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MINDFULCONNECTIONSTX.COM

Owner and Founder, Mindful Connections Counseling

ROSALIE PIEDRA

CAREER

OCT 2021 - PRESENT

Owner, CEO - Mindful Connections Counseling, PLLC

- Provide therapeutic services to children, teens, and adults utilizing an integrative approach to therapy.
- Implement a business plan to market, grow, and set goals for our therapy practice
- Offer supervision to newly licensed therapists (LPC Associates and RPT™ candidates)

MAY 2019-MARCH 2020

Clinical Therapist, South Austin Counseling Services

- Provided therapeutic services to children and teens, and adults utilizing Child-Centered Play Therapy, Adlerian play therapy, and Cognitive Behavioral Therapy

AUGUST 2014-MAY 2021

School Counselor - Blackshear Elementary & Travis Heights Elementary, Austin ISD

- Implemented comprehensive guidance program in which needs of students are regularly assessed and lessons are developed and delivered to each grade level accordingly
- Lead small groups of counseling services for students including social skills, relational aggression, mindfulness, and anger groups
- Utilized play therapy, sand tray therapy, and expressive arts therapy in individual counseling sessions
- Presented parent trainings and information sessions related to strengthening parent knowledge of available community resources

DECEMBER 2010-MAY 2013

Bilingual Elementary School Teacher - Blackshear Elementary, Austin ISD

- Implemented district wide TEKS objectives in classroom lesson plans for Pre-K and 2nd grade
- Initiated creative learning strategies into core content areas in school and district

EDUCATION

DECEMBER 2015
MAY 2010

- Masters Degree of School Counseling, Texas State University, San Marcos, TX
- Bachelors Degree of Bilingual Education, Texas Wesleyan University, Fort Worth, TX

CREDENTIALS & CERTIFICATIONS

- 2025 • EMDRIA Certified Therapist
- 2024 • Registered Play Therapist Supervisor™ (RPT™, RPT-S™) - #S3385
- 2023 • Animal Assisted Counseling Academy Practitioner
- 2022 • Institute for Play Therapy Certified Sandtray Therapist
- 2018 • Licensed Professional Counselor Supervisor (LPC, LPC-S)- #76763
- 2015 • Professional School Counselor - EC-12