

Amanda Torres DSW, LSW  
Licensed Social Worker No. 44SL06780900  
280 NJ-35 #402c, Red Bank, NJ 07701  
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## Professional License

**Issued March 2022** – New Jersey Licensed Social Worker No. 44SL06780900

12/12/2024 – examination passed for clinical licensure (LCSW)

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## Education

### **April 2011- August 2019**

*Doctor of Social Work, Capella University – Graduation with distinction*

### **January 2008 – December 2010**

*Master of Social Work, Specialization in public child welfare, Rutgers University*

### **September 2000 – December 2003**

*Bachelor of Arts in Psychology, Georgian Court University*

### **September 1998- May 2000**

*Associate of Liberal Arts, Ocean County College*

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## Professional Employment

### **July 2024 - present: Telehealth Clinician/Therapist**

Integrative Psychology Services 659 Eagle Rock Avenue, Suite 4 West Orange, NJ 07052

#### Job duties:

- Provide telehealth therapy for children, teenagers, and adults offering individualized, multi-systemic, goal-oriented, and strength-based clinical interventions to address emotional and behavioral challenges.
- Conduct virtual sessions through secure telehealth platforms, ensuring accessibility and continuity of care for clients in diverse settings.
- Develop and implement personalized treatment plans, integrating evidence-based practices tailored to the unique needs of each client.
- Foster therapeutic alliances through engaging and interactive telehealth techniques, promoting client comfort and participation in a virtual setting.
- Collaborate remotely with families, schools, and community resources to deliver a comprehensive, multi-systemic approach to treatment.
- Utilize technology to monitor client progress, document clinical sessions, and adjust interventions based on real-time assessments and client feedback.
- Provide crisis intervention and immediate support through telehealth channels, ensuring safety and stability during high-stress situations.
- Deliver psychoeducation to clients and their caregivers, enhancing understanding of emotional and behavioral health issues and telehealth treatment strategies.

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- Stay current on telehealth best practices, ensuring compliance with ethical standards, confidentiality protocols, and state-specific regulations.

### **January 2024 - present: Intensive in Community Therapist**

Greater New Jersey Creative Counseling 115 E 5<sup>th</sup> Street Palmyra 08065

#### Job duties:

- Provide individualized, multi-systemic, goal-oriented, and strength-based clinical interventions for youth ages 5-21, addressing emotional and behavioral challenges.
- Conduct therapy sessions primarily in the home, with the flexibility to deliver services in community settings as needed to meet treatment goals.
- Develop and implement treatment plans tailored to the unique needs of each client, fostering resilience and promoting positive behavioral change.
- Collaborate with families, schools, and other community systems to ensure a holistic and supportive approach to treatment.
- Monitor progress through consistent documentation and adjust therapeutic strategies based on ongoing assessments and client feedback.
- Build strong therapeutic alliances with clients and their families to support engagement and adherence to treatment plans.
- Employ evidence-based practices to address diverse presenting issues, including trauma, anxiety, depression, and behavioral disorders.
- Provide crisis intervention and support, ensuring client safety and stabilization during high-stress situations.
- Deliver psychoeducation to clients and caregivers to enhance understanding of emotional and behavioral health challenges and treatment goals.
- Utilize CYBER for case documentation and for management of records.

### **May 2023 – August 2024: Co-Occurring Clinician/Therapist**

Solstice Counseling and Wellness Center 29 S. Broad Street Woodbury, NJ 08096

#### Job duties:

- Manage a caseload of 20-30 adult clients with co-occurring substance use and mental health disorders.
- Conduct comprehensive substance use assessments to determine appropriate levels of care using current ASAM criteria and DSM-5 diagnostic guidelines.
- Provide group and individual counseling to adults addressing co-occurring substance use and mental health diagnoses.
- Collaborate with clients to develop individualized treatment plans and establish measurable, achievable goals.

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- Deliver therapeutic interventions to help clients manage emotions, identify triggers, and reduce unwanted symptoms.
- Support clients in achieving substance use-related goals to attain and sustain remission.
- Utilize evidence-based practices, including CBT, DBT, motivational interviewing, and coaching techniques, to enhance therapeutic outcomes.
- Provide case management services, linking clients to community-based resources and services to address holistic needs.

**March 2022 – present: Therapist**

Dr. Danielle Forshee, LLC 280 Highway 35 Suite 402C Red Bank NJ, 07701

Job duties:

- Manage a weekly caseload of 2-10 hours, providing individual, couples, and family therapy tailored to client needs.
- Deliver specialized anger management services for clients involved in municipal and county court cases, ensuring compliance with court-ordered interventions.
- Conduct forensic therapy, including therapeutic supervised visitation, reunification therapy, and addressing custody-related matters in court proceedings.
- Collaborate with legal professionals to provide documentation and therapeutic insights relevant to family and custody cases.
- Maintain detailed records and reports for therapeutic and forensic services, adhering to ethical and legal standards.

**August 2020 – present: Part-time lecturer**

Rutgers University 57 US Highway 1. New Brunswick, NJ 08901-8554

Job duties:

- Courses taught: Methods of Social Work Research 1, Methods of Social Work Research 2, Evaluation of Social Work Practice and Programs, Social Work Practice 1
- Guided students in conducting focus groups, emphasizing transcription, data analysis, and applied research skills.
- From a problem-solving lens, mentored and supported students in designing surveys, including building theoretical foundations, developing effective questions, and facilitating survey administration.
- Coached and mentored students on evaluating social work programs/assessing program effectiveness and compliance with agency policy or state and national standards, with a focus on in-depth analyses, literature reviews, and longitudinal data interpretation.
- Assisted students with statistical exercises, such as t-tests, reliability/validity assessments, and single-system research designs, enhancing their quantitative analysis proficiency.
- Provided feedback and instruction on academic writing, ensuring adherence to APA guidelines and improving students' professional documentation skills.

**September 2015 – December 2020: Qualitative Reviewer**

Department of Children and Families, Division of Child Protection and Permanency

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50 East State Street Trenton, NJ 08625

Job duties:

- Assessed system performance during state-specific review procedures within the Division of Child Protection and Permanency, identifying strengths, weaknesses, and areas needing improvement to support organizational goals.
- During the qualitative review process, collected and evaluated information received during interviews with various individuals involved throughout the life of a case.
- Conduct detailed case record reviews to gather and analyze data for comparative analysis and recommendations.
- Facilitated change management discussions with stakeholders, staff, and community service providers to drive continuous improvement initiatives.
- Delivered in-person and online presentations during entrance and exit conferences, to diverse audiences, on the qualitative review/state child and family service reviews, ensuring clear communication of findings, strategies, and action plans, as well as program improvement planning.
- Analyzed qualitative data findings to assess and evaluate program effectiveness and compliance with established standards and federal laws to determine efficacy of administration and technical operations. For example, evaluating how well these methods achieve desired outcomes or goals.
- Partnered with cross-functional teams to implement strategic recommendations and track progress against performance metrics. Engaged closely with team leaders to assess and decipher data from qualitative reviews, informing child welfare policy and practices.
- Maintained comprehensive documentation 100% of the time of all reviews, findings, and recommendations to support transparency and accountability.

**October 2014 – May 2023: Job Fest Reviewer**

Department of Children and Families, Division of Child Protection and Permanency  
50 East State Street Trenton, NJ 08625

Job duties:

- Conduct structured panel interviews with prospective employees for the Family Service Specialist Trainee position.
- Assess candidate qualifications and competencies using standardized questions aligned with DCF hiring practices.
- Collaborate with panel members to evaluate candidate responses and ensure fair and consistent evaluation processes.
- Provide feedback and recommendations on candidate suitability based on interview performance and role requirements.
- Maintain accurate records of interviews and evaluations in compliance with agency policies.
- Uphold professionalism and confidentiality throughout the hiring process.

**September 2014 – May 2023: Supervising Family Service Specialist II**

Department of Children and Families, Division of Child Protection and Permanency  
Burlington East Local office, 100 Lucas Drive Lumberton, 08048

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Job duties:

- Supervise and support staff in delivering services to families requiring intervention, ensuring compliance with policies and procedures.
- Train and mentor staff in key operational tasks, including completing forms and paperwork accurately and efficiently.
- Guide staff in effectively interacting with clients, community providers, and other stakeholders to ensure quality service delivery.
- Oversee and assist with conducting investigations, ensuring thoroughness, accuracy, and adherence to legal and ethical standards.
- Coordinate and facilitate family team meetings, promoting collaboration and goal-setting among families, staff, and community partners.
- Evaluate safety and risk factors for children in client families, providing recommendations and action plans to ensure their well-being.
- Monitor staff performance, providing regular feedback, support, and professional development opportunities to enhance their skills.
- Ensure documentation and case management meet organizational standards, maintaining accuracy and timeliness.
- Serve as a liaison between staff, families, and external organizations to foster effective communication and problem resolution.
- Develop and implement strategies to improve service delivery and outcomes for families and children under the Division's care.

**March 2006 – May 2023: Special Response Unit**

Department of Children and Families, Division of Child Protection and Permanency  
Various locations in Monmouth, Ocean, Atlantic, Cape May, and Burlington counties

Job duties:

- Respond to after-hours and weekend calls related to abuse, neglect, and sexual abuse, ensuring timely and effective interventions.
- Assess risk of harm independently and with minimal supervision, utilizing critical thinking and established protocols to evaluate the severity of the situation.
- Ensure the immediate safety of children involved by creating and implementing safety plans to address and mitigate risks or unsafe circumstances.
- Collaborate with law enforcement, healthcare providers, and community service agencies when necessary to ensure comprehensive support and appropriate next steps.
- Work autonomously to make quick, informed decisions that prioritize child safety and well-being in high-pressure, crisis situations.
- Document and report findings and interventions in compliance with legal requirements and agency policies to maintain thorough records of each case.

**April 2004 – September 2014: Family Service Specialist II**

Department of Children and Families, Division of Child Protection and Permanency

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Ocean North local office 1510 Hooper Avenue Suite 210 Toms River, NJ 08753

Job duties:

- Responded to after-hours emergencies: Managed urgent reports of abuse, neglect, and sexual abuse during evenings, weekends, and holidays, often working independently with minimal supervision.
- Conducted risk assessments: Assessed immediate safety risks and protective factors for children in crisis situations, ensuring timely interventions to secure their well-being.
- Developed emergency safety plans: Created and implemented tailored plans to mitigate safety concerns, including temporary placement solutions and crisis stabilization.
- Coordinated interagency efforts: Collaborated with law enforcement, medical facilities, and community providers to address the immediate needs of children and families.
- Provided court representation: Delivered expert testimony and documentation to support legal proceedings related to the child's safety and care.
- Facilitated crisis communication: Engaged with families in high-stress situations to de-escalate tensions, clarify concerns, and guide decision-making toward positive outcomes.
- Ensured documentation accuracy: Maintained detailed and timely records of investigations, safety assessments, and case actions, adhering to agency standards.
- Participated in on-Call training: Completed specialized training to enhance responsiveness to after-hours situations, including trauma-informed practices and crisis intervention.
- Advocated for child safety: Balanced the need for family preservation with ensuring the safety and protection of children during crisis interventions.

**May 2001 – April 2004: Branch Teller**

First Financial Federal Credit Union (formerly called Mon Oc Federal Credit Union)  
1360 Rte 9 S. Toms River, NJ 08755

Job duties:

- Provide account services to customers, including receiving deposits, cashing checks, and recording mail deposits.
- Process loan applications and assist customers with understanding loan terms and documentation.
- Manage cash drawer with accuracy and efficiency, ensuring compliance with bank policies and procedures.
- Maintain a balanced cash drawer, including reconciling discrepancies and preparing daily reports.
- Assist customers with account inquiries, updates, and transaction troubleshooting.
- Promote bank services and products, such as credit cards, savings accounts, and online banking, to meet customer needs.
- Ensure compliance with security procedures to prevent fraud and protect customer information.
- Deliver exceptional customer service by addressing concerns, resolving issues, and building relationships.
- Collaborate with team members to meet branch goals and provide seamless customer experiences.

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- Handle currency exchanges and issue cashier's checks or money orders as requested.

**January 1998 – May 2001: Group teacher/teacher's assistant**

Hilltop Nursery School 1917 State Rte 37 W Toms River, NJ 08757

Job duties:

- Supervise and monitor the safety and well-being of children in accordance with state and organizational guidelines.
- Prepare and serve nutritious meals and snacks while accommodating dietary restrictions or allergies.
- Organize and lead daily activities, including arts and crafts, reading, outdoor play, and educational games, to promote learning and development.
- Develop and implement engaging, age-appropriate lesson plans that foster cognitive, social, and emotional growth.
- Ensure proper hygiene practices, such as handwashing, diapering, and assisting with toileting, are maintained for all children.
- Communicate regularly with parents and guardians about children's progress, milestones, and any concerns.
- Create a positive and nurturing environment that encourages creativity, exploration, and problem-solving.
- Teach and model appropriate social behaviors, such as sharing, cooperation, and conflict resolution.
- Maintain accurate records of attendance, incidents, and developmental progress.
- Ensure compliance with childcare licensing regulations and safety standards.

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Graduate School Field Placement

**May 2009 – August 2010: Clinical internship**

Preferred Behavioral Health of New Jersey – Intensive Outpatient Treatment Support Services  
725 Airport Road Lakewood, NJ 08701

Responsibilities included:

- Provide community-based ambulatory treatment alternatives for adults with serious and persistent mental illness.
- Offer intensive, recovery-oriented outpatient services to prevent hospitalization and support acute care referrals.
- Conduct comprehensive assessments to address mental health and co-occurring substance use disorders.
- Develop and implement Wellness and Recovery Action Plans (WRAPs) to guide personalized treatment goals.
- Administer and educate clients on medication to ensure adherence and understanding.

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- Deliver individual therapy and facilitate structured group therapy sessions for skill development and peer support.
- Lead illness management and relapse prevention groups to promote long-term stability.
- Provide family psycho-education to engage and educate loved ones in the recovery process.
- Coordinate physical healthcare services and establish direct linkages to ongoing clinical and support resources.
- Ensure all services reflect recovery-oriented principles and promote holistic, client-centered care.

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## Trainings and Certifications

### **Certified Anger Management Specialist (CAMS-II) - July 2024**

Growth Central Trainings

NAMA - National Anger Management Association (member)

- Advanced expertise in assessing, managing, and treating anger-related issues.
- Certification emphasizes evidence-based techniques like cognitive-behavioral therapy (CBT) and emotional regulation strategies.
- Skills aimed at helping individuals reduce anger and improve interpersonal relationships.
- Proficient in conducting individual and group anger management interventions in clinical or educational settings.

### **Introduction to Sand Play Training Series – March 2022**

Lighthouse Counseling & Sand Play Training Center, LLC 106 Apple Street, Suite 202, Tinton Falls, NJ 07724 - Basic level certification achieved

- Acquired extensive, hands-on experience in building and facilitating sand trays to guide the therapeutic process for individuals and groups.
- Participated in experiential exercises with multiple participants to deepen understanding of the sand play process and its applications.
- Gained in-depth knowledge of the theoretical foundations of sand play therapy, including: Erikson's developmental tasks and their application to sand play, basic Jungian concepts, such as symbolism and archetypes, as they relate to sand play, and core principles of family sand play therapy to address family dynamics and relationships.
- Developed skills to integrate sand play therapy into treatment plans for diverse client populations.

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## Volunteer Experience

**July 2019 – October 2021:** Wildlife animal hospital volunteer



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Woodford Cedar Run Wildlife Refuge 4 Sawmill Road Medford township, NJ 08055

Responsibilities included:

- Care for injured and orphaned wildlife
- Mentor and train new volunteers
- Handle phone calls with the public, attend events with the public, fundraising efforts, and community outreach efforts.
- Complete intakes with the public for injured and orphaned wildlife entering the hospital.
- Prioritize and multitask the fast-paced environment of the rehabilitation hospital includes assessing injuries, bottle feeding orphans, preparing feed dishes, cleaning, answering phone calls, speaking to the public, providing directions to the hospital, answering questions about orphaned or injured wildlife, and providing advice and directives.
- Handle all necessary paperwork and monetary donations for intakes and organize paperwork in accordance with agency policy.

**January 2008 – December 2018: Shelter volunteer**

Ocean County Health Department Animal Shelter 95 West Veterans Hwy Jackson, NJ 08527

Responsibilities included:

- Handle public adoptions in the shelter or at PetSmart locations. This includes screening of applicants (questions/interview process), background checks, obtaining collateral information, and processing all adoption related paperwork, as well as preparing animals for transport to be adopted.
- Care for shelter animals, administer medication, handle all shift paperwork including management of donations and application fees, handle questions from the public.
- Attend all fundraising events, community outreach efforts, shelter events, and TNR efforts (trap-neuter-return).
- Supervise, train, and mentor new volunteers on adoption processes, how to handle public questions, paperwork, etc.

**January 2008 – January 2009: Victim advocate - Sexual Assault Response Team (SART)**

St. Francis Counseling Center 4700 Long Beach Boulevard Long Beach Township, NJ 08008

Responsibilities included:

- Act as a confidential advocate, providing emotional support and accompaniment to victims of sexual assault during medical examinations, police interviews, and legal proceedings.
- Offer crisis intervention and ensure the victim's needs are met throughout the process.
- Offer a compassionate presence to victims during a stressful time.
- Help victims understand their rights, access to available resources, and support them in making informed decisions.
- Complete all associated paperwork in accordance with agency policy

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- Be available in shifts and manage an on-call schedule.

**January 1994 – December 2001: Volunteer instructor**

Chariot Riders Inc., Therapeutic Riding Academy 3170 Chariot Court Manchester NJ 08759

Responsibilities included:

- Provide horseback riding instruction to children and adults with cognitive, physical, and emotional limitations and disabilities whereby they can learn to improve their self-esteem, mobility, self-control, focus, and overall physical well-being.
- Grooming, tacking, and preparing horses for riding lessons.
- Walking alongside riders to provide stability and support during lessons.
- Observing rider behavior: Monitoring the rider's posture, balance, and responses to the horse's movements.
- Providing emotional support: Creating a positive and encouraging environment for the rider.
- Post-lesson care: Untacking the horse, cleaning up equipment, and returning the horse to its stall.
- Maintaining safety protocols: Ensuring the safety of the rider, horse, and other volunteers by following established guidelines.
- Understanding the diverse abilities and challenges of riders with disabilities.