

## **LINDSEY GAIL JOHNSTON, M.S., Q.M.H.P.**

Maple Leaf Clinic ~ 167 North Main Street ~ Wallingford, Vermont, U.S.A. ~ 05773

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### **UNIVERSITY EDUCATION**

**M.S. - Clinical Psychology, 2013**

College of Saint Joseph, Rutland, Vermont

**B.A. – Psychology, 2009**

College of St. Catherine, St. Paul, Minnesota

### **LICENSURE/CERTIFICATION**

**Allied Mental Health Practitioner - Non-Licensed & Non-Certified Psychotherapist**

### **PUBLICATIONS**

Johnston, L., Thoreson, M. Guzman, R., & Sickeler, T. (under review). The College of St. Catherine Psychology Department History: 1906-2008. *Zetema: A Journal of Undergraduate Women's Research*, College of St. Catherine Psychology Department, St. Paul, Minnesota.

### **PROFESSIONAL EXPERIENCE**

**Clinician – Maple Leaf Clinic, 2014-Present**

Wallingford, Vermont

- Outpatient Individual and group psychotherapy to adults, children, and families.
- Provide community-based psychoeducation.
- Administer and interpret psychological assessments and neuropsychological assessments in consultation with supervisor.

**Adjunct Instructor – Division of Psychology and Human Services, 2007-Present**

College of St. Joseph, Rutland, Vermont

- Adjunct Instructor in undergraduate programs in Clinical Psychology, Clinical Mental Health Counseling, Community Counseling, Psychology, and Human Services.

**Undergraduate Courses taught:** Evaluation Techniques, Introduction to Psychology

March 2014-Present

**Maple Leaf Clinic,** Wallingford, Vermont 05773

**Clinician,** full-time

Completing disability evaluations for the State of Vermont, MMSE and MMSE+; providing outpatient individual psychotherapy to children, adolescents, and adults; administer and interpret psychological assessments under the supervision of Dr. Dean Mooney.

April 2014-Present

**Howard Center,** Burlington, Vermont 05401

**Mobile Crisis Clinician,** substitute (less than part-time)

Providing emergency screening and assessment, both in the hospital/office and in the community, to determine an appropriate disposition for psychiatric care as needed; assisting people to connect with resources in their community to help meet their mental health treatment needs as well as co-occurring factors; working with adults and families around mental health and substance abuse issues; collaborating with local and state law enforcement; providing phone support 24/7; certified as a Qualified Mental Health Professional through the State of Vermont Department of Mental Health; completing Applications for Emergency Examinations and Warrants for Emergency Examinations under the State of Vermont Department of Mental Health.

May 2013-February 2014

**Rutland Mental Health Services,** Rutland, Vermont 05701

**Crisis Clinician,** full-time

Providing emergency screening and assessment to determine an appropriate disposition for psychiatric care as needed; assisting people to connect with resources in their community to help meet their treatment needs; working with adults, children, and families around mental health and substance abuse issues; collaborating with local and state law enforcement; certified as a Qualified Mental Health Professional through the State of Vermont Department of Mental Health.

November 2009-May 2013

**Rutland Mental Health Services,** Rutland, Vermont 05701

**Crisis Stabilization and Inpatient Diversion (CSID)**

**Crisis Recovery Specialist, part-time to full-time**

Assisting clients in minimizing symptoms of acute psychiatric episodes by structuring wellness activities, assessing needs and preferences within the crisis residence and in the community, supportive counseling, planning discharge services and assisting clients for reintegration into the community; establishing and maintaining a safe, healthy and therapeutic residential environment; medication administration under supervision of nursing staff; effective communication and a good working relationship with the treatment team across all shifts; admission and discharge from program.

August 2012-May 2013

**Counseling Services at the College of St. Joseph, Rutland, Vermont 05701**

**Graduate Intern, part-time**

Individual counseling sessions; treatment planning; case management services; maintaining regular documentation including progress notes, diagnosis & evaluation, plan of care reviews, and discharge summaries; organizing and promoting relevant outreach events on-campus; organizing the 3<sup>rd</sup> Annual Wellness Fair; facilitating and co-facilitating Life Skills groups on a bi-weekly basis.

**Scope of Practice:**

**Therapeutic orientation:** Integrated approach that combines Developmental, Feminist, and Humanistic theories and techniques. Client-centered.

**Area of Specialization:** Treatment of individuals with Gender Dysphoric Disorder (previously Gender Identity Disorder)

**Treatment methods:** Client-centered, collaborative, use of violence and suicidal risk assessment (applicable primarily to Crisis work), supportive counseling

**Education**

Master of Science, May 2013 *Concentration:* Clinical Psychology The College of St. Joseph, Rutland, Vermont. GPA: 4.0

Bachelor of Arts Degree, May 2009 *Major:* Psychology *Minor:* Theology The College of St. Catherine, St. Paul, Minnesota. GPA: 3.716

**Honors**

Division of Psychology and Human Service Graduate Student Award, April 2013 Graduate Assistant, 2010-2011, 2011-2012

Kappa Gamma Pi, May 2009

Presidential Scholarship recipient 2006-2009

Psi Chi International Honor Society in Psychology, April 2008, Chapter President from 2011-2013  
Dean's List: Fall 2006, Winter 2007, Winter 2008, Fall 2008, Winter 2009  
Antonian Honors Scholar  
Assistantship Mentoring Program Grant Recipient, September 2008 & January 2009

*Graduate Thesis:* It's Just Pot: Measuring Social Attitudes about Medicinal Marijuana for Treatment of Mental Illness

*Graduate Internship:* College of St. Joseph, Counseling Services, Rutland, Vermont, Fall 2012-Spring 2013.

*Graduate Practicum:* Vermont Psychological Association, Montpelier, Vermont. Fall 2011-Spring 2012. Rutland Mental Health, Crisis Stabilization and Inpatient Diversion, Rutland, Vermont. Fall 2011-Spring 2012.

*Undergraduate Internship:* The Women's Building, Albany, New York. Hosted "Toxic Sex Toys" workshop. August 2008

*Senior Honors Project:* Non-Traditional Partnerships: An Analysis of Polyamorous Partnerships  
*Public Presentations:*

Counseling Techniques Developmental Psychology Research Methods

Psychological Appraisal Personality Assessment Group Counseling

Johnston, L. (March 2009). Non-traditional partnerships: An analysis of polyamorous partnerships. Paper presented at Antonian Honors Program Colloquium, College of St. Catherine, St. Paul, Minnesota.

Johnston, L. & Sieve, G. (April 2009). Emotional exhaustion and intrinsic motivation: Burnout research. Paper presented at Minnesota Undergraduate Psychology Conference, St. Joseph, Minnesota.

Johnston, L. (April 2009). Non-traditional partnerships: An analysis of polyamorous partnerships. Paper presented at Honors Symposium at Northwestern College, St. Paul, Minnesota.

*Publication:*

### **Professional Skills**

- Behavioral Health Disaster Response- Participated in 2-day training for behavioral health disaster response. Acted as a Behavioral Health Disaster Response Volunteer during Hurricane Irene in the Rutland, Vermont Red Cross Shelter.
- Communications & Human Relations- Served as a teaching assistant to a professor. Co-ordinated communication between bodies of individuals during daylong science

workshop. Communicated with lawyers on business while they were out of state. Served as officer in French Club, Honors Program Student Organization, and Active Minds Club. Lead an informational workshop during undergraduate internship.

- Organizational Skills- Communicated effectively with undergraduate internship supervisor to arrange workshop dates and times. Efficiently maintained communications between students in classroom and professor throughout semester
- Research & Information Management Skills- Developed research skills by designing surveys and conducting them, analyzing the data, and writing empirical reports. Used statistical analysis and scientific methodology to identify and solve problems. Proficient at Microsoft Word, Excel, and PowerPoint. Experience with Minitab.

### **Volunteer Activities**

Behavioral Health Disaster Team, 2011-Present

Active Minds, College of St. Catherine Chapter, 2007-2009  
Amyotrophic Lateral Sclerosis Association, 2006-2009

### **Employment**

Course Development/Guest lecturer, The College of St. Catherine, St. Paul, Minnesota.  
Winter 2009 Teaching Assistant, The College of St. Catherine, St. Paul, Minnesota. Fall 2008