

**Donald Washington**  
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## Profile

A newly qualified social worker with strong communication skills and a desire to help others. High level of practical and theoretical knowledge of social work in a mental health environment. Experience providing young people with emotional support and guidance, providing leadership and keeping meticulous records.

## Key Skills

- Accurate record-keeping
- Active listening skills
- Adaptability
- Caring and empathetic
- Knowledge of community resources

## Education

### **Master of Social Work**

*Portland State University, Portland, OR, September 2018 - June 2020*

### **Bachelor of Social Work**

*Pacific University, Forest Grove, OR, September 2014 - June 2018*

## Professional Experience

### **Social Work Internship, Student Health and Wellness, Portland State University, Portland, OR**

*September 2019 - June 2020*

- Provide individual counseling to students seeking treatment from the mental health division of Student Health and Wellness
- Assist in facilitation of group counseling sessions for general therapy groups and targeted groups for those with substance abuse issues and anxiety disorders
- Conduct crisis evaluation for students presenting on a walk-in basis or after-hours and direct them to counselors or appropriate university resources
- Keep detailed records, including discussions and treatment plans provided

### **Hotline Volunteer, Youthworks Crisis Line, Portland, OR**

*June 2018 - September 2019*

- Provided emotional support and guidance to people aged 25 and younger using active listening and empathy
- Directed callers to community resources that can provide additional support
- Used technology to communicate with people in crisis, including telephone and online chat
- Assisted in basic case assessment and treatment programs
- Kept records of calls while maintaining confidentiality

## Certifications

- Clinical Social Work Associate, Oregon, 2020