

Leslie Lipton, LCSW
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Education:

- 2011—2013 University of Alabama
Masters in Social Work
Concentration: Children and Families
- 2009—2010 Argosy University – Atlanta
Doctor of Psychology Program
Major: Clinical Psychology
- 2005—2009 Barnard College, Columbia University
Bachelor of Arts
Major: Psychology
- 1991—2004 The Chapin School
College Preparatory Diploma

Professional Affiliations/Memberships:

- 2014—Present Certified Trauma-Focused Cognitive Behavioral Therapist
- 2014—Present Licensed Clinical Social Worker (LCSW)
- 2013—Present Licensed Graduate Social Worker (LGSW)
- 2012—Present National Association of Social Workers (NASW)
- 2013—Present Phi Kappa Phi Honor Society
 • Member
- 2012—Present Phi Alpha Honor Society
 • Member

Awards and Notable Accomplishments:

- September 2016 Employee of the Month
- June 2014 Nominated for Employee of the Month, representing the value
of “Teamwork”
- 2013 Master’s Scholar Award, University of Alabama

- 2012 Nominated for the 2nd Year MSW Writing Award
- 2007 Youth Advocate Award, National Eating Disorders Association
- Awarded for High Profile Advocacy in Eating Disorders Awareness and Prevention on College Campuses
- 2006 Publication of novel, "Unwell"
- Chronicles a young woman's descent into anorexia nervosa, her treatment, and finally her recovery

Clinical/Work Experience:

- 2015 – Present Sophomore/Junior Guidance Counselor
John Carroll Catholic High School, Birmingham, AL
- Supported students' academic, emotional and social well-being in individual and group sessions
 - Assisted in course selection and college preparation
 - Taught a life skills course entitled "Wellness Psychology"
 - Member of the OASIS (Outreach and Support for Individual Students) team
 - Helped to initiate a school-wide anti-bullying campaign
 - Created and Facilitated student group (SPEAK) with the mission of increasing mental health/awareness
- 2013 – 2015 Program Therapist (LGSW/LCSW)
Glenwood Autism & Behavioral Health Center, Birmingham, AL
- Maintained a caseload of 8-12 individuals
 - Weekly individual therapy sessions with all clients
 - Led at least 3 therapeutic groups per week
 - Family therapy sessions as indicated per treatment plan
 - Created and maintained client notes, group notes, treatment plans/reviews, family support and mental health consults
 - Provided case management to all individuals
 - Provided crisis management/intervention as needed
 - Trained direct care staff about implementing aspects of individual treatment plans and led Treatment Team Meetings
 - Member of Management Team for Daniel House Programs at Glenwood
 - Helped initiate/facilitate Equine Therapy Program at therapeutic riding facility (Red Barn in Birmingham, AL)
 - Served as on-call supervisor per assigned rotation for Daniel House Programs

- 2013 (May – July) Interim Therapist
Glenwood Autism & Behavioral Health Center, Birmingham, AL
- Led weekly individual therapy sessions
 - Led at least 3 therapeutic groups per week
 - Maintained client notes, group notes, treatment plans/reviews, family support and mental health consults
 - Interfaced with external agencies and parents
 - Provided case management to all individuals at DH2
 - Provided crisis management/intervention as needed
- 2013 (Jan – May) Graduate Intern
Glenwood Autism & Behavioral Health Center, Birmingham, AL
- Led individual/group therapy sessions
 - Participated in treatment team meetings
 - Participated in initial intakes, treatment planning, treatment plan reviews, ISPs and comprehensive functional assessments
 - Completed individual progress notes, group progress notes, and treatment team notes
 - Facilitated/maintained therapeutic milieu
 - Participated in Hand-in-Paw’s Pawsitive Living Program (Pet Therapy)
- 2012 (Jan – May) Graduate Intern
U.S. Federal Probation Office, Birmingham, AL
- Shadowed U.S. Probation Officers during field visits
 - Co-facilitated “Making It Work” (a life skills/work skills program for offenders)
 - Participated in CARE (Court Assisted Re-Entry Effort) – attended clinical staffings and court hearings
 - Attended court for revocations, initial hearings and sentencings
- 2009 (Jan – May) Tutor and Shadow
Park Avenue Christian Church Day School, New York, NY
- Shadowed a three year old girl with behavior problems
 - Encouraged her to engage in activities
 - Mediated play with her classmates
- 2007 (Aug – Dec) Undergraduate Intern, Adult Inpatient Psychiatric Unit
Lenox Hill Hospital, New York, NY
- Administered questionnaires to be used in patient outcome studies

- Co-facilitated process groups for the general unit
- Co-facilitated Dialectical Behavioral Therapy groups for BPD patients

Related Work Experience:

2014 Trauma-Focused Cognitive Behavior Therapist Training

- Year long consultation/supervision series with TF-CBT specialist, Dr. Cassie Maxwell, Psy.D
- Provided therapy per TF-CBT model to at least three clients and families and present cases via monthly conference calls

2007—Present Educator/Lecturer about Eating Disorders

- Speak with students (grades 7-12, colleges) about the signs, symptoms and repercussions of eating disorders
- Conduct Q & A sessions
- Participating Schools include: The Hewitt School (NY, NY), The Nightingale-Bamford School (NY, NY), The Convent of the Sacred Heart (NY, NY), Pace Academy (Atlanta, GA), South Forsyth High School (GA)

Related Volunteer Experience:

2007—2012 Member of the National Eating Disorders Association, Junior Board of Directors

- Founding Member (2007)
- Volunteer speaker at colleges and high schools
- Guest on television/radio to discuss the signs, symptoms and ramifications of eating disorders

2008—2012 The Eating Disorders Information Network (EDIN), Atlanta, GA

- Assisted with check-in at fundraisers (“Merrick’s Walk”)
- Guest speaker at Pace Academy and South Forsyth High School

Psychometric Training:

Million Clinical Multiaxial Inventory
 Minnesota Multiphasic Personality Inventory – 2nd Edition
 Personality Assessment Inventory
 Rorschach and House, Tree, Person Projective Tests
 Wechsler Adult Intelligence Scale – 4th Edition
 Wechsler Intelligence Scale for Children – 4th Edition
 Woodcock Johnson Tests of Achievement

Presentations:

- February 2018 Shelby County Counselors Annual Conference (AL)
● “Combating Maladaptive Coping Skills in a School Setting”
- November 2017 Alabama Counseling Association Annual Conference
● “Combating Maladaptive Coping Skills in a School Setting”
- May 2014 University of Alabama Birmingham, Birmingham, AL
● Behavioral Health Presenter for Developing Health Professionals Session
- May 2009 Hofstra University, Farmingdale, NY
● “Eating Disorders: Signs, Symptoms, Treatment and Recovery”
- April 2009 Lehman College – CUNY (Bronx, NY)
● “Eating Disorders: Signs, Symptoms, Treatment and Recovery”
- March 2009 Keynote Speaker, NEDA Long Island, Farmingdale, NY
● “Becoming Unwell”
- March 2008 Keynote Speaker, NEDA Long Island, Farmingdale, NY
● “Becoming Unwell”
- January 2008 The Ridgewood Community Alliance, Ridgewood, NJ
● “Becoming Unwell”
- March 2007 Lehman College – CUNY, Bronx, NY
● “Eating Disorders: Signs, Symptoms, Treatment and Recovery”
- March 2007 Barnard College, New York, NY
● “Becoming Unwell”
● Book signing
- March 2007 The Women’s Museum, Dallas, TX
● “Becoming Unwell”
● Book signing
- March 2007 Loyola University, Chicago, IL
● “Becoming Unwell” and “Signs, Symptoms, Treatment and Recovery”
- March 2007 Northeastern Institute of Technology, Chicago, IL
● “Becoming Unwell” and “Signs, Symptoms, Treatment and Recovery”
- January 2007 Panel discussion member – Glamour Magazine
● “Women’s Challenges and Successes”
- November 2006: Touro College, Brooklyn, NY
● “Eating Disorders: Signs, Symptoms, Treatment and Recovery”

References:

Cinda Walchli, LCSW
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Health Center
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Dina Zechausen, PhD.
Clinical Psychologist, Founder of the Eating Disorders Information Network (EDIN)
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