

Heather Joy Pitamber

MS, NCC, QMHP-CS, LPC

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Summary of Qualifications:

- Extensive experience delivering mental health, educational, counseling, and case management services to diverse children, adults, groups and families in a variety of settings, including K-12 schools, higher education institutions, community counseling clinics, and private consultation
- Specific competencies related to counseling in a multicultural setting, human development, diagnosis of mental disorders, career counseling, skills training, parenting education and support, educational and academic counseling, and substance abuse prevention and treatment
- Familiarity with health care and educational policies, learning style theory, special education accommodations, and community resources available to support children and families in achieving mental health, behavioral, academic and personal goals

Educational Achievements:

- University of Texas at San Antonio: M.S. in Clinical Mental Health Counseling 2017
– Cumulative GPA: 4.0 – Counseling Honor Society
- University of Delaware, Honors Program dual major, Magna Cum Laude 2005
– Bachelor of Science: Psychology – Cumulative GPA: 3.9
– Bachelor of Arts: French Literature & Language – Minor: Philosophy

Professional Counseling Experience:

- **Heather J. Pitamber, Licensed Professional Counseling, Founder, Owner, Counselor** 2020-Present
-Private practitioner delivering holistic clinical services to adults, children, couples & families
- **Olive Branch Counseling and Training, Mental Health Counselor** 2019
-Served a diverse clientele with evidence-based mental health interventions
- **The Center for Health Care Services, Clinical Practitioner II** 2017-2018
-Provided families with case management services and skills training according to the needs and strengths of each individual child, led parent support groups to empower caregivers in their understanding of child development, attachment, and parenting skills, advocated for students' educational and behavioral health needs by collaborating with K-12 staff
- **The University of the Incarnate Word, Counseling Services, Intern Counselor** 2017
-Offered individual and group counseling services to students and staff, presented wellness initiatives to classes, improved recruitment for mindfulness and social anxiety group programs, and delivered crisis risk assessments and mental health crisis interventions
- **Alamo Heights High School, Student Support Counseling Center, Intern Counselor** 2016
-Delivered mental health counseling services to students, families, and faculty, presented wellness workshops to parents, provided consultation to school administrators, and helped re-structure intake and data collection procedures within the clinic
- **Sarabia Family Counseling Center, Intern Counselor** 2016
-Provided clinical mental health counseling services to children and adults from the San Antonio community, developing competence in record-keeping, and enhancing sessions with many creative interventions such as sandtray, creative writing, artistic and musical activities to help clients adaptively process emotions
- **Juvenile Justice Court of San Antonio, Intern Counselor** 2016
-Facilitated counseling groups of both parents and students to address anger management, parenting skills, substance abuse prevention, healthy relationships and emotion regulation

Professional Experience in Education:

- **Hallmark University**, *Department of Arts & Sciences, Adjunct Faculty*, San Antonio, TX 2020
-Instruction of psychology courses related to the human factors in aviation
- **University of Wyoming**, *Assistant Coordinator, Mental Health Counselor*, Laramie, WY 2019
-Planning, coordination, and leadership in implementing the department of art history's study abroad experience in Italy. Led cultural awareness/support group sessions and provided student support, crisis intervention, mediation, and mental health services during the trip
- **San Antonio Academy**, *Enrichment educator*, San Antonio, TX 2009-2015
-Curriculum development and instruction of various educational courses for young students
- **Fairfax County Public Schools**, *French immersion instruction*, Herndon, VA 2008
-Sixth grade homeroom teacher responsible for instruction of math, science, health, and French courses in a fully immersive environment in the French language
- **Ambleside Schools International**, *Fourth grade instruction*, Herndon, VA 2007-2008
-Fourth grade teacher directing instruction of courses in mathematics, phonics, and science
- **Human Emotions Lab**, *Dr. Carroll Izard, University of DE*, Newark, DE 2004-2005
-Participated in Dr. Izard's research on assessing emotional literacy of elementary-aged students before and after a psychoeducational puppet show, completed assessment interviews, collected and managed data, translated relevant findings into academic presentations
- **École Aujourd'hui**, *Bilingual primary school*, Paris, France 2003
-Activities coordinator and academic instructional support in a dual-language setting

Professional Experience in Human Services:

- **Compassion International**, *Relief agency for children in poverty worldwide* 2009-2015
-Non-profit donor outreach and public relations as a spokesperson to local organizations
- **MOPS International**, *Support group facilitation, community service coordination* 2009-2015
-Provided support for local parents of young children in a group setting, organized monthly philanthropic and community service activities to local and global non-profit organizations
- **Northrock Church**, *Founding director of the community and global service team* 2011-2014
-Local outreach in South Texas, projects to support charities in Haiti, Kenya and India
- **Freedom in Creation**, *Art therapy for Ugandan ex-child soldiers* 2007-2008
-Organized an art show benefiting this non-profit organization's therapeutic work abroad
- **Jill's House, Inc.**, *Respite center for children with special needs* 2006-2007
-Non-profit volunteer coordinator, donor and public relations, database management
-Direct care provider for individuals with special needs including feeding, bathing, dressing, cognitive/physical therapy exercise, medicine distribution, equine therapy, sensory activities
- **Watoto**, Kampala, Uganda, *Orphanage for children impacted by the AIDS epidemic* 2005
-Physical construction of orphanage facilities and direct services to support children
- **Le Kinnor**, Normandy, France, *Enrichment center for adults with disabilities* 2003
-Direct services to adults with mental and physical handicaps including: physical therapy activities, creative movement instruction, medication compliance, feeding, and dressing

Relevant Certifications:

- Nationally Certified Counselor
- Counseling on Access to Lethal Means
- Patient & Family Education Program
- American Heart Association First Aid, CPR, AED
- Satori Alternatives to Managing Aggression
- Trauma-Based Relational Intervention
- Co-Occurring Psychiatric & Substance Use Disorders
- Nurturing Parenting Program
- Psychological First Aid
- Mental Health First Aid
- Trauma-Informed Care
- Reaching the Wounded Student
- ADHD and Emotional Regulation

Academic and Community Presentations:

- **Reframing Peace and Security: Picking Up the Pen**, TEDx JBSA-Lackland 2024
-TED talk on reclaiming our agency to write and own our life stories
- **Finding Purpose in Our Pain to Reinvent the Self**, TEDx JBSA-Lackland 2022
-TED talk on choosing to use our trauma to step into our power for a more satisfying, wholehearted life
- **Empowering Instruction: Lessons from the Past, in the Present and for the Future** 2022
-commencement address for graduates of the U.S. Air Force Basic Instruction Course 22013
- **Combatting Student Stress With the Six Dimensions of Wellness Workshop** 2017
-educating undergraduate students at The University of the Incarnate Word about holistic wellness as an antidote to stress in daily life
- **Theory and Practice: A Workshop Exploring Mindfulness** 2017
-assisting faculty and staff, in a group setting, at The University of the Incarnate Word in understanding basic principles behind universal practices of mindfulness and incorporating daily activities to improve stress management and emotion regulation
- **American Counseling Association Annual Conference**, Montreal, Québec, Canada 2016
Canadian Counselling & Psychotherapy Association
-examining impact of Relational Cultural Theory in therapeutic responses to popular media
- **Incorporating Dimensions of Wellness into Daily Family Life Workshop** 2016
-empowering parents within the Alamo Heights Independent School District community, through psychoeducation, to increase individual, student, and family wellness
- **Association for Creativity in Counseling, ACA Division Conference** 2015
-exploring Photovoice as a creative intervention for clients struggling with healthy body image

Academic Awards:

- UTSA Alumni Association Graduate Scholarship Award 2016-2017
- UTSA Laura Carter Memorial Fellowship Graduate Award 2016
- South Texas Counseling Association Graduate Scholarship Award 2015
- University of Delaware Dean's List and Scholars Awards each semester 2001-2005
- University of Delaware Study Abroad Scholarship Award 2003
- University of Delaware Honors Scholarship Award 2002-2003

Private Practice:

Currently Heather is serving the community as a Licensed Professional Counselor from her private counseling office at: 8031 Broadway #311C San Antonio, TX 78209. www.hjpwelness.com

Activities:

- Honor Societies: Alpha Lambda Delta, Phi Kappa Phi, Pi Delta Phi, Psi Chi, Chi Sigma Iota
- International Travel, Translation and Tour Guiding: France, Spain, Belgium, Switzerland, Germany, Italy, Czech Republic, Uganda, Canada, Haiti, Mexico, Panama