

# Ethan Wilson

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## PROFESSIONAL SUMMARY

Clinical Mental Health Counseling graduate student and Chemical Dependency Counselor Assistant (CDCA) with experience in substance use disorder treatment, behavioral health, psychiatric care, group facilitation, patient support, and healthcare coordination. Experienced in providing psychoeducation, supporting treatment planning, documenting client progress, and using CBT-, DBT-, Motivational Interviewing-, and relapse-prevention-informed approaches under clinical supervision.

## PROFESSIONAL EXPERIENCE

### **Foundations Group Recovery Centers of Ohio, Columbus, OH | Chemical Dependency Counselor Assistant (CDCA) / Clinical Intern**

*April 2025 – Present*

- Provide clinical support to clients receiving substance use disorder treatment across multiple levels of care, including PHP and IOP.
- Facilitate psychoeducational and process-oriented group sessions addressing recovery, relapse prevention, emotional regulation, coping skills, communication, boundaries, and personal growth.
- Conduct individual counseling sessions under clinical supervision and support clients in identifying triggers, developing coping strategies, strengthening recovery supports, and pursuing treatment goals.
- Complete clinical documentation, progress notes, treatment-plan updates, and other required records while maintaining professionalism, confidentiality, and continuity of care.
- Collaborate with counselors, supervisors, medical providers, and other members of the multidisciplinary treatment team to support individualized client care.
- Use counseling interventions informed by Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Motivational Interviewing (MI), Nonviolent Communication (NVC), and relapse-prevention principles.
- Provide psychoeducation related to emotional regulation, distress tolerance, interpersonal effectiveness, healthy boundaries, recovery routines, and recognizing relapse warning signs.

### **Praxis – Landmark Recovery, Westerville, OH | Group Facilitator / Counselor Trainee (CT)**

*December 2024 – Present*

- Lead therapeutic and psychoeducational group sessions focused on addiction recovery, coping strategies, relapse prevention, and behavioral health.
- Create a safe and supportive environment that encourages client participation, vulnerability, peer support, and recovery-oriented discussion.
- Work with a multidisciplinary team to monitor client progress and support continuity of care.
- Provide services under clinical supervision as a Counselor Trainee (CT).

### **CoverMyMeds, Columbus, OH | Account Coordinator**

*October 2022 – Present*

- Provide customer support through online chat and phone communication to resolve account and platform-related questions.
- Educate healthcare users on navigating the platform and understanding the prior authorization process.
- Collaborate with healthcare professionals and insurance companies to help patients access needed medications.
- Work effectively in a hybrid environment while managing competing priorities and maintaining strong communication.

### **Sprintstone, Dublin, OH | Patient Care Assistant**

*September 2020 – October 2022*

- Served as a liaison between patients, nurses, and physicians during psychiatric hospital stays.
- Completed daily mental health activities and routine safety and wellness checks with patients.
- Assisted with patient intake and discharge processes.
- Supported patients in a psychiatric setting while maintaining safety, professionalism, and compassionate communication.

## EDUCATION

**Grand Canyon University** | Master's, Clinical Mental Health Counseling | June 2021 – Present

**The Ohio State University** | Bachelor of Arts, Psychology | 2015 – 2020

**CERTIFICATIONS & ADDITIONAL EXPERIENCE**

- Chemical Dependency Counselor Assistant (CDCA), Ohio — Active
- Counselor Trainee (CT) — Clinical supervision
- Employee of the Month, CoverMyMeds — August 2024
- Volunteer, Buckeye Peer Access Line — Peer-to-peer mental health warm line, The Ohio State University
- Shadowing Experience, Providers for Healthy Living, Hilliard, OH — Observed mental health professionals in a clinical practice

**CORE SKILLS**

|                                  |                            |                                    |
|----------------------------------|----------------------------|------------------------------------|
| Substance Use Disorder Treatment | Group Facilitation         | Individual Counseling              |
| Motivational Interviewing        | CBT-Informed Interventions | DBT-Informed Interventions         |
| Relapse Prevention               | Psychoeducation            | Treatment Planning & Documentation |
| Crisis/Safety Awareness          | Active Listening           | Effective Communication            |
| Research & Data Analysis         | Problem Solving            | Emotional Intelligence             |
| Organization                     | Decision Making            | Flexibility                        |