
Amanda Ann Armstrong, LCPC

EDUCATION

The School of Professional Psychology at Forest Institute, St. Louis, MO

May 2013

Master of Arts in Clinical Psychology

Illinois College, Jacksonville, IL

May 2011

Bachelor of Science in Psychology

Illinois Licensure

Licensed Clinical Professional Counselor, January 2016- Present

CLINICAL EXPERIENCE

SIU Medicine, Division of Developmental/Behavioral Pediatrics & Psychology, Springfield, IL

Licensed Clinical Professional Counselor, August 2018-Present

- Providing outpatient clinical services, including: individual and family therapy, consultation, and crisis intervention.
- Participating in medical student and resident education, as requested.
- Participating in quality improvement and research projects, as requested
- Continuing to department activities, including: grand rounds, journal club and acute emotional debriefings.

Memorial Behavioral Health: Springfield Children's Center, Springfield, IL

Child Outpatient Therapist, June 2013-August 2018

- Provided diagnostic and therapeutic mental health services to children, ages 3-18, in an outpatient setting
- Developed comprehensive assessments data including clients' presenting problems, mental status, relevant psychiatric, medical and developmental histories to make decisions regarding diagnosis (per DSM-V), treatment objectives and ongoing treatment plans
- Developed and utilized appropriate therapeutic interventions and tools to work to improve presenting symptoms
- Became a Registered Yoga Instructor certification, January 2018.
- Facilitated four-week yoga and mindfulness groups to children ages 8-18.

Annie's Hope, The Bereavement Center for Children, Glendale, MO

Practicum Student, August 2012- May 2013

- Co-facilitated six-week grief groups within the schools for elementary, junior high, and high school students
 - Shaw Visual and Performing Arts Elementary
 - Parkway South Middle School
 - Northwest Middle School
 - Kirkwood High school
- Co-facilitated 8-week and monthly grief groups for children and their families
- Facilitated home visits with individuals and families experiencing impending death
- Developed appropriate interventions and tools to teach positive coping skills for clients
- Co-facilitated crisis interventions at local schools and a weekend teen retreat
- Educated clients on grief to normalize feelings and experiences
- Collected and analyzed pre- and post- treatment data

Early Years Program-Preschool, Jacksonville, IL

Fieldwork study, September 2010- December 2010

- Created and enforced behavior modification plans for children, ages 3-5, from low income families.
 - Observed, facilitated, and co-taught lesson plans to children
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RESEARCH

Armstrong, A. (2013). *Factors influencing attachment styles in adopted children and treatment options for adopted children who develop reactive attachment disorder*. Published Masters Thesis, The School of Professional Psychology at Forest Institute