

SARAH ENGELS

Licensed Professional
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January 1, 2024

Roger Smith
Hiring Manager
Lifestance
(987) 654-3210
roger@portlandhealth.org

Dear Mr. Smith,

I'm interested in applying for the therapist position at your organization. As you'll see from my resume, I have expertise in trauma-based interventions and family counseling. I believe that my commitment to emotionally-focused therapy (EFT) strongly aligns with Lifestance's mission.

Upon graduating from the University of Colorado with a Master of Psychology degree, I began work as a counselor trainee at the Boulder Medical Center. I delivered counseling services to individuals, couples, and families with diverse cultural backgrounds. I am confident I can help improve the quality of life for your patients based on my career achievements:

- Conducted evidence-based trauma interventions for diverse patient populations and supported initiatives to provide additional resources and professional services
- Collaborated with multidisciplinary teams to develop EFT models
- Utilized standardized assessments to measure patient progress and successfully reduced depression and anxiety levels in 90% of patients

I hope to have further discussions on how my expertise in EFT can benefit your practice. You may contact me via phone or email at your convenience. I appreciate your time and consideration.

Sincerely,

(Insert Signature Here)

Sarah Engels, licensed professional counselor