

# KYM GOLDSMITH, M.A., LMHC

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🏠 276 Massachusetts Avenue #503, Arlington, MA 02474

## Profile

Licensed mental health clinician with over ten years experience supporting youth and families coping with mental health issues. Knowledgeable and engaged in working with gender expansive folx. Well-versed in collaborating with multiple levels of care providers, including parents, teachers, and outside agencies to ensure positive outcomes for clients.

## Certifications

Licensed Mental Health Clinician, license number 9582

Passed MA Tests for Educator License

Certified Assessor, Massachusetts CANS Assessments

## Counseling Experience

### ***Project Success Gibbs and Ottoson Clinician, September 2019 - present***

*Arlington Youth Consultation Center, School Based Program, Arlington, MA*

- ◆ Provide individual counseling to students with challenge including stress/anxiety, anger management, family relationships, and LGBTQ+ specific concerns
- ◆ Utilize CBT, DBT, play as therapy, IFS informed treatment, trauma specific treatment, and trans positive treatment modalities to create client focused counseling focused on building resiliency within an accepting, non-judgmental therapeutic relationship
- ◆ Support clients in various stages of “coming out” as LGBTQ+ at school, at home, and in the community, and educate caregivers about the importance of family acceptance
- ◆ Participate in IEP/504 eligibility meetings alongside parents and teachers
- ◆ Coordinate referrals for in-home family therapy, wraparound services, and medication

### ***School-Based Clinician, September 2014 - September 2019***

*Arbour Counseling Services, Woburn, MA*

- ◆ Provided weekly school-based counseling to students in grades K-8 in two schools
- ◆ Formulated treatment plans based on comprehensive biopsychosocial assessments and strengths-based treatment goals
- ◆ Participated in IEP/504 eligibility meetings alongside parents and teachers
- ◆ Collaborated with teachers, guidance counselors, and administration around behavioral and emotional needs of students
- ◆ Coordinated referrals for in-home family therapy, wraparound services, and medication

### ***Fee-For-Service Clinician, Outreach Team, October 2009 - June 2011***

*South Shore Mental Health, Bayview Associates, Quincy, MA*

- ◆ Provided in-home therapy (IHT) via outreach to home, school, and community settings for children, adults, and families
- ◆ Worked both independently and as part of a treatment team to provide crisis intervention and family stabilization that supported both individuals and families
- ◆ Supported clients' treatment objectives through collateral contacts, advocacy work, and linkage to additional services and resources

**Counseling and Related Experience**

***School Counselor (Graduate Intern), September 2008 - June 2009***

*Arlington Youth Consultation Center, School Based Program, Arlington, MA*

- ◆ Served as elementary school counselor while receiving off-site supervision
- ◆ Provided individual counseling to students with diverse backgrounds on issues including academics, stress/anxiety, anger management, and family relationships
- ◆ Developed and implemented group counseling sessions for students focusing on social pragmatics, friendship skills, and transition to sixth grade/middle school
- ◆ Participated in “Student At Risk,” IEP, and student support meetings weekly

***Co-Facilitator, May 2013 - Present***

*Momoirs, A Therapeutic Writing Group for New Mothers, Arlington, MA*

- ◆ Employ writing prompts that encourage group members to explore changes in their identity, relationships and life within a safe group environment
- ◆ Utilize active listening and reflecting skills to model open, honest, non-judgmental communication between group members

***Volunteer Group Facilitator, October 2009 - June 2014***

*The Children's Room, Arlington, MA*

- ◆ Co-led opening circle activities, games, and discussion for tweens/teens pertaining to a specific aspect of the grieving process
- ◆ Engaged one-on-one with tween/teen group members during free play in the art room, games room, or high-energy room
- ◆ Utilized reflection and awareness skills to connect with group members around topics that may have come up during the opening circle time

**Education**

**Master of Arts in Clinical Mental Health Counseling, Holistic Studies Specialization**

*Lesley University, Cambridge, MA, May 2009*

**Bachelor of Science in Psychology, Spirituality, and Writing as Healing Modalities**

*Lesley University, Cambridge, MA, May 2006*

**Professional Development**

Gender Identity, Gender Expression, and Sexual Orientation: Promoting Resilience and Healthy Outcomes for LGBTQ and Gender Diverse Students, March 2022, MaMHCHA

LGBTQ Youth in the Commonwealth - The Kids are NOT Alright!, February 2022, MaMHCA

Internal Family Systems (IFS): Development, Application and Transformational Model to Effectively Help Clients Improve Well-Being, January 2022, PESI

Understanding Your Own Cultural Identity and the Impact of Systemic Racism on Education, November 2021, MaMHCA

Racial Justice Teach-In - A Five Part Series, January-March 2021, Town of Arlington

How to Leverage Conversation with Youth on Race, Equity and Black Lives Matter - A Five Part Series, October-December 2020, Massachusetts Partnerships for Youth

Youth Mental Health First Aid, Certified First Aider Training, March 2019, CHA Malden