

Lindsay Elizabeth Ann Ballinger
lindsay.ballinger@tamuc.edu

LICENSING

Licensed by the Texas State Board of Examiners of Professional Counselors as LPC-S, #63183

EDUCATION

- PhD in Clinical Psychology** Expected 2017
Walden University, Minneapolis, Minnesota
Dissertation Topic: The relationship between personality traits, FB usage, socialization efficacy, and loneliness
Dissertation Advisors: Dr. Arcella Trimble and Dr. Matt Fearington
- M.S. in Applied Psychology** 2015
Walden University, Minneapolis, Minnesota
- M.A. in Professional Counseling** 2007
Texas Wesleyan University, Fort Worth, Texas
- B.A. in Psychology with a minor in Criminal Justice** 2004
University of Texas at Dallas, Richardson, Texas

CLINICAL EXPERIENCE

- Behavioral Health Care Coordinator** February 2016- Current
Blue Cross Blue Shield, Richardson, Texas
- Manage member cases for inpatient, partial, residential, and intensive outpatient levels of care
 - Maintain all appropriate documentation regarding member cases
 - Refer cases to case management for additional supports for members
- Behavioral Health Clinical Supervisor** May 2015- February 2016
Caseworker III December 2013-May 2015
LifePath Systems, McKinney, Texas
- Supervise LPC-Interns and other behavioral health staff
 - Provide psychotherapy for a range of clients in compliance of stage guidelines
 - Create all paperwork and maintain all files for clients mandated by state guidelines
 - Collaborate with community services to help provide additional services for clients
 - Write in professional and research based format
- Director of Outpatient Services** January 2013 – December 2013
Four Rivers Outreach, Sherman, Texas
- Build and design grant based on requirements set by Texoma Health Foundation
 - Create all paperwork and maintain all files for clients mandated by state guidelines
 - Complete all therapy sessions by the guidelines of the state
 - Collaborate with community services to help provide additional services for clients
 - Collaborate with colleague to help employ clients who have been stabilized their mental illness
 - Write in professional and research based format
 - Assess client capabilities for employment and help stabilize them to maintain employment
- Clinical Therapist** 2012-2013
Child and Family Guidance of Texoma, Sherman, Texas
- Conduct all intakes assigned
 - Complete family and individual sessions
 - Cognitive-Behavioral Therapy theoretical orientation

- Documentation compliance

PRN Clinical Therapist

2011-2012

Glen Oaks Hospital, Greenville, Texas

- Administer client assessment to determine patient discharge plan
- Provide group and family counseling for inpatients
- Documentation compliance
- Training in Utilization Review as well as Admissions

Counselor

2007-2009

Dr. Corey Allan Private Practice, Allen, Texas

- Individual and Family counseling
- Adolescent and adult populations
- Documentation compliance

Counselor

2008

Avenues Counseling Center, McKinney, Texas

- Individual, Group, and Family counseling
- Adolescent addiction counseling
- Documentation compliance

TEACHING EXPERIENCE

Adjunct Professor

2008-2013

Texas A&M Commerce, Commerce, Texas

- Lead and structure contracted courses to meet university requirements
- Provide above and beyond assistance to students
- Build lectures, tests, papers, and course assignments/projects
- Outstanding student course evaluations every semester
- Implement and assess work by students

ADDITIONAL EXPERIENCE

Internship, Child and Family Guidance

2007

Internship, Dallas County District Attorney's Office

2004

CURRICULUM TRAININGS

CBT certification through Beck Institute

2013

Trauma-Focused CBT

2014

Nurturing Parenting

2014

Skillstreaming (In Early Childhood, The Elementary School Child, The Adolescent)

2013

Barkley's Defiant Child

2013

Aggression Replacement Techniques

2013

Barkley's Defiant Teen

2013

Seeking Safety

2013

Preparing Adolescents for Young Adulthood

2013

Kids Hurt Too

2013

COMPUTER SKILLS

Microsoft

PsychAdvantage

Ansazi
CAHQ
Aerial

COMMUNITY INVOLVEMENT

Grayson County Mental Health Coalition
The Samaritan Inn

2013
2013-2015

PROFESSIONAL AFFILIATIONS

Psi Chi Honors Society

2015