

Pamela Fraley

PROFILE

- Extensive counseling, therapy, assessment, child and family advocacy, and crisis intervention experience
- Thorough knowledge and understanding of community counseling, childhood development, mental health diagnoses, therapeutic techniques, positive parenting strategies, suicide prevention, and trauma
- Strong interpersonal, listening, and facilitative skills - Excellent organizational, analytical and problem-solving abilities
- Excellent relationship-building skills - Strong administrative, instructional, advising, and consultative abilities
- Strong work ethic - Patient, empathetic, compassionate - Team player - Flexible - Attention to detail

EDUCATION

University of Alabama at Birmingham – Birmingham AL | 1997

- Master of Arts Degree in Agency Counseling
- GPA 3.84 - Chi Sigma Iota National Counseling Honor Society

University of Montevallo – Montevallo AL | 1992

- Bachelor of Arts Degree in Early Childhood/Elementary Education
- GPA 3.83 - Magna Cum Laude - Class Academic Honors - Phi Kappa Phi Honor Society
- Alpha Lambda Delta Honor Society - Lambda Sigma Pi Women's Honor Society
- Kappa Delta Pi Education Honor Society - Alpha Psi Omega Theatre Honor Fraternity - College Night Production

EXPERIENCE

Jefferson Blount St Clair Mental Health Authority – Birmingham AL | 2013-23

- Evaluation Specialist/Follow-Up Therapist (Children's Services)
- Provided complete assessment, including mental health, alcohol/drug screening to clients
- Provided individual therapy, parenting techniques, and family therapy
- Established rapport with difficult populations and offered comfort
- Utilized CBT, REBT and Person-Centered therapeutic techniques
- Collaborated with coworkers while assisting and advocating for families

Jefferson Blount St Clair Mental Health Authority – Birmingham AL | 2000-13

- In-Home Clinical Team Leader (Children's Services)
- Worked with partner to stabilize crisis situations in severely emotionally disturbed youth
- Provided weekly individual therapy, parenting strategies, and family therapy
- Established rapport with difficult populations and offered comfort
- Consulted with community agencies to advocate for children and families

Bradford Health Services – Pelham AL | 1999-00

- Primary Counselor (Assessment and Referral Center)
- Provided Individual, group therapy, and crisis intervention to adolescents in residential setting
- Utilized effective interpersonal, facilitative, and problem-solving skills

Family Violence Center – Birmingham AL | 1998-99

- Child Advocate
- Provided counseling and emotional support - Offered supplies and basic necessities to children
- Assisted adult residents with parenting skills - Provided individual instruction and advice
- Facilitated weekly support group for children exposed to domestic violence
- Utilized effective interpersonal, facilitative, and problem-solving skills

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The Crisis Center – Birmingham AL | 1997-98

- Rural Outreach Case Manager (Rape Response)
- Coordinated and provided education in community settings - Provided direct services to clients
- Addressed emotional needs and concerns of clients - Supervised crisis and suicide line volunteers

The Crisis Center – Birmingham AL | 1996-97/1998-2008

- Crisis and Suicide Line Volunteer
- Addressed needs and concerns of clients in crisis - Utilized crisis intervention model to counsel wide variety of callers
- Provided direct services to clients - Utilized effective listening, facilitative, and problem-solving skills

The Crisis Center – Birmingham AL | 1996-97

- Counseling Intern/Practicum Student
- Provided individual counseling to rape survivors - Addressed needs and concerns of clients in crisis
- Utilized crisis intervention model to counsel wide variety of callers - Provided direct services to clients
- Utilized effective listening, facilitative, and problem-solving skills

COMMUNITY/PROFESSIONAL

- Alabama Counseling Association
- Chi Sigma Iota National Counseling Honor Society
- Crisis Prevention and Intervention Certification
- World Games (Volunteer)
- US Figure Skating Championships (Volunteer)
- National Theatre on Ice Competition (Volunteer)
- University of Montevallo Alumni Association
- US Figure Skating Association
- Birmingham Figure Skating Club (Board Member)