

NATALIE WEINSTEIN, B.S.

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PROFESSIONAL PROFILE

Compassionate and driven Master of Science candidate in Clinical Mental Health Counseling (expected November 2026) with clinical experience spanning veteran behavioral health and neurofeedback, child- and family-services (CYFD) populations, and chronic mental illness rehabilitation. Experience delivering individual talk therapy, designing and leading anxiety-management workshops, and facilitating skills-based classes in emotional regulation, life skills, and independent living. Bilingual (native Spanish fluency) with a background in psychological research, case management, and culturally responsive, trauma-informed care. Committed to continuous learning and to making a meaningful impact in the lives of those served.

EDUCATION

Grand Canyon University — Master of Science, Clinical Mental Health Counseling

Phoenix, AZ · Expected November 2026

- Coursework: Psychopathology, Counseling Theories, Group Counseling, Assessment & Diagnosis, Ethics, and Multicultural Counseling.
- Trained in case conceptualization and treatment planning; working knowledge of DSM-5-TR diagnostic criteria and the ACA Code of Ethics.
- Maternal leave: August 2023 – January 2024 and October 2024 – May 2025.

Texas A&M University — Bachelor of Science, Psychology

College Station, TX · May 2022

- Relevant coursework: Cognitive Neuroscience, Psychology of Women, Psychology of Adolescence, Psychology of Personality.

CLINICAL EXPERIENCE

La Familia De El Paso, Inc. — Day Program Intern (Intern)

El Paso, TX · July 2026 – Present

- Facilitate structured group classes for adults living with schizophrenia and other chronic mental health conditions, teaching emotional regulation, coping, and daily-living skills.
- Develop and deliver skills-based instruction designed to build client independence and support community reintegration.
- Coach clients in applying self-regulation strategies to manage symptoms and improve day-to-day functioning.
- Model trauma-informed, culturally responsive communication in a bilingual (English/Spanish) setting.

Sun City Psychological Services — Counseling Intern

El Paso, TX · March 2026 – Present

- Provide individual talk therapy to clients under licensed clinical supervision.
- Design and lead anxiety-management workshops teaching evidence-based coping and stress-reduction techniques.
- Serve CYFD-referred clients, supporting case goals, treatment continuity, and family-centered outcomes.
- Maintain clinical documentation and progress notes consistent with ethical and confidentiality standards (ACA Code of Ethics).

WellMind — Counseling Intern — Practicum

El Paso, TX · January 2026 – March 2026

- Provided supportive check-ins with veteran clients participating in behavioral health and neurofeedback (neurotherapy) services.
- Gathered client feedback on mood, sleep, attention, and stress to inform ongoing neurotherapy protocols.

- Documented client progress, concerns, and behavioral observations to support treatment continuity.
- Educated clients on neurotherapy expectations, session preparation, and strategies to support outcomes.
- Demonstrated cultural competency and trauma-informed communication with veterans experiencing PTSD, anxiety, and related conditions.
- Helped veterans identify coping strategies and track symptom changes throughout treatment.

RESEARCH EXPERIENCE

Bilingual Reading Disability Identification Lab — Research Assistant

Texas A&M University, College Station, TX · January – May 2022

- Monitored language-literacy skills of individual children (K–1st) in both English and Spanish.
- Administered bilingual language-literacy assessments and entered case data into REDCap.
- Conducted parent phone interviews to capture home language habits and enrich each child's case file.
- Fostered a comfortable, engaging assessment environment for young children.

Social Psychology Laboratory — Research Assistant

Texas A&M University, College Station, TX · September 2021 – January 2022

- Performed data management, cleaning, and cataloging of research data.
- Ran experiments and research protocols using PsychoPy.
- Monitored study participants during assessments; completed CITI human-subjects training.

RELATED PROFESSIONAL EXPERIENCE

Fort Bliss (8-koi) — Case Manager — Unaccompanied Minors

El Paso, TX · June 2022 – October 2022

- Coordinated case management and family reunification services for 55+ unaccompanied minor children.
- Implemented comprehensive, individualized case management plans for at-risk minors.
- Demonstrated composure and attention to detail in high-stress situations with large caseloads and minimal oversight.
- Facilitated timely, compliant release of children to identified family members by guiding caregivers through the release process.

St. Mary's Catholic Center — Receptionist

College Station, TX · August 2021 – May 2022

- Applied active listening to resolve conflicts and negotiate mutually beneficial outcomes.
- Used native Spanish fluency to translate and correspond with the Hispanic community.
- Managed multiple administrative responsibilities in a fast-paced, culturally diverse setting.

VOLUNTEER & COMMUNITY SERVICE

South Texas Mission Trip — Missionary

McAllen, TX · March 2022

- Served at a downtown immigration center, engaging and comforting groups of 12–20 children.
- Served in homeless ministry (50+ meals) and with His Hands Ministries Inc. (80+ families).

Pescadores, St. Mary's Catholic Center — Youth Group Coordinator

College Station, TX · September 2020 – May 2022

- Led faith formation and community service for the Spanish-speaking college community; presented talks to the group.

SLIDE — Texas A&M University — Member

College Station, TX · September 2020 – May 2021

- Supported campus mental-health and sexual-assault awareness programming, including the True Life 2020 panel.

Mexican Student Association — Member
College Station, TX · September 2019 – May 2022

HONORS & AWARDS

- Aggeland Bound Scholarship recipient, Texas A&M University.
- Dean's List: Fall 2019, Fall 2020, Spring 2021, Spring 2022.

CERTIFICATIONS & TRAINING

- ANSA 2.1
- CITI Program — Human Subjects Research training.
- Applied training in DSM-5-TR diagnostic criteria and the ACA Code of Ethics (in progress, graduate program).

CLINICAL & PROFESSIONAL SKILLS

Individual & group counseling · Anxiety & stress-management workshops · Psychosocial rehabilitation & life-skills instruction · Neurofeedback / neurotherapy support · Case conceptualization & treatment planning · DSM-5-TR diagnostic familiarity · Clinical documentation & progress notes · Trauma-informed & culturally responsive care · Spanish fluency (native) · Data collection, documentation & reporting · Social perceptiveness · Analytical & critical thinking

LANGUAGES

English (fluent) · Spanish (native fluency — spoken and written).

References available upon request.