

Lexi Alberts, LICSW

805 West Bay Drive NW, Olympia, WA 98502

lexialbertsconsulting.com contact@lexialbertsconsulting.com

360-207-4365

Education

Masters in Social Work — Integrative Health-Mental Health June 2018

University of Washington

B.A. Degree, emphasis in Psychology and Social Work June 2014

The Evergreen State College

Professional Experience

Consultant, Therapist, & Staff Wellness Trainer 01/21-Present

Lexi Alberts Consulting, PLLC

- Train business and non-profit staff on best practices to manage workplace burnout and compassion fatigue
- Speak at national conferences covering topics such as self-care, burnout, compassion fatigue, secondary trauma, and grief
- Consult with leadership at businesses and non-profits to strategize their employee wellness initiatives and build trauma-informed workplace practices
- Facilitate support groups at non-profits for staff as a way to process secondary trauma and team build
- Provide individual therapy

Mental Health Program Manager and Therapist

09/18—01/21

Partners in Prevention Education

- Provided therapy to unhoused and unstably housed survivors of violence
- Managed contracts and onboarding for program therapists
- Developed materials and outreached to community partners and consumers to increase service utilization by our target population of marginalized survivors of violence
- Developed program policies and procedures
- Conducted community member applications for therapy on-demand and assessed each client therapy application for eligibility, centering the goal of serving survivors who are houseless or street-dependent, or newly housed and have multiple marginalized identities
- Engaged in advocacy with ineligible or waitlisted applicants to support them in accessing low/no income counseling options in surrounding area

Graduate Intern Therapist

09/17—06/18

The Evergreen State College Health and Wellness Center

- Provided therapy to weekly caseload of therapy clients
- Co-facilitated weekly therapy groups on topics including: mindfulness practices, healthy relationship skills, and trauma healing for women of color
- Attended weekly trainings on health and mental health topics given by professionals in the community
- Participated in weekly integrative team meeting between health and mental health providers to assess best practice and coordinate care for shared clients

- Developed case-conceptualizations through Multicultural Counseling theory
- Developed presentation on Multicultural Counseling and Identity Development, presented to Health and Wellness Center staff and interns

Graduate Intern Advocate

07/16—06/17

Family Support Center and Family Justice Center of South Sound

- Facilitated Rapid Rehousing, ACEs, and Vulnerability Index interviews with unstably housed clients
- Connected clients with community resources in-person and over the phone
- Collaborated with clients to set their self-defined housing, employment, and family strengthening goals
- Staffed shelter for families experiencing homelessness
- Served as a sexual assault advocate and accompanied clients to court for protection order hearings

Advocate and Group Co-facilitator

10/15—06/16

Partners in Prevention Education

- Developed psycho-educational materials for therapy group
- Facilitated psycho-education in therapy groups
- Served as WCSAP-certified Sexual Assault Advocate

Crisis Phone Line Operator and Intern

7/13—06/14

The Crisis Clinic of Thurston and Mason Counties

- Responded to calls on phone line with crisis intervention
- Co-facilitated academic internship support group
- Researched self-care literary materials, developed and facilitated vicarious trauma workshop

Speaking Engagements

Conference on Ending Homelessness	2023
Transforming Our Communities Conference	2023
Planned Parenthood LGBTQ+ Sex Ed Professional Development Meeting	2023
National Institute for Medical Respite Care	2023
National Association of State Head Injury Administrators	2023
Antioch National Honor Society	2022