

Brittany Leigh Trimble, MSW, LCSW

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CLINICAL EXPERIENCE

06/19 - Present **TRIMBLE THERAPY**

New York, NY

Founder and Outpatient Therapist

- Provide therapy to adults and adolescents with eating disorders, trauma, PTSD, depression, anxiety, OCD, personality disorders, and other psychosocial stressors.
- Deliver evidence-based treatments, including CBT, ERP, and PE.
- Manage all aspects of the practice, including marketing, billing, insurance, finances, and relationships with referral sources.
- Executed on mission to provide access to ED treatment to individuals in rural areas without access to ED specialists; marketed my practice to these communities, contacting hundreds of schools and other referral sources.
- Built a full case load within 4 months.
- Asked to deliver presentations at Mercersburg Academy and University of Wisconsin-Whitewater.
- 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.
- Provide parent consultations regularly.

10/17 - 06/19 **THERAPY FOR SUCCESS**

Philadelphia, PA

Outpatient Therapist

- Provided individual therapy at an outpatient eating disorder private practice to a caseload of 20 adults and adolescents with eating disorders and co-occurring trauma, PTSD, bipolar disorder, depression, anxiety, OCD, personality disorders, and other psychosocial stressors.
- Utilized evidence-based treatment models, including CBT, ERP, and DBT.
- 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.

03/18 - 05/19 **THE JOSEPH J. PETERS INSTITUTE AND RISING SUN HEALTH CENTER**

Philadelphia, PA

Outpatient Therapist

- Developed mental health program at a FQHC primary care clinic serving underserved populations in Philadelphia, built up case load from 2 to 30 clients.
- 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.
- Supervised a graduate social work school intern by providing weekly clinical supervision and conducting evaluations.
- Utilized evidence-based treatment models: TF-CBT, CBT, ERP, and DBT.
- Directed client care throughout the course of treatment by performing assessments, managing crisis situations, communicating with other treatment providers, creating and maintaining individualized treatment plans, and completing documentation.

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-occurring diagnoses at the residential level of care.
- Provided individual, family, and group therapy, utilizing CBT, ERP, DBT, and MI.
- 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 in PHP and IOP, utilizing CBT, DBT, 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 programming.
- 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 school
- 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: Advanced Clinical Practice; Specialization: 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, created a corresponding electronic database, and coded narratives to investigate the psychological barriers to cancer screening.

CERTIFICATIONS

Certified Prolonged Exposure Therapist through the CTSA at the University of Pennsylvania
 Certified in TF-CBT (Trauma-Focused Cognitive Behavioral Therapy)
 Certified in Recognizing and Reporting Child Abuse: Mandated and Permissive Reporting in Pennsylvania

TRAINING & DEVELOPMENT

- 2021 Completion of Prolonged Exposure Therapy Consultation that included 23 hours of individual consultation with a certified PE Consultant and review of videotaped PE sessions for 2 full cases
 Addressing Body Image in Tx: Differentiating between EDs, BDD, and OCD Workshop at the CTSA at U Penn
- 2020 Intensive 4-Day Workshop in Prolonged Exposure Therapy for PTSD at the CTSA at U Penn
 Full-Day Training on Prolonged Exposure Therapy for Adolescents with PTSD at the CTSA at U Penn
- 2016 30-Hour Training at Rogers Memorial Hospital: Cognitive Behavioral Therapy for Eating Disorders

REFERENCES PROVIDED UPON REQUEST