

Johanna Bond, MS, LMHC, NCC

jbondperspectives@gmail.com

CERTIFICATIONS and LICENSURE

Licensed Mental Health Counselor as of May 2015
Nationally Certified Counselor as of October 2013

EDUCATION

The Warner School of Education, University of Rochester MS, October 2013
Mental Health Counseling
Harold Munson Counseling & Human Development Award May 18, 2013
Swarthmore College BA, 2010
Psychology, English
GPA: 3.5 Fall 2008
Trinity College Dublin, semester abroad

PRESENTATIONS & PUBLICATIONS

“Emotional Adjustment to Medical Issues” March 2016
Presentation: NYMHCA Local Chapter Meeting
College Counseling of New York (CCNY) Conference June 2016
New York Chiropractic College Mental Health Symposium June 2016
University of Rochester Medical Center Sports Concussion Team March 2017
“Panic During the Debates: 5 Stress Management Strategies” October 2016
Huffington Post
“First Day of Therapy? Know This.” May 2016
Huffington Post
“What Does Your Therapist Think at the End of the Day?” October 2015
Huffington Post
“10 Questions to Ask When Cooking for Restricted Eaters” September 2014
Huffington Post
“Vegeterian Thanksgiving: Food Allergies and Autumn Quinoa” November 2014
The New York Times
“Emotional Adjustment and Functional Recovery”
Poster Presentation June 2013
Self-Determination Theory International Conference Rochester, NY
“When the Going Gets Tough: The ‘Why’ of Goal Striving Matters” April 2013
Ntoumanis, N., Healy, L, Duda, J., Sedikides, C., Stewart, B., and Bond, J. *Journal of Personality*.
“Sports Injury and Recovery: Collegiate Student-Athlete’s Narratives of Experience”
Journal Club (Department of Sport and Exercise Science) February 2011
University of Birmingham Birmingham, England

PUBLISHING EXPERIENCE

Little, Brown, Editorial Intern summer 2009
Read submitted manuscripts, assisted editors with revisions, and worked on endnotes for *Eating Animals* by Jonathan Safran Foer (for which I was named in the acknowledgements). Developed comprehensive knowledge of the publishing process, from submission to bookstore.
American Counseling Association, Media Representative ongoing
Contacted periodically by media outlets seeking the perspective of a licensed professional counselor, through the American Counseling Association.

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CLINICAL EXPERIENCE

- Perspectives Mental Health Counseling, PLLC, *Sole proprietor* 2015-current
As a self-employed therapist in private practice, specializing in coping with medical trauma; insomnia; depression; anxiety; trauma; grief; life transitions; relationship issues; sports performance anxiety; gender exploration; and life stressors. Running workshops on mindfulness and insomnia, consulting and collaborating with other medical professionals, and maintaining a web presence (www.perspectivesroc.com).
- Dep't of Physical Medicine and Rehabilitation, URMC, *Mental Health Therapist* 2013-2014, 2016-current
Counseling in-patient physical rehabilitation patients, working on mental health issues associated with physical recovery (to stroke, spinal cord injury, complicated hospital stay, etc), collaborating with interdisciplinary treatment team, and supervising graduate counseling student intern.
- New York Chiropractic College, *Counselor* 2015-2016
Facilitated counseling with graduate students (studying acupuncture, chiropractic and nutrition) on various mental health issues. Collaborated with other healthcare providers and academic supports. Facilitated crisis counseling and mental hygiene arrests as needed.
- University of Rochester Medical Center, *Interventionist* 2013-2016
Conducted therapy sessions using Cognitive-Behavioral Therapy for Insomnia (CBT-i) as part of a research study on sleep and PTSD, supervised by Dr. Wilfred Pigeon.
- Rochester Regional Health System, *Primary Therapist I* 2014-2015
Worked as a therapist at an outpatient mental health clinic as a mental health counselor. Conducted initial intake evaluation assessments, risk assessments for suicide and violence, completed treatment plans and other paperwork, and conducted therapy using an interpersonal and cognitive-behavioral approach for conditions such as depression, anxiety, bipolar disorder, personality disorders, and past trauma.
- Dep't of Physical Medicine and Rehabilitation, URMC, *Counseling Intern* 2012-2013
Completed internship under the supervision of Dr. Jennifer Fleeman with physical rehabilitation patients, working on mental health issues (depression, anxiety, trauma, grief, adjustment and coping, insomnia, motivation, pain management, and end-of-life issues) associated with physical recovery.
- VA Medical Center, Canandaigua, Rochester, *Counseling Intern* 2012 –2013
Completed practicum with military veterans struggling with substance abuse, homelessness, depression, suicidality, and other mental health issues. Ran weekly therapy groups on pain management, reducing anxiety, and PTSD and substance abuse, and worked in individual counseling. Also completed internship as a member of the Polytrauma team under the supervision of Dr. Jim Bridges and using Motivational Interviewing with returning military veterans on issues of anger management, PTSD, physical therapy and other adjustment issues.
- Corrymeela Community, Northern Ireland, *Volunteer* 2011
Worked with groups on conflict resolution in a residential community focused on cross-community peace and reconciliation.

RESEARCH & INTERVENTION

- Department of Veteran's Affairs, Center for Integrated Healthcare, *Research Assistant* 2013-2014
Conducting intervention research using CBT for insomnia and Behavioral Activation therapy with a veteran population in an integrated healthcare setting. Also working on recruitment, data entry, and writing up articles for publication.
- Master's Thesis, University of Rochester, *Student* 2012-2013
Conducted a quantitative study looking at the relationship between emotional adjustment and functional recovery, using pre-existing data at the Department of Physical Medicine and Rehabilitation, University of Rochester Medical Center.
- University of Birmingham, UK, *Volunteer Research Assistant* spring 2011
Assisted Dr. Nikos Ntoumanis in his research project on goal-setting and fitness using Self-Determination Theory, and gained experience testing in the sport psychology labs. Research published in 2013.
- Psychology Undergraduate Thesis: Sports Injury and Identity 2009-2010
Conducted a qualitative, year-long research project on how student-athletes cope with injury, the difficulties of their experiences and how the injury and recovery impact their identities. Developed research questions and interview protocol, recruited and interviewed students, and coded interviews to construct a theoretical narrative framework of the injury experience.

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PROFESSIONAL ORGANIZATIONS

<u>American Counseling Association</u>	member since November 2011
<u>New York Mental Health Counselor's Association</u>	member since November 2013
<i>Secretary</i>	elected 2016
<u>Chi Sigma Iota, Upsilon Rho chapter, Secretary</u>	member since May 2012
<i>President</i>	elected April 2013
Upsilon Rho Iota Research Award	May 3, 2013
<u>Sigma Xi, inductee</u>	spring 2010
Inducted to the honors research society in response to research completed for the senior thesis in psychology.	
<u>American Harp Association</u>	member since 2000

CONSULTING EXPERIENCE

<u>Perspectives' Pen, Editor</u>	ongoing
Providing editing and consulting services to therapists and other helping professionals on writing for professional blogs, academic and creative purposes.	
<u>University of Rochester Medical Center, ICRP, Consulting team member</u>	2016-current
Consulting as an external member and mental health representative for the interdisciplinary Integrated Cognitive Rehabilitation Program, which provides occupational therapy, physical therapy, speech therapy, and neuropsychological testing to individuals who have experienced traumatic brain injury or cognitive deficits related to medical issues.	
<u>University of Rochester Medical Center, Sports Concussion Team, Consulting team member</u>	2017-current
Consulting as a community professional and representing mental health to the interdisciplinary Sports Concussion Team, which includes physicians, physical therapists, athletic trainers, and occupational therapists, and discusses research and standards of care for treating sports concussion.	
<u>Episcopal Diocese of Rochester, Crisis Response Resource, Member</u>	2017-current
Participating on Crisis Response Resource team providing crisis resources to local clergy and facilitating connections between local clergy and mental health professionals.	
<u>Transgender Coalition Team, Collaborating Provider</u>	2017-current
Participating on transgender coalition meetings to establish standards of care for transgender individuals in the local population.	
<u>University of Rochester Medical Center, Voice Clinic, Collaborating provider</u>	2017-current
Consulting with interdisciplinary Voice Clinic team, including physicians, speech language pathologists, and physical therapists to provide collaborative care to mutual clients.	

ADDITIONAL WORK EXPERIENCE

<u>The Warner School of Education, Graduate Assistant in Admissions</u>	fall 2011-fall 2012
Organized an orientation for incoming international students, contacted prospective students and kept a blog on current issues in counseling and the life of a graduate student. Also conducted tours of campus, research recruitment and marketing opportunities, and assisted in event planning.	
<u>Professional Harpist, Self-employed</u>	2000-present
Acquire gigs and perform for weddings, funerals, corporate events and various social functions.	