

CRESCENT COUNSELING & CASEWORK SERVICES INC.
708 S. Rosemont Road Suite 203
Virginia Beach, Virginia 23452
Phone: (757) 431-0105/Fax: (757) 431-0106

PROFESSIONAL DISCLOSURE STATEMENT

Introduction

My name is Dana Woerner and I am a Licensed Professional Counselor. I received my masters in counseling from a CACREP accredited university and completed a 4,000 hour residency in counseling. I began my career working on the SEB Grant providing education to childcare workers to improve services to meet infant and toddlers' social, emotional, and behavioral needs. I also worked as a prevention social worker attached to a local CPS unit assisting at risk families to improve dynamics and reduce psychosocial stressors. I have worked in a variety of mental health settings including outpatient therapy and residential treatment centers. My experience includes providing individual, family, couples and group therapy to children, adolescents and adults.

Credentials and Experience

Licensed Professional Counselor # 0701006240

Virginia Board of Counseling

Specialized Training:

- Eye Movement Integration
- Dialectical Behavior Therapy
- Trauma-Focused Cognitive Behavioral Therapy

Areas of Experience:

- Individuals:
 - Trauma
 - Survivors of abuse/assault (sexual, physical, emotional, domestic)
 - Mood Disorders (Depression, Anxiety, Bipolar etc.)
 - Self-Injury
 - Posttraumatic Stress Disorder (PTSD)
 - Borderline Personality Disorder
 - Grief and Loss
 - Disruptive, Impulse Control, and Conduct Disorders
 - Anger Management
 - Crisis Intervention
 - Attention-Deficit/Hyperactivity Disorder (ADHD)
- Family
 - Reunification
 - Conflict Resolution
 - Structural Family Therapy
- Couples
- Groups:
 - Anger Management Group (adults, adolescents and children)
 - Teen Girls Group
 - Social Skills Training
 - Adult Survivors of Childhood Abuse Group
 - Dialectical Behavioral Therapy Group

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- **Theoretical Orientation-** My clinical orientation is primarily three evidenced-based theories: Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT.) DBT helps clients integrate opposing positions of acceptance and change through the use of four skill modules (mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness.) CBT assists the client process the connection between thoughts, feelings and behaviors to increase awareness about unhelpful thoughts and behaviors. TF-CBT addresses distorted beliefs and attributions related to the abuse and provides a supportive environment in which clients are encouraged to talk about their traumatic experience.
- **Ethical Guidelines-** The practices of this office adheres to the professional standards of the American Counseling Association and The National Association of Social Workers in addition to Virginia Department of Behavioral Health and Disability Service's licensing regulations.

Client Signature _____

Date:

Parent/Guardian/Authorized Representative Signature _____

Date:

(If applicable)

Therapist Signature _____

Date:

Dana E. Woerner, LPC, LMHP