

Gloria Seo

EDUCATION:

University of Maryland, Baltimore

May 2014

Master of Social Work

Concentration: Clinical

Specialization: Families and Children

- Trauma Education Connections Initiative (TECI), University of Maryland, School of Social Work
- Maternal and Child Health Bureau (MCHB) Leadership Education in Neurodevelopmental Disabilities (LEND) Trainee, Kennedy Krieger Institute

University of Maryland, College Park

May 2010

Bachelor of Science, Family Science

Minor: Asian American Studies

WORK EXPERIENCE:

Behavioral Tech, LLC

June 2022 – present

Trainer

Seattle, WA

- Present at trainings for Intensive and Foundational Dialectical Behavior Therapy (DBT)
- Present at trainings for Dialectical Behavior Therapy for Pre-Adolescent Children (DBT-C)
- Knowledgeable of content domains of standard Dialectical Behavior Therapy (DBT)
- Deliver information and knowledge in a manner that others can apply in clinical situations
- Assess problems and offer effective solutions accurately related to DBT
- Demonstrate the strategies, procedures, and protocols of standard DBT accurately

Behavioral Tech, LLC

July 2021 – June 2022

Presenter

Seattle, WA

- Present at trainings for Intensive and Foundational Dialectical Behavior Therapy (DBT)
- Present at trainings for Dialectical Behavior Therapy for Pre-Adolescent Children (DBT-C)
- Knowledgeable of content domains of standard Dialectical Behavior Therapy (DBT)
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- Demonstrate the strategies, procedures, and protocols of standard DBT accurately

Equilibrium Mental Health, LLC

December 2020 – present

Co-Owner/Therapist

Towson, MD

- Manage a caseload of 15-25 clients and their families, providing weekly individual and family therapy sessions
- Conduct diagnostic intakes, biopsychosocial assessments, and individualized treatment plans
- Formulated DSM 5 diagnoses to children and adult clients using the Schedule for Affective Disorders and Schizophrenia for School-Aged Children (KSADS) and the Diagnostic Interview for Anxiety, Mood, and Obsessive-Compulsive and Related Neuropsychiatric Disorders (DIAMOND)
- Create treatment plans specific to the client and his or her family's needs and reassess every six months
- Facilitate a variety of groups for both children and adults
- Utilize a variety of trauma-informed empirically based practices including Trauma Focused Cognitive Behavioral Therapy (TF-CBT), SMART (Safety, Mentoring, Advocacy, Recovery, and Treatment), and Parent Child Interaction Therapy (PCIT)
- Implement Dialectical Behavior Therapy (DBT) both individual and group treatment levels, complete with DBT consultation team and phone coaching.
- Implement Dialectical Behavior Therapy for Pre-Adolescent Children (DBT-C), complete with DBT-C consultation team and direct consultation from developer, Francheska Perepletchikova, Ph.D.
- Collaborate with Psychiatrists, Social Workers, Professional Counselors, School Personnel, Partial Rehabilitation Programs, and Community Agencies (DSS, DJS, Target Case Management, PRP services, Foster Care) in ongoing patient evaluation, treatment, discharge planning, and referral

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- Perform emergency petitions and crisis interventions as needed

University of Maryland, Baltimore – School of Social Work

January 2020 – present

Adjunct Faculty

Baltimore, MD

- Instruct a graduate level class of 25 students for 3 hours, once a week
- Educate students about evidence-based mental health treatment with children and adolescents
- Maintain a class syllabus, assignments, and additional material help for students
- Plan lectures and assignments to collaborate with necessary course curriculum
- Record student grades and track progress throughout semester
- Incorporate various technologies in the classroom including digital image projector and computer software
- Instruct classes through in-person and online platform

The Center for Child and Family Traumatic Stress at Kennedy Krieger Institute

July 2014 – Oct 2022

Clinical Social Worker III

Baltimore, MD

- Managed a caseload of 25-30 clients and their families, providing weekly individual and family therapy sessions
- Conducted diagnostic intakes, biopsychosocial assessments, and individualized treatment plans
- Formulated DSM 5 diagnoses to children and adult clients
- Created treatment plans specific to the client and his or her family's needs and reassess every six months
- Facilitated a variety of groups for both children and adults (social skills, self-care, sexual abuse, psychoeducation about trauma)
- Co-facilitated Strengthening Family Coping Resources (SFCR) a trauma-informed, empirically based, multi-family group
- Utilized a variety of trauma-informed empirically based practices including Trauma Focused Cognitive Behavioral Therapy (TF-CBT), SMART (Safety, Mentoring, Advocacy, Recovery, and Treatment), and Parent Child Interaction Therapy (PCIT)
- Implemented Dialectical Behavior Therapy (DBT) both individual and group treatment levels, complete with DBT consultation team and phone coaching
- Implemented Dialectical Behavior Therapy for Children (DBT-C), complete with DBT-C consultation team.
- Provided trauma-informed therapy services to specialized populations including military families
- Collaborated with Psychiatrists, Social Workers, Professional Counselors, School Personnel, Partial Rehabilitation Programs, and Community Agencies (DSS, DJS, Target Case Management, PRP services, Foster Care) in ongoing patient evaluation, treatment, discharge planning, and referral
- Served as collaborator with public school systems for creation of special education services via 504 plans/Individualized Education Program (IEP)
- Performed emergency petitions and crisis interventions as needed
- Provided supervision to interns and clinical staff.
- Participated as a member of the crisis management team, providing crisis intervention and support to clinical staff
- Participated in Cultural Awareness Committee (CAC) to create, present, and lead discussions on various topics to the department
- Provided orientation training for new interns and staff
- Dialectical Behavior Therapy (DBT) clinic coordinator, advocating for DBT team, providing consultation for staff, and maintaining DBT fidelity

The Center for Child and Family Traumatic Stress at Kennedy Krieger Institute

September 2013 – April 2014

Master of Social Work Intern

Baltimore, MD

- Managed a caseload of 5 clients and their families, providing weekly individual and family therapy sessions
- Co-facilitated caregiver group therapy sessions
- Utilized Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and The Family Center's Clinical Intervention Model
- Attended monthly cultural awareness meetings in order to better understand diverse populations served at Kennedy Krieger Institute
- Created and implemented a treatment evaluation checklist for new clinicians and interns

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- Prepared and presented a case presentation to clinical staff, which included a literature review on best practices for the client
 - Attended weekly multidisciplinary courses for the Maternal and Child Health Grant provided by Johns Hopkins University and the Leadership Education in Neurodevelopmental Disabilities Program

Good Shepherd Center,
Master of Social Work Intern
Baltimore, MD

September 2012 – May 2013

- Managed a caseload of 5 clients in a residential treatment center
- Provided weekly individual therapy sessions in a school based setting
- Completed comprehensive psychosocial assessments of clients in order to establish a individualized treatment plan
- Participated and collaborated in treatment team meetings to discuss clients' needs and treatment approaches

SKILLS:

Foreign Language: Fluent in Korean (Certified ACTFL)

Computer Skills: Proficient in Microsoft Outlook, Word, PowerPoint; Experienced in Microsoft Access and Excel

Professional Trainings, & Certifications: Certified Trauma Focused-Cognitive Behavior Therapy (TF-CBT) therapist, Dialectical Behavior Therapy-Linehan Board of Certification, Certified Clinician, PCIT Certified Clinician by PCIT International, SMART training, CPR AED program, Crisis Prevention Institute (CPI): Nonviolent Crisis Intervention Certification

PROFESSIONAL CERTIFICATIONS, PRESENTATIONS, & TRAININGS:

- Licensed Certified Social Worker – Certified (LCSW-C) – MD License Number 19948 Sept. 2016
- Board approved clinical social work supervisor May 2018

- Co-Presented: *Behavioral Tech: Intensive Dialectical Behavior Therapy Training – Part 1* April 2023
- Co-Presented: *Behavioral Tech: Foundational Dialectical Behavior Therapy Training* July 2022
- Presented: *Trauma and Mental Health Impacts on Youth During These Difficult Times* at NAMI Maryland's 39th Annual Conference Oct. 2021
- Co-Presented: *Dialectical Behavior Therapy for Children (DBT-C) Training for Experienced Clinicians – Behavioral Tech – Virtual Training* Aug. 2021/Jan.-Feb. 2022
- Presented: *Trauma and Mental Health Impacts on Youth During These Difficult Times* at COVID Connect – Maryland Department of Health and NAMI Maryland Feb. 2021
- Co-presented: *Trauma 101* at Youth Advocacy Project at Penn's School of Social Policy & Practice and Penn Carey Law School at the University of Pennsylvania Oct. 2020
- Presented: *Youth, Trauma and Mental Health in These Difficult Times* at NAMI Maryland's 38th Annual Conference Oct. 2020
- Co-Presented: *Risk Management Strategies for Caregivers: Effective Ways to Address Lethal Means* at Maryland's 32nd Annual Suicide Prevention Conference Oct. 2020

- Strengthening Your Practice of DBT With: Multiple Trainers through *Behavioral Tech* Oct. 2022
- SPACE (Supportive Parenting for Anxious Childhood Emotions) Training Workshop With: *Eli Lebowitz, Ph.D.* May 2022
- Dialectical Behavior Therapy for Substance Abusers With: *Linda Dimeff, Ph.D.* May 2022
- Comprehensive Behavioral Intervention for Tics (CBIT Workshop) With: *Michael Himle, Ph.D.* Jan. 2022
- Working with Anxious Youth: Clinical Strategies Within Empirically Supported Treatment With: *Philip C. Kendall, Ph.D.*, Temple University – Developer of Coping Cat Jan. 2021
- Parent Child Interaction Therapy (PCIT) Aug. 2020/Oct. 2020

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- DBT Skills for Adolescents & Families
With: *Jill H. Rathus, Ph.D., Alec L. Miller, Psy.D., Marsha M. Linehan, Ph.D., ABPP* Nov. 2020
 - Dialectical Behavior Therapy for Children (DBT-C) Training for Experienced Clinicians
With: *Francheska Perepletchikova, Ph.D. – Developer of DBT-C* July 2019/Aug. 2020
 - Crisis Prevention Institute (CPI): Nonviolent Crisis Intervention Certification May 2019
 - Certification from American Council on the Teaching of Foreign Languages – Korean May 2019
 - 5 Day DBT Foundational Training via Behavioral Tech Dec. 2018
 - Mindfulness Based Stress Reduction Intensive 2-Day Workshop Jan. 2018
 - Dialectical Behavior Therapy Intensive Certificate Course May 2017
 - Certified Trauma Focused-Cognitive Behavior Therapy (TF-CBT) therapist Fall 2016