

NATALIE WEINSTEIN

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☎ (915) 540-3509

📍 El Paso, TX 79927

EDUCATION

Grand Canyon University

Phoenix, AZ · Exp. Nov 2026

M.S., Clinical Mental Health Counseling

Texas A&M University

College Station, TX · May 2022

B.S., Psychology

Aggieland Bound Scholarship · Dean’s List (2019–2022)

SKILLS

- Individual & group counseling
- Anxiety & stress-management workshops
- Psychosocial rehabilitation & life skills
- Neurofeedback / neurotherapy support
- Case conceptualization & treatment planning
- DSM-5-TR diagnostic familiarity
- Clinical documentation & progress notes
- Trauma-informed, culturally responsive care
- Bilingual case management

CERTIFICATIONS & TRAINING

Texas ANSA 2.1

CITI Program — Human Subjects Research

DSM-5-TR & ACA Code of Ethics (in progress)

LANGUAGES

English — fluent

Spanish — native fluency

PROFESSIONAL SUMMARY

Master of Science candidate in Clinical Mental Health Counseling with clinical experience across veteran, child-welfare, and chronic mental health populations. Skilled in individual talk therapy, group facilitation, and neurofeedback support. Native Spanish speaker recognized for a kind, trauma-informed approach and a commitment to improving client outcomes.

EXPERIENCE

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

El Paso, TX · July 2026 – Present

- Facilitate structured day-program classes for adults living with schizophrenia and other chronic mental health conditions, teaching emotional regulation, coping, and daily-living skills.
- Lead life-skills and independent-living instruction that helps clients build routines, self-sufficiency, and confidence toward greater independence.
- Guide clients in practicing self-regulation and de-escalation strategies to manage symptoms and improve day-to-day functioning.
- Provide bilingual (English/Spanish), trauma-informed encouragement and support in a group setting.
- Observe and document participant engagement and progress to support continuity of care.

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.
- Build rapport and a supportive, culturally responsive environment that encourages engagement in care.
- Maintain clinical documentation and progress notes consistent with the ACA Code of Ethics and confidentiality standards.

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.
- Applied trauma-informed communication with veterans experiencing PTSD, anxiety, and related conditions.
- Helped veterans identify coping strategies and track symptom changes throughout treatment.

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.

VOLUNTEER & COMMUNITY SERVICE

- South Texas Mission Trip — Missionary (2022): supported groups of 12–20 children at a downtown immigration center; served in homeless ministry, delivering 50+ meals.
- Pescadores, St. Mary's Catholic Center — Youth Group Coordinator (2020–2022): led faith formation and service for the Spanish-speaking college community; presented talks to the group.
- SLIDE, Texas A&M — Member (2020–2021): campus mental-health and sexual-assault awareness programming, including the True Life 2020 panel.