

Pamela Henning, LCMHC, LCASA, NCC
Wilmington, NC

Counseling Experience

Coastal Horizons

Wilmington, NC

Therapist

October 2023-April 2025

- Managed caseload (90+) at a community mental health organization practice to treat Axis I and II diagnoses
- Utilized TFCBT, DBT, mindfulness, ACT, grief counseling, motivational interviewing, and other evidence-based techniques
- Provided transparent, evidence-based, and creative treatment plans to engage, educate, and support each unique individual in harm reduction model while collaborating with medical providers daily for wrap-around care

Center for Emotional Health

Wilmington, NC

Therapist

August 2022 - October 2023

- Managed 45 patient caseload at private practice collaborating with practice's medication management providers to treat Axis I and II diagnoses in patients aged 9-65, leading 20-28 integrative individual and family counseling sessions per week in person or virtually
- Utilized CBT, DBT, Mindfulness, Wellness, ACT, grief counseling, substance abuse counseling, and trauma-informed counseling techniques
- Worked transparently and creatively with clients to create engaging, educational, functional treatment plans, considering each individual's culture, personality, interests, and limits

Integrative Therapy Institute of NJ

Metuchen, NJ

Consultant, Intern Therapist

August 2020 - Present

- Co-lead 2x/wk group virtual supervision sessions with Dr. Thomas Hollenbach, PhD, for 5-12 therapists within the practice, and lead individual consultations with clinical staff weekly
- Conducted weekly individual teletherapy sessions with diverse 10-client caseload (ages 13-50) treating sexual trauma, anxiety, depression, ADHD, domestic violence, substance use, grief, bullying, and eating disorders at group private practice for 9-month internship
- Co-wrote proposal for PESI accreditation of the Institute's model of counseling, researched, wrote, designed, filmed, edited, and uploaded training modules for the Institute's expansions

New Pathway SOARFIT

Pine Brook, NJ

Intern Therapist for Adolescent Substance Use Disorder PHP

August 2020 - October 2020

- Managed 16-client caseload (ages 13-17) at PHP treating adolescents with SUD and co-occurring anxiety, depression, ADHD, ODD, BPD, and/or PTSD
- Led 10-12 weekly individual sessions, 8 weekly groups, 4 weekly meditations, and 4 weekly group HIIT workouts 4 days a week in alignment with SOARFIT model
- Collaborated with client's counselors, therapists, psychiatrists, teachers, and families weekly

Chelton Loft Clubhouse

New York, NY

Intern Therapist

January 2020 - May 2020

- Managed 5-member caseload, conducting weekly individual sessions and two weekly groups through psychosocial model of rehabilitation model for adults (ages 35-60) with severe and persistent Axis I and II diagnoses
- Developed and led 8-week, 1-hour remote "Creative Writing for Resilience" group with 10 participating members on Zoom in response to COVID-19
- Assisted in successfully transitioning members to first-ever teletherapy services by providing and teaching new technology

Education

Hunter College City University of New York
MSEd Mental Health Counseling | GPA: 3.9

New York, NY
January 2019 - June 2, 2021

Rutgers University Robert Wood Johnson Medical School
New Jersey's Opioid Overdose Prevention Network Program Certification

New Brunswick, NJ
September 11, 2020

University of Rhode Island
B.A. Communication Studies and Public Relations | GPA: 3.4

South Kingstown, RI
September 2013 - May 21, 2017

Licensing, Certifications

North Carolina Board of Licensed Clinical Mental Health Counselors
License Number: 17637

March 5, 2025

North Carolina Addictions Specialist Professional Practice Board
Unique Identifier: LCAS-29611

March 20, 2024

National Board of Certified Counselors, Inc.
1723286

November 22, 2022