



Michelle Lewis

COUNSELOR

Licensed Mental Health Counselor with five years of independent practice serving adults and adolescents. Primary work in trauma, anxiety, and life-transition issues, with a growing telehealth panel and steady referral flow from two local pediatric practices.

CONTACT INFORMATION



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KEY SKILLS

- Trauma-focused cognitive behavioral therapy
- Trauma reprocessing therapy
- Adolescent and family work
- Risk assessment and safety planning
- Insurance credentialing and billing
- SimplePractice EHR
- Telehealth (Doxy.me, secure Zoom)
- Clinical supervision of interns
- School-based crisis response
- Session-by-session outcome and alliance measurement

PROFESSIONAL EXPERIENCE

Licensed Mental Health Counselor | Harbor Oak Counseling, Tampa, FL | 2022 – Present

- Manage an in-network panel across Aetna, Cigna, and Florida Blue with 26 to 29 weekly billable sessions.
- Built a teen-focused sub-caseload that now accounts for about 40% of intakes.
- Reduced 90-day early termination from around 22% to 11% after adding a structured second-session goals check-in.
- Serve as the practice's designated risk-assessment consult for peers on complex safety-planning cases.
- Contract with a local school district for after-hours grief and crisis response, roughly six activations per school year.

Staff Counselor | Willowbrook Community Mental Health, Clearwater, FL | 2019 – 2022

- Held a caseload of 32 to 35 weekly clients on a Medicaid-heavy panel with complex trauma and co-occurring disorders.
- Completed trauma reprocessing basic training and integrated it into treatment for roughly a third of the trauma caseload.
- Wrote treatment plans that cleared 100% of Medicaid managed-care audits across three review cycles.
- Precepted two graduate interns through a full academic year, including weekly individual supervision.

EDUCATION

M.A. in Mental Health Counseling, University of South Florida, 2019

B.A. in Sociology, Florida State University, 2016

Licensed Mental Health Counselor (FL), in good standing

Trauma reprocessing basic training, 2021