

Joshua Cortes

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PROFESSIONAL LICENSURE AND CERTIFICATIONS

Licensed Clinical Social Worker (**LCSW**) 7/24
Certified Multi-Dimensional Family Therapist (**MDFT**) 12/22
American Psychological Association (**APA**) & National Association of Social Workers (**NASW**): Board Member 01/20

CLINICAL PRACTICE EXPERIENCE

Cortes Counseling, Bethany, CT

Founder & CEO

07/24- Present

- Imparts clinical counseling to 45+ clients weekly (70+ total clientele) with differential diagnoses of mild to severe mental health disorders and/or substance use disorders.
- Specializations and expertise are in: anxiety, depression, anger management, trauma/PTSD, career counseling, psycho-religious counseling, couples & marriage counseling, separation/divorce, and family and parenting counseling.
- Utilizes empirical psychoeducation and psychometric particularities to facilitate greater outcomes in prognoses of mood affect lability, relational dynamics, intra/interpersonal conflictions, cognitive/behavioral processes, parenting practices, substance use, and all presenting client concerns.
- Conducts comprehensive biopsychosocial assessments to materialize precise diagnoses and develop specialized treatment plan goals, objectives, and interventions.

Stokes Counseling, Naugatuck, CT

Licensed Clinical Psychotherapist

09/23- 11/23

- Identified clients with urgent mental health conditions and/or medical concerns (e.g. suicidality, homicidal proclivities, psychotic features, somatics/physiological ailments, etc.) and makes appropriate clinical provisions and/or referrals to appropriate healthcare providers and treatment facilities.
- Extensive experience working alongside clients mandated for treatment by the Department of Children and Families (DCF) and Connecticut Courts.

Boys & Girls Village (BGV), Bridgeport, CT

Licensed Child & Family Therapist

05/22- 02/24

- Provided weekly individual and family therapy to 10+ adolescents ages 9-18 with mental health/behavioral health concerns and co-occurring substance use disorders to regulate diagnostic disorders and symptomatology.
- Collaboratively developed individualized and culturally sensitive treatment plans alongside adolescents, caretakers, clinicians, interdisciplinary teams, and community providers.
- Guided children and families through research-based psychoeducation on mental health, mood regulation, substance use disorders, effective parenting strategies, and interpersonal communication to improve familial dynamics.

The Department of Children & Families (DCF), New Haven, CT

Graduate Intern

05/21- 05/22

- Led the Young Adult Program that guided 30+ adolescents in their development of self-efficacy through leadership skills, seminars, activism, and organized advocacy upon completion and discharge from state care.
- Cultivated an environment where client strengths and feedback were paramount to advancing agency policy, practice development, and direct services provided.

EDUCATION

Southern Connecticut State University (SCSU), New Haven, CT

- **Master of Social Work (MSW):** Concentration in **Clinical Practice**; GPA-3.81 '22
- **Bachelor of Science in Communication (B.S.):** Concentration: **Interpersonal and Organizational Communication**
Minor: **English Literature**; GPA-3.62, *cum laude* '18

CLINICAL SPECIALTIES, FORMAL TRAINING, AND AREAS OF EXPERTISE

- Anxiety Disorders
- Depressive Disorders
- Behavioral Disorders
- Autism Spectrum Disorders
- Attention-Deficit/Hyperactivity Disorder and other Neurodevelopmental Disorders
- Personality Disorders
- Obsessive-Compulsive and Related Disorders
- Trauma- and Stressor-Related Disorders Substance-Related and Addictive Disorders
- Disruptive, Impulse-Control, and Conduct Disorders
- Bipolar and Related Disorders
- Somatic Symptoms and Related Disorders
- Sexual Dysfunction Disorders
- Gender Dysphoria
- Parasomnias and Sleep-Wake Disorders
- Feeding and Eating Disorders

SCHOOLS OF PSYCHOLOGY, THEORIES, INTERVENTIONS, AND MODALITIES

- Humanistic Psychology
- Existential-Phenomenological Psychology
- Jung's Analytical Psychology
- Adler's Individual Psychology
- Freud's Psychoanalysis
- Frankl's Logotherapy
- Cognitivism
- Behaviorism
- Behavioral Neuroscience
- Evolutionary Psychology
- Developmental Psychology
- Quantitative Psychology and Psychometrics
- General Intelligence/IQ and Cognitive Testing
- Trait Theory and The Big Five Personality Traits Model
- Gottman's Cascade Model of Relational Dissolution
- Skinner's Radical Behaviorism
- Applied Behavior Analysis (ABA)
- Pavlov's Classical Conditioning
- Erikson's Theory of Psychosocial Development
- Objects Relation Theory
- Maslow's Hierarchy of Needs
- Piaget's Theory of Cognitive Development and Genetic Epistemology
- Psychodynamic Psychotherapy
- Beck's Cognitive Behavioral Therapy (CBT)
- Linehan's Dialectical Behavioral Therapy (DBT)
- Rogerian (Person-Centered) Psychotherapy
- Strategic Family Therapy
- Minuchin's Structural Family Therapy
- Exposure Therapies
- Assertiveness Training
- Gestalt Therapy
- Psycho-religious Counseling and Faith-Based Therapy
- Feminist Therapy
- Solution-Focused Therapy
- Task-Centered/Problem-Solving Therapy

ADDITIONAL PROFESSIONAL EXPERIENCE

SCSU, New Haven, CT

Graduate Assistant- The Office of Career & Professional Development

05/21- 05/22

- Facilitated bi-weekly career exploration workshops among 40+ disenfranchised high school students that aided in an 80% success rate of client satisfaction reporting in service quality.
- Developed, produced, and analyzed all educational material, resume writing programming, and occupational development curricula with pre and post-testing measures.

Welcome 2 Reality, Waterbury, CT

Graduate Intern

05/20- 05/21

- Held weekly strengths-based workshops that aided 20+ at-risk and/or previously incarcerated youth in attaining independent sustainability.
- Raised awareness of media literacy and the dangers of technology/social media by educating and empowering youth through creative visual productions that were featured on NBC CT news.

Connecticut Youth Resources, North Haven, CT

Certified Therapeutic Youth Mentor

05/18- 05/21

- Mentored 15+ adolescent males with substance use, behavioral health, and cognitive/executive functioning difficulties.
- Aided development in youth's life skills, prosociality, and emotional stability through specialized programming and lesson planning.

PROFESSIONAL REFERENCES

Stockton University, Galloway, NJ

Joseph Bertolino, MSW, Ed.D.; *President of Stockton University*

- Joe.bertolino@stockton.edu
- (917)-647-3809
- Former supervisor while he was President of Southern Connecticut State University from 2017-2018.

Stokes Counseling Services, Naugatuck, CT

Evan LeClair, LCSW; *LMSW Supervisor*

- Evan@stokescounseling.com
- (774)-406-4924
- Former LMSW supervisor from 2023-2024.

Connecticut Department of Mental Health & Addiction Services (DMHAS), Middletown, CT

John Fernandes, LCSW; *Forensic Clinical Social Worker*

- John.fernandesjr@ct.gov
- (203)-751-1261
- Former LMSW supervisor in 2024.

New Provenance Counseling Center, West Hartford, CT

Michelle Wortham, LCSW; *Licensed Clinical Social Worker*

- mwortham@newprovenanceccc.com
- 959-222-8548
- Former LMSW supervisor from 2022-2023.

Department of Children & Families (DCF), New Haven, CT

Tony Kinder, MSW; *Social Work Supervisor*

- Tony.kinder@ct.gov
- (203)-584-4144
- Former DCF supervisor for my second graduate internship while attaining my MSW in 2021-2022.

Stallworth Counseling, Waterbury, CT

Marcus Stallworth, LMSW; *President & CEO*

- Info@stallworthcounseling.com
- (203)-759-8928
- Former supervisor for my first graduate internship while attaining my MSW in 2020-2021.

SCSU, New Haven, CT

Rachel Cunningham-Exavier, M.P.A.; *Assistant Director of the Office of Career & Professional Development (OCPD)*

- Exavierr1@southernct.edu
- (203)-400-8499
- Former supervisor at the OCPD from 2021-2022.

Stokes Counseling Services, Naugatuck, CT

Nicolette Remy; *Lead Administrative Assistant*

- Nicolette@stokescounseling.com
- (203)-517-5894
- Current coworker.

Superior Court for Juvenile Matters, New Haven, CT

Vouise Fonville, B.S.; *Juvenile Probation Officer*

- Vouise.fonville@jud.ct.gov
- (203)-908-3691
- Former DCF worker while I was in state care from 2014 to 2018.