

Wenjie 'Wendy' Xu

(609) 331-9393 | Irvine, CA 92618 | thinkpinkcounseling@gmail.com

EDUCATION

University of Pennsylvania, Philadelphia, PA

Master of Science in Education (M.S.Ed.) in Counseling and Mental Health Services | **GPA:** 3.97/4.0 Aug 2022 - June 2023

Master of Philosophy in Education (M.Phil.Ed.) in Professional Counseling | **GPA:** 4.0/4.0 July 2023 - May 2024

New York University, New York, NY

Bachelor of Science (B.S.) in Applied Psychology, Minor in Japanese | **GPA:** 3.7/4.0 Jan 2019 - Dec 2021

EXPERIENCE

The Light Program, Jenkintown, PA

Counseling Intern

Aug 2023 - May 2024

- Facilitating group therapy and skill-building exercises in the Partial Hospitalization Program (PHP) for adults.
- Executing the PHP by supporting the diagnosis and treatment of adult clients with major mental illnesses such as generalized anxiety disorder, major depressive disorder, bipolar disorder, OCD, and PTSD.
- Employing various therapeutic modalities including cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), motivational interviewing, and adjunct therapies.
- Performing patient evaluation, treatment planning, and discharge planning for 10+ clients weekly and providing therapeutic interventions to clients experiencing mental health challenges in the Women's Trauma PHP.

Samaritans, Inc., Remote

Learning Shift Mentor (Crisis Text Program)

July 2023 - Present

- Collaborated with a 5-member training team to provide skills mentoring, real-time support and feedback, and scheduling assistance for 30+ new Hey Sam trainees, facilitating their transition into volunteering on the crisis text line.

Crisis Hotline Service Volunteer

July 2021 - Present

- Presenting empathy, non-judgmental listening, and crisis intervention in providing over 700 hours of crisis hotline services using Samaritans' Befriending model to callers and texters at risk of suicide, ensuring confidentiality and sound judgment.

General George A. McCall School, School District of Philadelphia, PA

School Counselor Intern

Sep 2022 - May 2023

- Provided individual counseling to 5 students experiencing emotional or behavioral difficulties each week, using evidence-based therapeutic interventions rooted in cognitive-behavioral therapy and solution-focused brief therapy.
- Facilitated 2 group counseling sessions per week and provided social-emotional learning interventions for middle-school students facing personal, social, and behavioral issues within their peer groups.
- Collaborated closely with an interdisciplinary team, including parents, teachers, and other professionals, to develop and implement individualized education plans (IEPs) for students with autism spectrum disorder.

Charles B Wang Community Health Center, Flushing, NY

Social Work Assistant

Feb 2022 - Aug 2022

- Managed over 70 cases per month, including conducting biopsychosocial assessments to evaluate mental health needs, recognizing potential risks, and formulating individualized treatment plans.
- Ensured accurate and confidential record-keeping for 500+ clients, documenting patient encounters, treatment plans, and progress notes in the Electronic Medical Records (EMR) system, strictly aligned with program requirements and standards.

RESEARCH

Mindfulness Lab, Harvard University, Remote

Research Assistant

July 2021 - Mar 2022

- Researched cognitive flexibility and engagement in 3rd and 4th graders' academic performance by performing literature reviews, experiment design, and data analysis with 200+ children, improving mental health counseling and school systems.

Eyes@Home Lab, New York University Abu Dhabi Campus, Remote

Research Assistant

Jan 2021 - Feb 2022

- Conducted cross-cultural interview transcription and data coding, revealing insights into intergenerational relationships for counseling strategies, while emphasizing communication and problem-solving skills essential in mental health counseling.

ADDITIONAL INFORMATION

Licenses: Associate Professional Clinical Counselor (APCC) eligible; valid CA driver's license

Languages: Native Mandarin, Fluent English, Intermediate Japanese

Specialized Training: Mandated Reporter Training - Recognizing and Reporting Child Abuse