

Anne Grisham Pleas, MC, LMHC

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Areas of Specialty

Chemical Dependency Assessments
Gender Specific Treatment
Relapse Prevention Counseling
Couples Counseling affected by Addiction
Mental Health Counseling
Strength based Counseling
Case management
Chemical Dependency Pre treatment
Family Law Evaluations
Mental Health Evaluations

Education

Masters of Counseling
Seattle University, Awarded June 1998
Bachelors of Psychology
Seattle University, Awarded June 1991
Certificate in Addiction Studies
Seattle University, Awarded June 1991

Experience

Mindful Therapy Group

October 2011 to present

Clinical Therapist and Addiction Specialist

Provide individual, couples and family therapy to clients with various Mood Disorders including depression, anxiety, OCD, bipolar, PTSD as well as those struggling with Substance Dependence or Abuse, relationship issues, grief and loss and boundary issues. Provide consultations as well as psychiatric evaluations with extensive experience in substance related criminal cases. Coordination of care with multidisciplinary team including physicians, attorneys, probation officers and psychiatrists.

Assessment and Treatment Associates

July 2006 to present

Family law chemical dependency evaluations
Chemical dependency evaluations
Mental health deferred prosecution evaluations
Mental health deferred prosecution counseling
Relapse prevention individualized treatment programs
Chemical dependency individualized treatment programs

Case management.

Residence XII Women's Chemical Dependency Treatment Facility April 2002-October 2011

Relapse Prevention Specialist.

Facilitate relapse prevention group for gender specific population

Facilitate individual counseling sessions.

Facilitate family individual counseling for the women and their family members.

Facilitate family group sessions including the clients and their family members.

Case management.

Facilitate relapse prevention lecture series to inpatient women weekly

Professional Health Associates 1999-2001

Treatment Director: managed staff in Seattle and Bellevue clinics.

Provided insurance authorizations for clientele.

Provided clinical file reviews, clinical yearly reviews.

Provided intern supervision.

Facilitated staff meetings and provided trainings for clinicians.

Individual sessions and intake appointments included treatment planning for all clientele.

Professional Health Associates 1998-2000

Relapse prevention and aftercare group counselor.

Facilitated individual sessions and provided chemical dependency assessments for adults and adolescents.

Case management.

Farwest Family Services 1999-2001

Mental health contract position

Provided mental health counseling to families, adolescents, couples and individuals.

Northwest Hospital Pain Committee 2001

Served as a consultant to the pain committee regarding chemical dependency issues, specifically those involving opiate dependence and tolerance with regard to surgical procedures and discharge planning. Made necessary referrals for alcohol and drug assessments and treatment.

Sunrise Mediplex Rehabilitation 1997-1998

Graduate level internship, inpatient psychiatric facility for adolescents and adults.

Adolescent and adult individual and group work and case management.

Milieu management with adolescents and adults.

Friends of Youth 1995

Alcohol and drug specialist for youth shelter program and family counseling.

Intakes, individual and group counseling for adolescents in shelter program.

<p>Careunit Clinics of Washington Provided chemical dependency assessments Facilitated aftercare groups Facilitated monthly monitoring groups Case management</p>	<p>1993-1995</p>
<p>Lakeside Recovery Centers Facilitated intensive outpatient program Facilitated aftercare groups Facilitated monthly monitoring groups Case management</p>	<p>1991-1993</p>
<p>Residence XII Bachelor level internship Co-facilitated women’s groups Co-facilitated individual sessions Facilitated educational lectures</p>	<p>1991</p>
<p>Alcohol, Drug 24 hour helpline Telephone volunteer</p>	<p>1989-1990</p>
<p>Alcohol, Drug 24 hour helpline Teen line Supervisor Supervised teenagers answering difficult calls Supported teenagers in facing fears of answering calls Answered calls when teens were unavailable Provided emotional support to teens for difficult calls</p>	<p>1990-1991</p>
<p>Central Seattle Recovery Center Volunteer in women’s aftercare program Helped recreate aftercare curriculum</p>	<p>1990-1991</p>
<p><u>Professional Certifications</u> Licensed Mental Health Counselor Certified Alcohol and Other Drug Information School Instructor</p>	
<p><u>Professional Memberships</u> NAADAC The Association for Addiction Professionals</p>	