

Alexandra D. Salerno, LPC, NCC
256 Beverly Road, Apt. 1
Pittsburgh, PA 15216
Ph: 412 508 7398

alexandra.d.salerno@gmail.com
www.alexandrasalerno.com

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

a) 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

- a) Manages team clinical duties & provides vocational guidance
- b) Partial Hospitalization Program (PHP) & Intensive Outpatient Program (IOP)
- c) Works with clients on an outpatient basis & within programming
- d) Manages client census for outpatient programming
- e) Coordinates levels of care & client transfers into outpatient programming
- f) Participates in outreach opportunities within the community & out of state
- g) 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

- a) Partial Hospitalization Program (PHP); Intensive Outpatient Program (IOP)
- b) Led individual intakes, group meals, & therapeutic groups
- c) Worked with clients on an outpatient basis & in programming
- d) Managed intake line for eating disorder referrals
- e) Managed client census for outpatient programming
- f) Coordinated levels of care & client transfers into outpatient programming
- g) 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

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

- KPEX Consulting - Peak Performance Specialist

Pittsburgh, PA

02/2016 - Current

- a) Group & individual consultant for adolescent & adult athletes
- b) Focuses on mental skills training for sport or performance
- c) Collaborates with consultants, athletic teams, & coaches

- University of Pittsburgh - Rehabilitation Specialist

Johnstown, PA

08/2015 - 08/2017

- a) Assisted transition-aged young adults with cognitive & physical disabilities
- b) 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 Dancers*. 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 (also for 2024 & 2025 season)
- 2024 Guest Speaker/Presenter, “Self-Talk For Athletes,” Hosted by SABB & HomePL8 Softball Training for female, teenage athletes
- 2024 & 2025 Panthers to Pros Mentorship Program, part of PITT Athletics, Student-Athlete Development for Undergraduate Student-Athletes
- 2025 Guest Speaker/Presenter, “Chronic Pain & Mental Health,” Hosted by Allegheny Health Network for the the 1st Annual Women’s Sport Wellness Conference”