

PROFESSIONAL SUMMARY

Doctor of Social Work and Licensed Clinical Social Worker (LCSW) with extensive experience bridging clinical practice, program leadership, and community-based behavioral health systems. Brings a strong foundation in evidence-based practice, including CBT and DBT, alongside experience in supervision, training, and program development. Passionate about educating and mentoring future social workers through the integration of real-world clinical insight, trauma-informed care, and culturally responsive practice. Experienced in curriculum support, staff development, and interdisciplinary collaboration, with a commitment to advancing equity and innovation in social work education.

EDUCATION & TRAINING

Simmons University: *Doctorate of Social Work*

University of Texas at Arlington: *Master of Science in Social Work*

University of Texas at Arlington: *Bachelor of Science in Social Work*

Midland Technical College: *Associate of Science in Biology*

State Board of Texas: *Licensed Clinical Social Worker*

State Board of Ohio- *Licensed Independent Social Worker*

State Board of Alaska- *Licensed Clinical Social Worker*

State Board of Virginia- Licensed Clinical Social Worker

State Board of West Virginia- Licensed Clinical Social

University of Texas at Arlington: *Diversity Certification*

Cornell University- *Women's Entrepreneurship Certificate*

Evergreen Certificate- *Certified in Dialectical Behavior Therapy*

The Pacific Institute: *Certified Steps to Economic and Personal Success Trainer*

TEACHING & TRAINING EXPERIENCE

- Supervised and mentored social work and criminal justice interns, providing guidance on clinical skills, documentation, and ethical practice
- Trained and managed QMHP staff, ensuring competency in assessments, documentation, and service delivery standards

Dr. Asia Bennett, LCSW
Asia.Bennett@etamu.edu

- Facilitated psychoeducational and therapeutic groups for adolescents, families, and adults using evidence-based modalities (CBT, DBT)
- Led team meetings, trainings, and utilization management discussions to support staff development and program outcomes
- Provided education to clients, families, and interdisciplinary teams on behavioral health conditions, treatment planning, and resources
- Developed curriculum and structured programming for workforce development and reentry initiatives

PROFESSIONAL EXPERIENCE

Flourish Health (Remote)

04/2025-

Present

Senior Therapist (40 Hours a week)

- Delivered evidence-based individual and group therapy to adolescents and families
- Collaborated with interdisciplinary teams to support integrated behavioral health care
- Contributed to quality improvement initiatives and clinical training in a multi-state environment
- Supported compliance and documentation standards aligned with regulatory requirements
- Applied trauma-informed and developmentally appropriate frameworks in treatment delivery

TAMAR Behavioral Health & Resource Center

08/2023- Present

Program Consultant

- Trained, supervised, and evaluated QMHP staff, ensuring adherence to clinical and documentation standards
- Audited clinical documentation and supported quality assurance and utilization management processes
- Led staff meetings and trainings to enhance team performance and service delivery
- Contributed to program development, workflow design, and performance improvement initiatives
- Collaborated with community partners and stakeholders to strengthen service systems

Brightline Psychotherapy

08/2023-

10/2024

Behavioral Health Therapist (40 hours per week)

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- Support children and teens ages 3 to 17 years and their caregivers, using evidence-based approaches such as CBT and parent-management training for the duration of their care plan.
- Coordinate care with primary care providers, schools, and others relevant to youth care.
- Complete thorough clinical documentation within Brightline's standard of ethical care.
- Complete required training and stay up-to-date with Brightline's standards of care, tools, policies, and procedures.
- Ensured continuity of care with service providers connected with the child/family
- Engaged with BH healthcare providers to discuss levels of care and service requirements

Deep Eddy Psychotherapy

07/2023-

08/2025

Therapist (15 hours per week)

- Creates individualized treatment plans according to patient needs and circumstances.
- Meets with patients regularly to provide counseling and treatment and adjust treatment plans as necessary.
- Conducts ongoing assessments of patient progress.
- Manages risk and provides appropriate resources for complex behavioral illness so that an optimum level of health can be reached.
- Evaluated members' mental health and substance abuse treatment before, during, and after services to ensure medical appropriateness.

Charlie Health

05/2022- 08/2023

Therapist (40 hours per week)

- Created individualized treatment plans according to patient needs and circumstances.
- Met with patients regularly to provide counseling and treatment and adjust treatment plans as necessary.
- Used evidence-based, comprehensive crisis intervention, suicide prevention, assessment, and triage procedures to deliver high-quality services
- Conducted ongoing assessments of patient progress.
- Involves and advises family members when appropriate.
- Referred patients to outside specialists or agencies when necessary.
- Maintained thorough records of patient meetings and progress.
- Followed all safety protocols and maintained client confidentiality.
- Used different modalities, including CBT, DBT, MI, etc....
- Facilitated virtual CBT/CBT-based group sessions for adolescents.

U.S. Renal Care

10/2021-

05/2022

Social Worker (40 hours per week)

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- Assisted with clinical and operational processes to improve patient health and minimize hospitalizations and missed treatments.
- Conducted prior authorization reviews in line with regulatory guidelines and criteria.
- Identified and counseled psychosocial issues.
- Provided education to providers, members, and families
- Acted as patient advocate with the appropriate local, state, and federal agencies.
- Completed initial assessment of new patient psychosocial needs in adherence to state/CMS regulations and company policy.
- Participated as an Interdisciplinary team member in all required patient assessment and care planning activities.
- Assisted with coordination of resources, completion of forms for disability, state assistance, etc...
- Identified social agencies and other resources as appropriate to the needs of the patients, including but not limited to financial/funding sources.

Medical City Green Oaks Hospital

08/2020-10/2021

Inpatient Treatment Manager (40 hours per week)

- Met with new patients and completed psychosocial assessments.
- Developed treatment plans and updated them with specific goals delineating clinical intervention unique to the patient.
- Facilitated processes and psychoeducational groups for clients and family members.
- Coordinated discharge planning activities and facilitated family discharge meetings.
- Performed concurrent reviews of behavioral health (BH) inpatient cases to assess overall health, treatment needs, and discharge planning.
- Communicated and documented all relevant information to the treatment team.
- Worked with adolescents and adults facilitating group therapy sessions.

Dallas Behavioral Health Hospital

11/2019- 06/2020

Intake Counselor (20 Hours per week)

- Met with clients to perform intake assessments that consider any psychological, social, and biological problems that may be affecting the client's life and discussed the client's goals and expectations of treatment.
- Determined that the agency or organization is not an appropriate match for a client's needs and referred the client to a more suitable facility.
- Ability to multitask and handle working in a high-stress environment calmly and professionally.
- Working knowledge of the DSM-IV and the Mental Status Exam.

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- Provided technical assistance to the discharge planning process under the direction of the Intake Director.
- Coordinated rapid assessments of incoming patients and initiated the admissions process with the interdisciplinary treatment team and family.

Texas Offenders Reentry Initiative

07/2017- 05/2020

Program Manager (50+ hours a week)

- Designed, implemented, and evaluated community-based programs supporting justice-involved populations
- Conducted program evaluation and research to improve service delivery and outcomes
- Supervised interns and staff, providing mentorship and professional development
- Managed grants, reporting, and compliance with local, state, and federal requirements
- Developed curriculum and facilitated workforce readiness and life skills programming

AREAS OF ACADEMIC & CLINICAL EXPERTISE

- Trauma-Informed Care
- Adolescent & Family Mental Health
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Program Development & Evaluation
- Social Work Practice & Ethics
- Behavioral Health Systems & Policy
- Diversity, Equity, and Culturally Responsive Practice