

## Brittany Leigh Trimble, MSW, LCSW

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### CLINICAL EXPERIENCE

- 06/19 - Present **TRIMBLE THERAPY** New York, NY  
*Founder and Outpatient Therapist*
- Provide in-person therapy and tele-therapy to adults and adolescents with trauma, PTSD, depression, anxiety, OCD, personality disorders, eating disorders, and other psychosocial stressors.
  - Conduct individual and family therapy sessions.
  - Provide trauma-informed care in all interactions with clients and their families.
  - Deliver evidence-based treatments, including CBT, DBT, ERP, MI, and IFS.
  - Manage client care throughout the course of treatment by conducting assessments, developing and modifying individualized treatment plans, completing documentation, managing crisis situations, and collaborating with other treatment providers.
- 03/18 - 05/19 **THE JOSEPH J. PETERS INSTITUTE** Philadelphia, PA  
*Outpatient Therapist*
- Provided therapy to caseload of 30 adults, adolescents, and children with complex trauma histories and co-occurring disorders at an FQHC and a community mental health center.
  - Practiced trauma-informed care during all interactions with clients.
  - Utilized evidence-based treatment models: TF-CBT, CBT, ERP, DBT, and IFS.
  - Developed and modified client-centered treatment plans with specific goals and objectives
  - Managed crisis situations to ensure quality client care and the safety of both client and community.
  - Supervised a graduate social work school intern by providing weekly clinical supervision and conducting evaluations.
- 10/17 - 06/19 **THERAPY FOR SUCCESS** Philadelphia, PA  
*Outpatient Therapist*
- Provided individual therapy in a private practice setting to a caseload of 20 adults and adolescents with trauma, PTSD, bipolar disorder, depression, anxiety, OCD, personality disorders, eating disorders, and other psychosocial stressors.
  - Utilized evidence-based treatment models, including CBT, ERP, DBT, and IFS.
  - Directed client care throughout the course of treatment by conducting intake assessments, creating treatment plans, providing weekly therapy, completing documentation, collaborating with other treatment providers, and discharge planning.
  - Managed crisis situations to ensure quality care and the safety of both client and community.
- 05/15 - 09/17 **ROGERS MEMORIAL HOSPITAL – EATING DISORDER CENTER** Oconomowoc, WI  
*Primary Therapist*
- Managed a caseload of 6 clients as primary therapist for adolescents receiving treatment for eating disorders and co-morbid diagnoses at the residential level of care.
  - Provided individual, family, and group therapy, utilizing CBT, ERP, DBT, MI, and IFS.
  - Managed crisis situations, provided case management and discharge planning, created individualized treatment plans with specific goals and objectives, and coordinated communication with families and other treatment providers.
  - Led multi-disciplinary treatment team meetings three times per week.
  - Delivered monthly presentation for family members on Family Accommodations and Support.
- 09/14 - 05/15 **MONTE NIDO MANHATTAN – EATING DISORDER TREATMENT CENTER** New York, NY  
*Clinical Intern*
- Planned and facilitated support groups for adults and adolescents with eating disorders participating in the partial hospitalization and intensive outpatient programs, utilizing CBT, BT, MI, and Carolyn Costin's eating disorder treatment techniques.
  - Led weekly Dialectical Behavioral Therapy Skills Groups for clients.
  - Provided support, supervision, and appropriate interventions for clients during meal preparation, meal-break periods, and trips outside the treatment center.

- 09/13 - 05/15 **ACHIEVEMENT INITIATIVE AT FREDERICK DOUGLAS ACADEMY II** New York, NY  
*Graduate Student Intern*
- Provided individual and group counseling for tenth grade students in an under-performing high school surrounding anxiety, depression, teen parenting, immigration, and body image.
- 05/12 - 12/12 **ALTERNATIVES TO LIVING IN VIOLENT ENVIRONMENTS (ALIVE)** St. Louis, MO  
*Hotline Intern*
- Conducted in-person intake assessments for victims of domestic violence seeking counseling, managed the crisis line in a fast-paced environment, and provided safety assessment and planning.
- 01/12 - 05/12 **CRIME VICTIM ADVOCACY CENTER** St. Louis, MO  
*Victim Advocate Intern*
- Conducted intake assessments, rendered case management, and provided crisis intervention.

## EDUCATION

- 2013 - 2015 **COLUMBIA UNIVERSITY SCHOOL OF SOCIAL WORK** New York, NY
- Masters of Science in Social Work, May 2015
  - GPA: 3.85
  - Concentration in Advanced Clinical Practice
  - Specialization in Health, Mental Health, and Disabilities
- 2010 - 2013 **WASHINGTON UNIVERSITY IN ST. LOUIS** St. Louis, MO
- Bachelor of Arts in Psychology, May 2013
  - GPA: Cumulative: 3.91; Psychology: 4.00
  - Honors: Phi Beta Kappa Society, Dean's List all semesters, Psi Chi Honors Psychology Fraternity
  - Major in Psychology and Minor in Painting

## RESEARCH EXPERIENCE

- 06/12 - 08/12 **WUSTL SCHOOL OF MEDICINE, EATING DISORDER LAB** St. Louis, MO  
*Research Intern*
- Helped conduct three studies on eating disorder treatment and childhood obesity.
- 09/11 - 12/11 **WUSTL SCHOOL OF MEDICINE, DIVISION OF HEALTH BEHAVIOR RESEARCH** St. Louis, MO  
*Research Intern*
- Developed a codebook for analyzing qualitative data, used SPSS to create a corresponding electronic database, and used the codebook to code narratives for a study investigating the psychological barriers to recommended cancer screening.

## CERTIFICATIONS

Certified in TF-CBT (Trauma-Focused Cognitive Behavioral Therapy)

Certified in Recognizing and Reporting Child Abuse: Mandated and Permissive Reporting in Pennsylvania

## TRAINING & DEVELOPMENT

- 2019 Act 31 Mandated Child Abuse & Ethics Training
- 2016 30-Hour Training at Rogers Memorial Hospital: Cognitive Behavioral Therapy for Eating Disorders  
 Crisis Prevention / Crisis Intervention (CPCI): Rogers Memorial Hospital  
 Abuse/Neglect & Duty to Warn – reporting for licensed staff: Rogers Memorial Hospital
- 2013 - 2014 Trainings at Achievement Initiative at Columbia: “Termination with High Schoolers,” “Facilitating Support Groups with High School Students,” “Drop-Out Prevention in Underperforming Schools”  
 Facilitating Support Groups with High School Clients: Achievement Initiative at Columbia  
 Drop-Out Prevention in Underperforming Schools: Achievement Initiative at Columbia
- 2012 30-Hour Domestic Violence Intern Training: Alternatives to Living in Violent Environments (ALIVE)  
 16-Hour Training on Advocating for Crime Victims: The Crime Victim Advocacy Center

## REFERENCES PROVIDED UPON REQUEST