

# Siena Vaccara, Ed.M, M.A, MHC-LP

| sienavaccara.therapist@gmail.com | she/her/hers |

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## **EDUCATION:**

**Teachers College, Columbia University** May 2022

**Ed.M.,** Mental Health Counseling (3.97 GPA)

**M.A.,** Psychological Counseling

**AdvCert:** Sexuality, Women and Gender

*Specialization in LGBTQIA+ Issues & Reproductive, Maternal Well-Being*

**Doulas of North America (DONA) International** January 2022

**Pre-CD(DONA)** Childbirth Doula Training Program

**Purchase College, State University of New York** May 2020

**B.A.,** Psychology

**B.A.,** Gender Studies

**Minor in Music:** Studio Composition

**Cert:** Early Childhood Development

**Ateneo Internazionale, Università per Stranieri di Siena, Tuscany, Italy** August 2017

**Cert.,** Scrivere-Lingua Straniera (Foreign Language Writing)

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## **PROFESSIONAL EXPERIENCE:**

**Wellness Road Psychology, PLLC. New York, NY** June 2022-Present

**Psychotherapist (MHC-LP)**

Provides individual and couples counseling services to patients of all ages. Specialization in family planning, maternal mental health, LGBTQIA+ care. Provides diagnoses, treatment plans, assessments & referrals. Implements Person-Centered, Narrative, Feminist & CBT therapeutic interventions. Composes wellness blog posts for the private practice.

**Mental Health and Wellness Center, Macaulay Honors College, CUNY** September 2021-May 2022

**Mental Health Counseling Intern**

Following ACA Code of Ethics, provided case management, evidenced-based individual and group counseling services to Macaulay students, under the supervision of Kristina Gowin, LMHC. Conducted intakes, consultations, psychosocial and risk assessments. Wrote up psychotherapy session mental status examinations, progress notes, and treatment plans. Arranged psychiatric and medical referrals when appropriate. In addition to therapy services, collaborate with other clinicians to create wellness educational programming for the college community.

**DONA International, NYC Metropolitan Area** January 2022-Present

**Childbirth Doula**

Following DONA International's standards for Doula scope of practice and ethics, provides non-medical prenatal visits, perinatal information, holistic labor pain management, breastfeeding/chest-feeding counseling, postpartum visits, emotional support, referrals and advocacy to birthing people and their families. *Website:* doulasiena.com

**Private Home & Video Yoga Practice, Brooklyn, NY** December 2021-Present

**Yin Yoga Instructor**

Teaches Yin Yoga, to individuals and couples seeking increased mobility and physical well-being. Promotes client mindfulness and full body awareness. Instruction takes place in client homes or via video upon invitation inquiry.

**Office of Disability Resources, Purchase College, SUNY** January 2019-May 2020

**Peer Mentor**

Worked with two students on the Autism Spectrum on a weekly basis to improve their organizational, social and communication skills. Conducted case management to accelerate student goals by attending weekly progress meetings with supervisor Dr. Amy Fisk, Ph.D, as well as other peer mentors. Co-led weekly support group sessions and created psychoeducation programs for students affiliated with ODR *Cornerstone* transition program.

**Psychology Department, Purchase College, SUNY**

January 2018- January 2019

***Learning Assistant: Psychopathology & Introductory Psychology***

Obtained FERPA training to assist Dr. Paul Siegel, Ph.D, a professor of Developmental Psychopathology, and Dr. Jessica Carnevale, Ph.D, a professor of Introductory Psychology; by co-facilitating in class activities, grading student assignments, explaining concepts during review sessions, and offering additional tutoring.

**Ume Ume: Music + Arts, Brooklyn, NY**

June-July 2018

***Summer Intern***

In addition to being responsible for safety, created programs for children between the ages of 3 and 8 years old at Ume Ume Summer Music Program. Using a positive developmental approach, created activities for children to learn about various artists and composers through music and creative movement.

**The Children's Center, Purchase College, SUNY**

January-May 2017

***Practicum Intern***

Cared for a classroom of eleven children between the ages of two and three for eight hours a week alongside a head teacher and assistant teacher. Monitored motor, language, cognitive and social development with the supervision of Dr. Jessica Carnevale, Ph.D, in order to complete practicum for *Certificate in Early Childhood Development*.

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**LICENSES & CERTIFICATIONS:**

- **Mental Health Counselor-Limited Permit** June 2022  
*NY Education Department (#:115947-01)*
- **Adult & Pediatric First Aid/CPR/AED** March 2022  
*American Red Cross & OSHA (#:00S6O5M )*
- **Aromatherapy-Essential Oils** February 2022  
*Ali Haider Program-Udemy (#:4425)*
- **Yin & Prenatal Yoga Teaching** December 2021  
*Anjali Holistic Health Academy-Yoga Alliance (#:87422117)*
- **C-SSRS Screening** September 2021  
*Research Foundation For Mental Hygiene-NYS Psychiatric Institute (#:A002a)*
- **Naloxone-Opioid Overdose Prevention** February 2021  
*CU Mailman School of Public Health-NYS Department of Health (#:9808)*
- **Protecting Human Research Participants** September 2018  
*National Institute of Health-CITI (#:28828335)*

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**VOLUNTEER SERVICE:**

**Sing for Hope, New York, NY**

June 2019-Present

***Artist Partner***

Plays piano for patients in various treatment centers including the *New York Memory Center* and *Mount Sinai Hospital*. Patient Conditions Include: Alzheimer's, Parkinson's, Dementia, Cancer, Stroke, Traumatic Brain Injuries.

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**NATIONALITIES & LANGUAGES:**

USA, France & Italy: *English, French & Italian*

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**AFFILIATIONS:**

*American Psychological Association | American Counseling Association | Doulas of North America | Society for Sexual, Affectional & Gender Expansive Identities | Yoga Alliance | Psi Chi | Anjali Holistic Health Academy |*

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**ADDITIONAL WORK EXPERIENCE:**

| Restaurant Hostess | Keyboardist | Administrative Office Assistant | Fashion Model | Child Caretaker |

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**ADDITIONAL SKILLS:**

| *Women's Self Defense | FERPA, HIPAA, Excel, JASP | Piano Performance | Yoga | Safety-Planning | Perinatal Care |*