Alexandra D. Salerno, LPC, NCC

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**Certifications**

* Licensed Professional Counselor (LPC) - Pennsylvania
  + Initial issue date: 12/05/2019
* National Certified Counselor (NCC)
  + Initial issue date: 08/16/2018

**Professional Organizations**

* National Board of Certified Counselors (NBCC)
* American Counseling Association (ACA)
  + *APA Division 47: Society for Sport, Exercise & Performance Psychology*
  + *APA Division 44: Society for Psychology of Sexual Orientation & Gender Diversity*

*-* International Association for Dance Medicine & Science (IADMS)

* Students for Disability Advocacy (SDA) at the University of Pittsburgh, Vice-President, 2016-17

**Academic Career**

* ***M.S. Clinical Rehabilitation & Mental Health Counseling***

***University of Pittsburgh, School of Health & Rehabilitation Sciences***

***Pittsburgh, PA***

GPA: 3.8

* 2017 Recipient Virginia Kauffman Award
* Graduated cum laude
* ***B.S. Psychology, Concentration in Sports Psychology***

***Robert Morris University***

***Moon Township, PA***

GPA: 3.8

* 2010-2011 Dean’s List
* 2011-2012 Dean’s List
* 2012-2013 Dean’s List

**Clinical Experience**

* **Sweetwater Behavioral Health & Wellness**

**- Licensed Professional Counselor/Group Practice**

**Sewickley, PA**

**09/2023 - Current**

Works with clients on an outpatient basis to provide therapeutic care

* **UPMC Western Psychiatric Hospital: Center for Eating Disorders - Program Supervisor**

**Pittsburgh, PA**

**10/2020 - 09/2023**

1. Manages team clinical duties & provides vocational guidance
2. Partial Hospitalization Program (PHP) & Intensive Outpatient Program (IOP)
3. Works with clients on an outpatient basis & within programming
4. Manages client census for outpatient programming
5. Coordinates levels of care & client transfers into outpatient programming
6. Participates in outreach opportunities within the community & out of state
7. Assists with the hiring & interview process of new employees

* **UPMC Western Psychiatric Hospital: Center for Eating Disorders - Behavioral Health Therapist II/Behavioral Health Therapist III**

**Pittsburgh, PA**

**02/2020 - 10/2020**

1. Partial Hospitalization Program (PHP); Intensive Outpatient Program (IOP)
2. Led individual intakes, group meals, & therapeutic groups
3. Worked with clients on an outpatient basis & in programming
4. Managed intake line for eating disorder referrals
5. Managed client census for outpatient programming
6. Coordinated levels of care & client transfers into outpatient programming
7. Participated in outreach opportunities within & beyond the community

* **UPMC Western Psychiatric Hospital: Center for Eating Disorders - Behavioral Health Therapist I**

**Wexford, Pennsylvania**

**09/2018 - 02/2020**

1. Collaborated with Pine Adolescent Team & conducted modified Family Based-Therapy (FBT) treatment for adolescents & their families for one year
2. Partial Hospitalization Program (PHP); Intensive Outpatient Program (IOP)
3. Led individual intakes, group meals, & therapeutic groups
4. Managed the intake line for eating disorder referrals
5. Coordinated levels of care & client transfers into outpatient programming

* **KPEX Consulting - Peak Performance Specialist**

**Pittsburgh, PA**

**02/2016 - Current**

1. Group & individual consultant for adolescent & adult athletes
2. Focuses on mental skills training for sport or performance
3. Collaborates with consultants, athletic teams, & coaches

* **University of Pittsburgh - Rehabilitation Specialist**

**Johnstown, PA**

**08/2015 - 08/2017**

1. Assisted transition-aged young adults with cognitive & physical disabilities
2. Led groups & individuals in Cognitive Behavioral Therapy (CBT) & social skills

**Research Experience**

* **Salerno, A**; Kulzer, J; Schein, M. *The Impact of Participation in a Positive Psychology Group*. 2016
  + Presented at the Pennsylvania Rehabilitation Association Conference
* **Salerno, A**. *Returning to Performance Among Injured Dancer*s. 2013
  + Presented at the Western Pennsylvania Undergraduate Psychology Conference

**Professional Awards**

* 2018 Making A Difference Award, Western Psychiatric Hospital
* 2020 Millennium Who’s Who Selection

**Professional Speaking Engagements**

* 2016-2018 Guest Speaker, Chatham University
* 2018 Career Discussion Panelist, Robert Morris University
* 2018 Career Discussion Panelist, University of Pittsburgh
* 2019 Eating Disorders in Sports & Performers, Western Psychiatric Hospital

- 2021 Guest Speaker, Western Psychiatric Hospital, University of Pittsburgh

- 2021 Guest Speaker, UPMC Children’s Hospital, Western Psychiatric Hospital

- 2021 Guest Speaker, Point Park University: “Mental Health in Dance,” Minding the Gap

- 2022 Guest Speaker, Disability & Mental Health Summit, hosted by State Representative Dan Miller

* 2023 Keynote Speaker, Perfectionism & Mental Health: Current Data and Our Role as A Community, hosted by NAMI Keystone Pennsylvania
* 2023 Guest Speaker, Alvin Ailey Dance Company, “Body Image & Physique Concerns,” Minding the Gap
* 2023 Guest Speaker/Presenter, “Dance Wellness Workshops,” Hosted by La Roche College & Bodiography Contemporary Ballet Company

**Professional References**

* Joshua Hefferon, LCSW
* Tiffany Painter, LCSW
* Aimee Kimball, Ph.D.
* Samantha Monda, Ph.D.
* Leigh Skavarla, Ph.D., LPC
* Robin Valpey, MD