

Celeste Emelia Mattingly, LCSW

Licensed Clinical Social Worker Psychotherapist/ Healing Facilitator/ Author

10 Grassmere Avenue, Suite #300
West Hartford, CT 06110
(860) 586-8700 fax: (860) 236-1909
www.celestemattinglylcsw.com
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Summary of Qualifications

- ❖ 32 years of experience developing expertise in Adult Mental Health and Addictions.
- ❖ Eclectic utilization of Behavior Modification, Dialectic Behavior Training (DBT), Twelve-Step Facilitation (TSF), Self-Psychology, RET, Cognitive Restructuring, Brief and Solution-Focused therapies with Integrative Holistic and Energy-Medicine emphasis.
- ❖ Creator of Celestial Psychology®.
- ❖ Possesses exceptional interpersonal and communication skills, both written and oral.
 - ❖ Notable capacity for instilling confidence in the therapeutic process.
- ❖ Exemplary work ethic. Works well independently and/or within an interdisciplinary team.
- ❖ Highly developed and inherent leadership, supervisory and conflict-resolution skills.

Administrative Specialties

- ❖ Maintained successful psychotherapy private-practice for over 17 years.
- ❖ Over two years of experience leading teams of professionals in various psychiatric and psychotherapeutic settings.
- ❖ Successful upkeep of license, malpractice insurance (no claims), commercial insurance: Anthem, Beacon Behavioral Health, Cigna, United Behavioral Health, Medicare, Medicaid, and EAP credentialing panels.
- ❖ Navigates all aspects of managed care, including obtaining pre-certification / benefit information and providing ongoing treatment reporting (OTR), utilization reviews and appeals for claim denials.
- ❖ Upholds all aspects of HIPPA & NASW Confidentiality Compliance, including Security Metrics verified internet safety.
- ❖ Mentored LCSWs and other licensed clinicians into private practice.
- ❖ Proficient at marketing, networking, and public relations.
- ❖ Possesses computer skills in Microsoft Word, Publisher, Excel, internet, social media, web design, and billing software.
- ❖ Supervised substance abuse programs.
- ❖ Developed and initiated client rules and regulations at various facilities.
- ❖ Developed and renewed program curricula and schedules.
- ❖ Performed treatment efficacy research.
- ❖ Developed own Likert scale for substance abuse research.
- ❖ Developed and revised policy and procedures manuals at a variety of treatment facilities.
- ❖ Supervised intermediate care program- upholding state and health department regulations for safety and security.
- ❖ Supervised MSW and DARC interns at previous sites.
- ❖ Maintains 24-hour pager coverage- including a shared rotation with prominent community clinicians and psychiatrists for weekends, holidays, and vacations.
- ❖ Keeps impeccable industry-standard records.

Clinical Specialties

- ❖ Conducts individual, long-term and brief eclectic psychotherapy for adult and geriatric populations.
- ❖ Maintains active client case load—average seventy.
- ❖ Provides thorough DSM5 assessment and diagnosis.
- ❖ Prepares bio-psycho-socials with emphasis on spiritual/religious influences, individualized treatment and discharge plans.
- ❖ Intervenes and supports client at all stages of readiness and development.
- ❖ Upholds ASAM level-of-care guidelines and often refers clients to various treatment facilities for inpatient or partial hospitalization.
- ❖ Provides psychotropic-medication consultations with MDs, APRNs and PCPs.
- ❖ Maintains working knowledge of latest medical and Holistic health treatments.
- ❖ Facilitated about a dozen ongoing therapy groups in private practice throughout years.
- ❖ Facilitated up to 15 groups per week in other institutional settings.

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Social Welfare Specialties

- ❖ Provides affordable outpatient treatment to clients of all socio-economic backgrounds.
- ❖ Provides advocacy and case-management for adult and geriatric populations.
- ❖ Collaborates with the Justice System and the Department of Children and Families.
- ❖ Prepares Social Security Disability (SSD) documentation for clients as needed.
- ❖ Maintains working knowledge of state and federal entitlement and benefit programs.
- ❖ Highly developed knowledge-base and sensitivity related to the impact of various social, cultural, and gender issues on the mentally- ill and substance-abusing populations.

RELATED EMPLOYMENT HISTORY

Sole Proprietor/Independent Contractor, *Psychotherapy Healing Services, LLC*, 10 Grassmere Avenue, Suite #300, West Hartford, CT 06110 (August 2014 - Present)

Founder/CEO, *The Sanctuary for Celestial Empowerment & The Foundation for Celestial Psychology*, 10 Grassmere Avenue, Suite #300, West Hartford, CT 06110 (2009 - Present)

Sole Proprietor/Independent Contractor, *Psychotherapy Healing Services, LLC*, 100 South Main Street., West Hartford, CT (November 2007 – August 2014)

Sole Proprietor/Independent Contractor, *Psychotherapy Services, LLC*, 779 Farmington Ave., West Hartford, CT (September '99 – November 2007)

Primary Therapist, *Saint Francis Care BH*, Mount Sinai PHP, Hartford, CT (June '00 - March '01)

Fee-for-Service Group Facilitator, *Reid Treatment Center*, Avon, CT (Sept. '99 - June '00)

Substance Abuse Coordinator, *Catholic Family Services*, New Britain, CT (Jan. '99 - Aug. '99)

Primary Therapist, *Rushford Treatment Center*, Middletown, CT (Sept. '97 - Jan. '99)

Primary Therapist/CD and Relapse Prevention Track Coordinator/Team Lead,

RiverEast Partial Hospital Program – Natchaug Psychiatric Hospital, Vernon, CT (Jan. '96 – Sept. '97)

Clinical Social Worker/Trauma Track Intern, *Institute of Living*, Hartford, CT ('95)

Psychiatric Social Worker Intern, DMHAS, *Merritt Hall*, Middletown, CT ('94)

Clinical Counselor Intern, *Blue Ridge Treatment Center*, Bloomfield, CT ('93)

Community Counselor/Night Manager, *Women's Halfway House, Southeastern Council Alcohol and Drug Dependence*, New London, CT ('84 – '86)

EDUCATION

MSW – Springfield College, School of Social Work **Advanced Generalist Program**,
Springfield, MA - maintained 4.0 - graduated 1995

BS Human Services/Applied Behavioral Science Focus

Charter Oak College, Newington, CT graduated 1992

Completed over 420 hours of formal and informal independent study, post-licensing.

Professional Affiliations

National Association of Social Workers (NASW) — Member since 1994

Presenter of numerous NASW approved Workshops on Spirituality & Psychology since 2011

Holistic Health Chamber of Commerce — Member since 2013

Connecticut Community of Addictions Recovery (CCAR) — Member since 1999

Connecticut Holistic Health Association — Member since 2002

Spiritual Emergence Network founded by Christian Grof — Member since 2013

Association for Spirituality & Psychology, New York, NY — Member since 2011

Founder of *The Foundation for Celestial Psychology*® 2008

Founder of *The Sanctuary for Celestial Empowerment* 2009

References Available Upon the Development of Mutual Interest

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Extra-Curricular Specialties

Certifications

Reconnective Healing® and The Reconnection®

Books Available on Amazon

Celestial Psychology®: A Workbook for Chakras, Psychological Theory & Conscious Evolution
&

Celestial Psychology®: A Guidebook for Co-Creating Miracles, Luminosity & Conscious Evolution

Publishing

Creator of Adam Kadmon Publishing

Website Design

celestialpsychology.com (WordPress self-maintained)

thesanctuaryforcelestialempowerment.com (WordPress self-maintained)

celestemattinglylcsw.com (WordPress in collaboration with LinkNow Media)

Brochure & Logo Designs

Examples Available Upon Request

Social Media

Constant Contact Newsletter Creator and Manager Since 2010

Maintains 1100+ email data-base

Created, Written, & Published over 350 newsletters with industry-standard above average 25% Open Rate

Manages 3 Facebook, 2 Twitter and 1 LinkedIn account since 2011

NASW Approved Workshops Prepared & Presented:

- *Spirituality & Psychology: Are They Really Separate?* 7.5 NASW Approved CEC Workshop written by Celeste E. Mattingly, LCSW hosted by D&S Associates 2011
- *The Egoic Mind: What is it and how can understanding this and other New Thought/spiritual or metaphysical concepts assist mental health clients?* 3 CEC NASW Approved Workshop written by Celeste E. Mattingly, LCSW hosted by NASW at April 2011 Conference
- *A Seminal Look at Psychological Theory and the Human Chakra System* 7.5 NASW Approved CEC Workshop written by Celeste E. Mattingly, LCSW hosted by *The Foundation for Celestial Psychology®*, held at *The Center for Holistic Empowerment*, February 2012
- *Spirituality & Psychology: Overcoming the Schism* 7.5 NASW Approved CEC Workshop written by Celeste E. Mattingly, LCSW hosted by *The Foundation for Celestial Psychology®*, held at *The Center for Holistic Empowerment*, October 2013
- *Keeping Psychotherapy Alive & Competitive: Navigating The DSM-5's Medical Model, and the*
- *Growing Culture of Spirituality in the New Age Supermarket.* 3 CEC NASW Approved Workshop written by Celeste E. Mattingly, LCSW hosted by NASW at April 2014 Conference
- *Working with the Spiritually Emergent Client: Is it Spiritual Emergence or Psychiatric Emergency?* 7.5 NASW Approved CEC Workshop written by Celeste E. Mattingly, LCSW hosted by *The Foundation for Celestial Psychology®*, held at *The Center for Holistic Empowerment*, January 2015