

# Kimberly Bianca Simmons

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## EDUCATION/LICENSURE/CERTIFICATIONS

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### **Master of Arts, Clinical Psychology**

August 2018

University of Houston-Clear Lake, Houston TX

### **Bachelor of Arts, Psychology & Spanish**

May 2013

Trinity University, San Antonio, TX

Minor: Sociology

Awards: Ronald E. McNair Post Baccalaureate Achievement Program

### **Licensed Professional Counselor (#81687)**

April 2019- Present

Licensed states: Texas

## PROFESSIONAL SUMMARY

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Bianca Simmons is a Licensed Professional Counselor who specializes in treating OCD and other anxiety related disorders using Exposure and Response Prevention Therapy (ERP). She also has extensive training in Cognitive-Behavioral therapy (CBT), Acceptance and Commitment therapy (ACT), and Cognitive Processing Therapy (CPT) to assist in treating PTSD, Body Focused Repetitive Behaviors (BFRBs).

## COUNSELING EXPERIENCE

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Bianca Simmons, LLC

August 2021 – Present

### **Owner (August 2021 – Present)**

- Facilitate evidence-based treatment on an outpatient basis for individuals ages 14 - 75 with OCD, GAD, phobias, trichotillomania, other anxiety related disorders, and depression by using ERP, CBT, and various ACT techniques.
- Complete intake assessment, maintain electronic documentation, and review progress of clients regularly to ensure quality and effective treatment.
- Create and employ marketing techniques for advertisement to secure referrals and educate the community on various mental health topics.
- Engage in monthly peer consultation with other clinical professionals to gain other perspectives in providing effective treatment.
- Complete regular continuing education credits to maintain clinical knowledge & licensure status.

Houston OCD Program

April 2016 – August 2021

### **Milieu Manager (October 2020 – Present)**

- Evaluate, plan, implement and lead behavior therapy groups, psychotherapy groups, and therapeutic activity programs at the MHOP.
- Design, coordinate and manage patients' treatment programs with their Behavioral Therapist and Family Therapist; serving as liaison to the treatment team.
- Supervise and collaborate with the residential counselors as they support patients in implementing treatment plans and other general and/or designated responsibilities.
- Supervise and collaborate with the lead RC on all duties and responsibilities related to the residential support programming.
- Take an active role in designing our residential/outpatient services, marketing efforts and be proactive in figuring out (with the team) effective ways to run and grow the residential/outpatient clinic.
- Engage in administrative and operations duties for MHOP as needed.
- Conduct phone assessments for potential new residents as well as contact their current providers to determine goodness of fit for our program.

- Meet with admissions team to make decisions on whether to admit individuals based on information collected during admission process.
- Facilitate evidence-based treatment on an outpatient basis for individuals ages 14 - 75 with OCD, GAD, phobias, trichotillomania, other anxiety related disorders, and depression by using ERP, CBT, and various ACT techniques.

**Lead Residential Counselor (June 2018 - October 2020)**

- Assisted with the provision of care to patients in keeping with the philosophies and standards of the Houston OCD Program
- Communicated any pertinent information, insights, feedback etc. to the team regarding patient care on behalf of the RCs
- Provided solutions that arise from any staff or milieu concerns
- Implemented any changes that are made regarding policies and procedures in the milieu
- Served as an advocate for the residential counselors
- Assisted in patient admission/discharge process
- Updated program's policies and procedures as was clinically necessary
- Trained new staff to perform RC responsibilities
- Conduct/Co-facilitated RC meetings
- Managed permanent & temporary scheduling for RCs & emergency on-call for uncovered shifts
- Participated in employee reviews
- Assisted with recruiting and interviewing new RC staff
- Managed and delegate daily and weekend chores

**Residential Counselor (April 2016 - June 2018)**

- Assisted in maintaining patient/milieu safety.
- Supported patients with exposure work and developing/utilizing coping skills.
- Communicated pertinent clinical information to the treatment team.
- Conducted community outings for the patients biweekly.
- Supervised, escort, and/or act as a therapeutic participant in patient activities both on and off site.
- Performed other duties as requested or required by the treatment team.

**Clinical Intern**

The Women's Home

January 2018 – August 2018

- Co-facilitated multiple psychotherapy groups on chemical dependency, domestic violence, and recovery for the residents.
- Conducted weekly individual therapy sessions with multiple residents.
- Met weekly with supervisor and treatment team to discuss individual clients, treatment decisions, and concerns.
- Input documentation for all psychotherapy groups and individual therapy sessions on the Client Management System.
- Addressed crisis situations as they arose and conducted intervention sessions as necessary.

**Mentor**

iMentor

September 2016 – August 2018

- Established a schedule for bi-weekly communication and monthly in-person meetings in order to check-in with GRAD scholar.
- Shared information and experiences about being a low-income, first generation college student and how to overcome possible obstacles.
- Assisted GRAD scholar with discovering talents and interests in order to aid in goal setting and attainment.
- Guided GRAD Scholar in connecting academic, career, and personal goals to their academic pursuits.
- Encouraged growth and achievement by providing an open and supportive environment.

Houston Independent School District

**College Success Adviser**

- Assisted underrepresented students at a Title 1 high school with ACT/SAT registration, college searches, applications, financial aid applications, and all other college aspects of the college application process.
- Gave presentations to students and parents in order to provide information about college preparation and promote a college going culture.
- Planned campus tours, workshops, and events for the students to broaden their knowledge about college through experience while staying within budget.
- Coordinated visits with college representatives so they can provide the students with a deeper understanding of specific universities.
- Conducted cost analyses for students by comparing financial aid awards and the cost of attendance from different universities.
- Communicated and collaborate with teachers and parents about the students and their progress in the application process to determine how improvements can be made.
- Performed career assessments for students who are undecided and need help choosing a major.
- Collaborate with partner organizations in regards to the goals, plans, progress, and success of the students.
- Attended regular professional development workshops to stay up to date on all aspects of the college application process and techniques on how to engage students.
- Entered all information into advanced excel spreadsheet for research purposes and grant renewal.

College Advising Corps-Trinity University Chapter

August 2013 - July 2015

**College Adviser**

- Assisted underrepresented students at a Title 1 high school with ACT/SAT registration, college searches, applications, financial aid applications, and all other college aspects of the college application process.
- Gave presentations to students and parents in order to provide information about college preparation and promote a college going culture.
- Planned campus tours, workshops, and events for the students to broaden their knowledge about college through experience while staying within budget.
- Coordinated visits with college representatives to provide the students with a deeper understanding of specific universities.
- Conducted cost analyses for students by comparing financial aid awards and the cost of attendance from different universities.
- Communicated and collaborate with students, teachers and parents about the students and their progress in the application process to determine how improvements can be made.
- Performed career assessments for students who are undecided and need help choosing a major.
- Supervised and assign tasks to the student workers in the college center.
- Collaborate with partner organizations in regards to the goals, plans, progress, and success of the students.
- Attended regular professional development workshops to stay up to date on all aspects of the college application process and techniques on how to engage students.
- Entered all information into advanced excel spreadsheet for research purposes and grant renewal.

**Online Hotline Volunteer**

Rape Crisis Center

January 2013 - December 2014

- Gave support, information, or coping techniques for sexual assault survivors on an anonymous online chat session.
- Attended monthly inn-services in order to discuss my experiences and present any questions or concerns from the hotline.

**Mentor**

Upward Bound Peer Mentor Program

May 2012 - May 2013

- Advised first generation, minority, and low income students preparing for their freshman year in college.
- Met with the mentees multiple times a week to discuss various plans and goals for change.

**SKILLS**

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- Certifications: Rape Abuse Incest National Network (RAINN) Online Hotline Training Certificate of Completion
- CIEE Certificate of Achievement in International Education
- Strong Star Training Initiative - Cognitive Processing Therapy
- TLC Foundation for Body-Focused Repetitive Behaviors' Virtual Professional Training Institute