

Curriculum Vitae

LEAH M. HOLLE, MAR, LCSW, CEDS

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EDUCATION

PhD	<u>University of Connecticut</u> <i>PhD in Social Work</i>	August 2021-Present
MAR	<u>Yale University</u> <i>Master of Arts in Religion</i> Concentration in Clinical Pastoral Care and Counseling	May 2018
MSW	<u>University of Connecticut</u> <i>Master of Social Work</i> Concentration in Clinical Casework: Mental Health & Substance Abuse	May 2017
BA	<u>Greensboro College</u> <i>Bachelor of Arts: Psychology and Religion</i> Minors: French and Humanities Graduated Magna Cum Laude	May 2014

HONORS AND AWARDS

Young Alumni Award, Greensboro College	2021
Recipient for demonstrating outstanding service and/or accomplishment in both personal/professional life.	
Roothbert Fellowship	2016-2018
Awarded for a strong commitment to social justice through spiritual and holistic care in the field of mental health.	
Department of Mental Health (DMHAS) Fellowship, UConn	2016-2017
Recipient for clinical services provided to Young Adult Services program.	
Distinguished Psychology Student Award, Greensboro College	2014
Recipient for research achievement within the field of Psychology.	
Excellence in Religious Thought Award, Greensboro College	2014
Recipient for distinguished levels of scholarship within the field of Religion.	
Community Impact Service Award, Greensboro College	2013
Recipient for outstanding leadership and service within Greensboro community.	
Taylor Dixon Scholarship Recipient, Greensboro College	2012, 2013
Awarded for a strong commitment to social justice through spiritual and holistic care in the field of mental health.	

Alpha Chi, Greensboro College Inducted into national honor society for academic excellence and scholarship.	2014
Psi Chi, Greensboro College Inducted into national honor society for significant academic achievements within the field of Psychology.	2014
Theta Alpha Kappa, Greensboro College Inducted into national honor society for significant academic achievements within the field of Religion and Theology.	2014

PROFESSIONAL TRAINING

Licensed Clinical Social Worker (LCSW)

State of Connecticut Department of Public Health
License #10600

Certified Eating Disorder Specialist (CEDs)

International Association of Eating Disorder Professionals (iaedp)

Eye Movement Desensitization Reprocessing (EMDR) Certification

EMDR International Association: EMDR trained, 2020: certification pending

Accelerated Resolution Therapy Certification

International Society of Accelerated Resolution Therapy: Basic Training, 2019

RESEARCH EXPERIENCE

Master Thesis, University of Connecticut 2017

Advisor: Dr. Antonia Cordero

- *Take This Bread, Break This Body: Religion as a Risk Factor in the Development of Anorexia Nervosa*

Honors Thesis, Greensboro College 2014

Advisor: Dr. Jennifer Bird

- *A Psychological Diagnosis of Apostle Paul*

NBCC Foundation | Greensboro, NC 2014

Research Intern

- *IMPACT! Research Study*
 - Developed a system of assessment to through mixed-methods to assess the direct impact of scholarship and fellowship recipients. Analyzed collected data, and represented results in reports, and presented to the Board of Trustees for funding.

PROFESSIONAL EXPERIENCE

BHcare

Young Adult Services Clinical Team Lead: November 2020-Present | Branford/Ansonia, CT

- Fulfills all tasks of Young Adult Services Clinician while providing clinical supervision to YAS Residential Clinician while focusing on program development.
- Provides training and onboarding for all staff, and serves as point-person across both sites.
- Assists Program Manager with daily operations of the program including employee reviews, auditing, compliance with DMHAS contract, and improving program processes.

LOTUS COUNSELING OF CONNECTICUT

Social Worker & Eating Disorder Specialist: June 2019-August 2021 | Watertown, CT

- Predominantly treats people living with complex trauma, body image issues, and eating conditions.
- Completes trauma-informed care through intakes, individual and family therapy sessions.
- Addresses social injustices through activist and empowerment strategies on micro and macro levels.

BHcare

Young Adult Services Clinician: May 2018-November 2020 | Ansonia, CT

- Performs clinical/risk assessments, intakes, evaluations, and discharge planning.
- Facilitates individual, group, and family psychotherapy with young adults.
- Creates and implements person-centered, integrated and strengths-based recovery plans.
- Provides emergency assessment, mobile involvement and crisis intervention when necessary.
- Leads weekly meetings within the Young Adult Transitional Housing Program to provide clinical training and comprehensive care to clients through support of counseling staff.

THE CONNECTION, INC.

Therapist I: October 2017-March 2018 | New Haven, CT

- Served as primary clinician working in a community outpatient setting with chronic psychiatric, substance abuse, and low socioeconomic conditions in adults.
- Provided individual, family, couples, and group psychotherapy, while managing a caseload of over sixty clients.
- Managed and served as a primary clinician within the Women's Trauma-Informed Dual Diagnosis IOP.
- Conducted intake assessments, and implemented person-centered/strengths-based recovery plans.

CENTER FOR DISCOVERY

PHP/IOP Primary Therapist: April 2017-October 2017 | New Haven, CT

Consulting Therapist: October 2017-March 2018 | New Haven, CT

- Completed the Biopsychosocial assessment, and Comprehensive Treatment Plan upon admission into the eating disorder and/or mental health IOP/PHP for adolescents.
- Conducted individual psychotherapy sessions and conjoint family psychotherapy sessions.
- Led process-oriented, skills-based, and psychoeducational groups.
- Interfaced with insurance companies, providing appropriate clinical information to obtain initial certification and continuing certification as required.

BHcare

Young Adult Services Clinician Intern: September 2016-April 2017 | Ansonia, CT

- Performed clinical assessments, intakes, evaluations, and discharge planning.
- Conducted individual psychotherapy with young adults and facilitated family sessions.
- Conducted group psychotherapy for the Dual-Diagnosis IOP and Symptom Management IOP.

CENTER FOR DISCOVERY

Mental Health/Eating Disorder Coordinator: June 2016-April 2017 | New Haven, CT

- Ensured that the staff receives appropriate training and maintain the necessary level on competence required.
- Responsible for assuming that the facility runs smoothly, oversaw staff, and managed supplies.
- Served as liaison between Corporate HR department in delivery of HR services to staff at facility.
- Led psychoeducational, process and holistic group therapy with adolescent clients.

NEW HAVEN PUBLIC SCHOOLS

High School Social Work Intern: August 2015-June 2016 | New Haven, CT

- Facilitated individual counseling sessions to meet emotional, educational, and psychological needs.
- Created, fundraised, and built a “Coping Corner” based in DBT interventions within Student Services, and led weekly “Coping Skills” groups.
- Conducted necessary intake interviews, assessments, and annual reviews.

CENTER FOR DISCOVERY

Residential Counselor III: February 2015- June 2016 | Fairfield, CT

- Provided effective treatment for adult women with eating disorders and co-occurring diagnoses.
- Supported and assisted clients through entire treatment experience from admission to discharge.
- Led group therapy treatment sessions, and engaged in crisis management in the milieu.

ALAMANCE REGIONAL MEDICAL CENTER

Chaplain: May 2015- August 2015 | Burlington, NC

- Provided spiritual care throughout the hospital for patients, families and staff.
- Offered interfaith counseling, and served as a pastoral caregiver in cultural/faith diversity, advance care planning, major life transitions, end of life medical decision-making, and grief processing.
- Collaborated with multi-disciplinary team members to facilitate comprehensive and integrated holistic care.

PUBLICATIONS

Holle, L. (2018). *Take This Bread, Break This Body: Religion as a Risk Factor in the Development of Anorexia Nervosa* [Master’s thesis, UCONN]; Under Review in *Journal of Religion & Spirituality in Social Work* (7/2021).

Holle, L. (2018). *(RE)CONSTRUCTING A HOLISTIC THEOLOGY OF LIBERATION: An analysis of the intersection of mental health practice and liberation theology* [Master's Thesis, Yale University].

Holle, L. (2014). *A Psychological Diagnosis of Apostle Paul* [Undergraduate Honors Thesis, Greensboro College]. *Greensboro College Honors Archive*.

PRESENTATIONS AND LECTURES

George Center for Honors Study, “A Psychological Diagnosis of Apostle Paul,” Greensboro College, 2014.

Eating Disorder Training, “ED 101,” University of Connecticut, Spring 2017.

- provided a comprehensive overview of ED’s, risk factors, treatment modalities and assessments to UCONN School of Social Work.

Lotus Counseling of Connecticut, “ED 101: Learning Comprehensive Clinical Care,” 2020.

iaedp Annual Symposium, “The Ethical Treatment of Bodies: Intersectional Social Justice in Multidisciplinary Eating Disorder Treatment,” proposal accepted for 2021.

- Co-presenter with Em Reim Ifrach, LPC
 - Purpose of the presentation: to address intersectional social justice, multiple disciplinary teams and ethical ED Treatment. Participants will learn how intersectionality and multidisciplinary teams can ethically address healing poor body image, self-esteem and self-confidence.

PROFESSIONAL AFFILIATIONS

iaedp Chapter Member | 2020- Present

EMDRIA Member | 2020-Present

PROFESSIONAL SERVICE

Peer Partner

University of Connecticut, 2016

- Served as a mentor to incoming MSW students.

Research Co-Chair

iaedp New Haven/Hartford Chapter | August 2020-Present

Project Heal Partner

Project Heal | August 2020-present

- pro-bono clinical sessions for 2 clients per year to support with making eating disorder treatment more accessible to marginalized communities.

OTHER

Studied abroad at Université de Moulay Ismail in Meknès, Morocco for 2013 fall semester, and studied monotheistic religions, gender and sexuality.