

Cina Hoey, Licensed Clinical Social Worker

PROFESSIONAL EXPERIENCE

Psychotherapist, Boca Raton, FL

January 2016 - Present

Private Practice

- Provide individual, couples, and family therapy
- Lead mindfulness and meditation groups weekly in private practice and the community
- Clinical experience includes:
 - Addiction
 - Anger Management
 - Anxiety
 - Behavioral Issues
 - Depression
 - Divorce
 - Domestic Abuse
 - Eating Disorders
 - Family Conflict
 - Grief & Loss
 - Life Coaching
 - Relationship Issues
 - Self-Esteem
 - Spirituality
 - Substance Abuse

School Social Worker, Coconut Creek, FL

August 2015 - Present

Atlantic Technical College

- Developed the position and serve as the first social worker at any technical college in Broward County
- Provide therapy and mental health counseling to both students and staff members
- Hold support groups for students
- Facilitate staff trainings
- Provide case management services to overcome obstacles to academic achievement
- Assist faculty in addressing and moderating truancy
- Lead weekly mindfulness & meditation groups for staff members
- Conduct interdisciplinary meetings with administrators, teachers, and academic counselors to meet students' needs

Therapist Intern, Lake Worth, FL

July 2014 - April 2015

The Banyan Group

- Individual, group, family, and couples therapy
- Utilize DSM-V and evidence-based treatment practices
- Conduct bio-psycho-social-spiritual assessments and create appropriate treatment plans
- Facilitate evaluations and substance abuse group therapy for individuals who have received DUIs
- Evaluate and counsel adolescents suspended from school for drug possession along with students' parents

Family and Youth Specialist Intern, Boca Raton, FL

September 2013 – April 2014

American Association of Caregiving Youth

- Complete intake process and assess eligibility for the Caregiving Youth Program
- Collaborate with school personnel including teachers, guidance counselors, and administrators to ensure the most effective implementation of program
- Lead skill building groups with middle and high school students
- Provide home visits and connect families with necessary resources
- Meet individually with students for counseling and support

EDUCATION

Florida Atlantic University, Boca Raton, FL August 2013 – May 2015
Master of Social Work, GPA: 4.0

Farmingdale State College, Farmingdale, NY January 2007 - May 2010
Bachelor of Professional Communications, GPA: 3.7

MINDFULNESS EDUCATION & TRAINING

3-Day Silent Mindfulness Meditation Retreat September 2017
Dr. Sharon Theroux & Valerie York-Zimmerman, Delray Beach, FL

7-Day Training and Retreat in Mindfulness Based Stress Reduction and Mind/Body Medicine June 2017
Dr. Saki Santorelli, Dr. Judson Brewer, & Florence Meyer, Omega Institute, Rhinebeck, NY

8-Week Mindfulness Based Stress Reduction Course June 2017 – July 2017
Dr. Sharon Theroux, Boca Raton, FL

Mindfulness Based Stress Reduction Workshop March 2017
Hugh Byrne, Fort Lauderdale, FL

Certified Meditation Instructor December 2016
The University of Holistic Theology

3 Characteristics of Existence Silent Meditation Retreat November 2016
Bhante Gunaratana, Bhavana Society, High View, WV