's Joan Farley academy high school in: case conceptualization, understanding client's level of functioning, conflict medication, client assessment, behavior modification.

Clinical Interviewer and Diagnostician

9/99-2/01

University of Colorado at Denver, Department of Psychology – Denver, CO

Study examined "role of diagnosis and medication use in effects of maternal depression on infant-directed speech". Provided DSM-IV diagnostic assessment using SCID (Structured Clinical Interview for Diagnostic Assessment). Produced report including participants' SCID results, mental health and medical history, general response to interview. Provided administrative support by organizing interviews with subjects. Referred subjects to mental health resources as needed. Trained new research assistants in interviewing, and in SCID administration.

Mental Health Counselor

8/98-3/01

Third Way Center, York Facility – Denver, CO

Supervised milieu in a residential treatment center for severely mentally ill adolescents. Provided crisis intervention, group therapy, supervised individual counseling. Taught independent living and social skills. Set behavioral guidelines and maintained safety and operations of treating setting. Planned and supervised recreational activities. Certified to dispense medications. Dispensed medication to clients on a daily basis. Maintained confidential resident files. Worked as member of a team in executing individual treatment plans.

Private Tutor/Academic Coach - Special Needs and Gifted Students

9/95-6/97

Self-employed- Marquette, MI; Granby, CO

Tutored elementary and junior high school students with learning disorders, mental illness, and behavioral problems. Educated

parents, school teachers, and faculty on students' academic and behavioral challenges related to learning disorder or mental illness. Developed structured plans for school and home learning. Attended parent-teacher conferences, IEPs, relevant meetings to discuss student progress. Taught home-school lessons to six children, ages 5-15. Developed individualized quizzes and exams, learning tools/games according to the needs of student (processing disorders, verbally gifted, ADHD, etc.)

Education

Rocky Vista College of Osteopathic Medicine; Parker, CO 7/09-11/11

Full-time medical student; academic and clinical training

University of Colorado at Denver; Denver, CO 8/06-5/09

Biomedical science coursework pre-requisite for medical school entrance

University of Colorado at Denver; Denver, CO 7/99-5/01

M.A., Clinical Psychology

Michigan State University; East Lansing, MI 8/91-8/95

B.S., Psychology w/ pre-medical emphasis

Honors and Awards

Rocky Mountain Psychological Association 1/01

Awarded the Student Paper Award for Research in Clinical Psychology for "Intra-familial Confidentiality in Adolescent Psychotherapy" based on master's thesis

Rocky Mountain Psychological Association 5/01

Presented research paper "Intra-familial Confidentiality in Adolescent Psychotherapy"

Rocky Vista University College of Osteopathic Medicine 7/09

Dean's Scholarship, awarded \$20,000

DOCARE International 2/10

Selected for medical mission to Guatemala providing primary care in five rural villages. Conducted interviews and physical exams in Spanish. Educated patients on nutrition, oral hygiene, preventative healthcare.