

Allison Howe, LMHC

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PROFESSIONAL EXPERIENCE

KWB Consulting **NY, NY**
Consultant *May 2018 – Present*

- Consulting with a senior executive team of a scaling company on communication and collaboration.

Private Practice of Allison Howe, LMHC **Saratoga Springs, NY**
Couple Therapist *May 2010 – Present*

- Using the Psychobiological Approach to Couple Therapy, I have worked successfully with many couples in the last decade.

Four Winds Hospital **Saratoga Springs, NY**
Clinical Evaluator *Jul 2008 – May 2010*

- Assessed children, adolescents, and adults for admission to inpatient psychiatric treatment facility. Facilitated counseling groups for adult inpatients.

GE HR Solutions **Schenectady, NY**
Human Resources Consultant *May 1998 – Jun 2004*

- Facilitated training for GE employees and their customers on topics such as Coaching, High Performing Teams, Accelerating Change, Effective Presentations and Interviewing Skills.

Citibank US Card Products **NY, NY**
Assistant Manager, Training and Development *Jun 1986 – Aug 1998*

- Corporate trainer for ten credit card collections divisions. Editor for internal employee newsletter.

Magellan Health Services **Tacoma, WA**
EAP and Behavioral Healthcare Manager *Jun 1994 – Nov 1997*

- Provided employee and management consultation for 205,000 members. Facilitated Critical Incident Stress Debriefings. Developed "fit for work" and behavioral risk management policies. Provided EAP training and consultation for over 50 Costco warehouses. Delivered EAP and behavioral healthcare utilization reports quarterly.

Concern EAP **Morristown, NJ**
EAP counselor *Jan 1992 – Mar 1994*

- Provided short term counseling and referral services for employees and their families. Conducted new employee orientations on EAP services.

Postgraduate West Rehabilitation Center **NY, NY**
Psychotherapist *Sep 1990 – Jul 1993*

- Counseled adults with severe and chronic mental illnesses. Practiced on a multi disciplinary team responsible for treatment planning, case management and crisis intervention.

EDUCATION

COLUMBIA UNIVERSITY TEACHER'S COLLEGE **NY, NY**
M.A. Counseling Psychology (May 1990)

COLUMBIA UNIVERSITY TEACHER'S COLLEGE **NY, NY**
Master's of Education Counseling Psychology (May 1990)

FAIRFIELD UNIVERSITY **Fairfield, CT**

B.S. Finance (May 1986)

ADDITIONAL SKILLS

- "Frontiers in Trauma Treatment" - January, 2010
- Emotionally Focused Couple Therapy - Core Skills, 2013
- PACT Levels 1 & 2- 2011-2016

CREDENTIALS AND LICENSES

- Licensed Mental Health Counselor