

LAURA SEIGEL, MSW, LCSW

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SUMMARY

Self-motivated, driven and efficient multitasker, who prioritizes effectively to propose solutions and meet deadlines in fast-paced environments, with a diverse background who has impeccable communication, interpersonal, creative writing/presentation skills and is dedicated to the pursuit of helping others on a macro level with a primary prevention focus

SKILLS

Active Listener | Analytical | Articulate | Capable | Caring | Compassionate | Critical Thinker | Dedicated | Detail Oriented | Doer | Empathic | Flexible | Independent | Insightful | Intelligent | Motivated | Organized | Prevention Grounded | Proactive Mindset | Professional | Problem Solver | Reliable | Resourceful | Reasonable | Sensitive | Trustworthy

PROFESSIONAL EXPERIENCE

WE LEVEL UP – Trauma Therapist, Tamarac, FL November 2025 – present
Provide trauma therapy at a residential treatment facility for adults with mental health issues using Eye Movement Desensitization Therapy, Accelerated Resolution Therapy and/or talk therapy

GENERAL SOCIAL WORK SERVICES, LLC – Case Manager and Social Worker
Miami Beach, FL August 2025 – May 2026
Provided comprehensive case management and medical oversight services to an elderly client, including biopsychosocial assessment, behavioral health, overall health care, care coordination for this client who is in a high-risk population, crisis intervention as needed, and interdisciplinary collaboration to improve client outcomes and reduce hospitalizations

WE LEVEL UP – Primary Therapist, Tamarac, FL June 2025 to November 2025

- Provided full-time primary therapist, conduct biopsychosocial and other assessments and counseling services at a residential treatment facility for adults with mental health issues and occasionally with substance use disorder(s) using evidence-based practices for a tertiary level of prevention
- Facilitated groups as well as family sessions with clients
- Provided the same services as the last five bullet points immediately below

BEACON RECOVERY CENTER – Pompano Beach, FL December 2024 to June 2025

- Provided full-time primary therapist services at a detox and residential treatment facility for adults with substance use disorder and mental health issues which involves using cross-functional team collaboration skills in a constantly changing mission-focused high-intensity working environment on a tertiary level of prevention
- Facilitated caseload groups with all assigned clients
- Counseled numerous clients who were victims of sexual violence and their non-offending family members
- Provided family sessions to clients with their family members
- Maintained strong client engagement by implementing individualized treatment plans, resulting in consistently high satisfaction scores and outcomes
- Imparted immediate support during crises, facilitated connections to resources and ensured patient safety
- Collaborated with psychiatrist, physicians, specialists, and ancillary services to address medical and behavioral health access issues, ensured a holistic approach to patient care as needed

BANYAN TREATMENT CENTERS – Pompano Beach, FL June 2023 to December 2024

- Provided full-time primary therapist services for adults at a partial hospitalization program treatment facility for adults with dual diagnosis substance use disorder and mental health issues using evidence-based practices to enhance recovery outcomes on a tertiary level of prevention
- Facilitated caseload groups with all assigned clients and facilitated groups on varying topics as needed
- Rendered immediate support during crises, facilitating connections to resources and ensuring patient safety
- Delivered therapeutic support to clients with substance use and mental health disorders, utilizing evidence-based practices, to enhance recovery outcomes
- Informed patients and their families about chronic medical and behavioral health conditions to improve health literacy and promote adherence to treatment plans
- Served as Case Manager as needed, including assisting with clients' involvement in the judicial system and ensure that clients have a good understanding of their legal process

IT'S ALL GRIEF, LLC – Fort Lauderdale, FL October 2022 to July 2023

Provided part-time therapy to adults and children who are experiencing anxiety, grief and/or loss using evidence-based practices to achieve recovery goals

ABLE TO DREAM INC. – Fort Lauderdale, FL May 2022 to July 2023

Provided part-time therapy to adults with developmental and/or intellectual disabilities using evidence-based practices to achieve the best possible outcomes

CENTERS PLAN FOR HEALTHY LIVING – Margate, FL October 2021 to March 2023

Provided Transition of Care Specialist/Social Worker duties for Managed Long-Term Care Insurance Plan for the transition from a New York hospital to the patient's next level of care in coordination with the patient's family

EDUCATION

Master of Social Work – Concentration on Children and Families and Specialization in Administration/Supervision (Macro) including Public Administration courses (Honors)
FLORIDA INTERNATIONAL UNIVERSITY - North Miami, FL

Bachelor of Science in Social Work

FLORIDA INTERNATIONAL UNIVERSITY - Miami, FL

CERTIFICATES, LICENSE AND TRAININGS

06/2025 The Columbia-Suicide Severity Rating Scale Certificate of Learning
06/2025 CPR/AED (National CPR Foundation) (expires 06/2027)
01/2025 Licensed Clinical Social Worker
09/2024 Certificates on 28 topics (Bayside CEU.com)
06/2024 Accelerated Resolution Training (A.R.T.) (working on certification)
07/2023 Certificates on 7 topics (PsychArmor)
07/2023 Certificate on HIPAA Training (DCF Education & Training)
07/2023 Certificate on Security Awareness Basics (DCF Education & Training)
06/2023 Accessing Medical Care with Telehealth Certificate (CE Broker)
06/2023 Telehealth for Healthcare Providers (Alison)
01/2023 EMDR training with EMDRIA (working on certification)
11/2022 Youth Mental Health First Aid Certificate
09/2022 CPT Certificate of Completion
07/2022 TF-CBT Certificate of Completion

BUSINESS EXPERIENCE

SONN & MITTELMAN P.A., Aventura, FL August 2020 to October 2021
Served as paralegal/assistant to support residential and commercial real estate sole practitioner attorney

AKERMAN LLP, Miami, FL June 2000 to May 2020

- Assisted with founding, setting up and administering branch office of formerly an Orlando-based law firm which started with only two employees and grew from a Florida-only law firm, which is now based in Miami, FL, to a national law firm with approximately 1,200 employees
- Collaborated across departments with diverse stakeholders
- Performed as Word Processor by prioritizing and handling heavy emails, deciphered very difficult handwriting and made welcome corrections to attorney work product
- Provided telephone coverage for national help desk
- Revised/input corporate documents, including SEC filings, Wills, Trusts, et cetera using Microsoft Suite (Microsoft Word with numerous tables, automatic numbering, PowerPoint, Excel, Publisher and Outlook) Visio, Nuance, Adobe Pro, WordPerfect and other software | also wrote technical training manual materials
- Served as United Way's Employee Campaign Manager, Blood Drive Coordinator for One Blood, trainer of all levels of employees from Legal Administrative Assistants to Attorneys, Legal Secretary and United Community Options (formerly United Cerebral Palsy) Fundraiser Campaign Coordinator | organized numerous other fundraising events

COMMUNITY SERVICE

CHILDREN'S HOME SOCIETY – Broward County, FL August 2025 to present
Serving as Vice Chair and Board Member by attending board meetings, responding to emails and garnering needed support for the "Cradle to Career Continuum"

UNITED COMMUNITY OPTIONS – Miami, FL June 2003 to present
(formerly United Cerebral Palsy of South Florida)
Serving as Board Member by attending board meetings, responding to emails and garnering needed support

AYUDA INC. – Miami Beach, FL December 2012 to January 2023
(Adults & Youth with Unmet needs Deserve Attention)
Served as Board Member by attending monthly board meetings to support the agency to receive needed support

TEEN JOB CORPS – Miami Beach, FL February 2013 to June 2018
Served as Board Member to assist with children in the Miami Beach area

COURT APPOINTED SPECIAL ADVOCATES – Miami, FL July 2014 to January 2017
Served as Guardian Ad Litem to represent the best interests of children in court proceedings

LINK

tpsw.org - The Prevention Social Worker
[prevention of social problems is my passion]
Note: This website is in the process of being rebuilt.

ADDITIONAL EXPERIENCE

- CATALYST MIAMI**, Miami, FL – Assisted with implementing prevention programs and general volunteer activities
- CITY OF MIAMI BEACH**, Miami Beach, FL – Member of Oversight Committee for U.S. Department of Juvenile Justice grant project called Neighborhoods First to prevent delinquency, reduce absences and tardiness and improve other social conditions in North Beach area of Miami Beach
- DADE COUNTY PUBLIC SCHOOLS**, Miami, FL – Served as Part-Time Facilitator for P.R.O.U.D. Parent Project teaching conflict resolution skills to parents (Peacefully Resolving Our Unsettled Differences)
- FAMILY RESOURCE CENTER OF DADE COUNTY, INC.**, Miami, FL – Performed as Unit Manager/Social Worker for Hurwit Crisis Nursery, Family Preservation Services (FPS) Coordinator and Worker for FPS Project following Homebuilders Training for victims of child abuse and their families
- FAMILY RESOURCE CENTER OF DADE COUNTY, INC.** (f/k/a PARENT RESOURCE CENTER), Miami, Florida – Parent aide counseling children and families by providing parenting skills, guidance and family support
- NFL YOUTH EDUCATION TOWN CENTER** – Mentor assisting with homework once per week
- MIAMI BEACH SENIOR HIGH SCHOOL**, Miami Beach, FL – Served as Member on the Educational Excellence School Advisory Council and Health & Wellness Coordinator/Writer for bi-monthly column of PTSA e-newsletter
- MIAMI-DADE COUNTY PUBLIC SCHOOLS**, Miami, FL – Served as Committee Member in the Region IV Assistant Principal of the Year Award
- PHYLLIS RUTH MILLER ELEMENTARY SCHOOL**, Miami, FL – Served as Chair of EESAC, President of the PTSA and Member on Educational Excellence School Advisory Council
- PHYLLIS RUTH MILLER ELEMENTARY SCHOOL** – Member on Educational Excellence School Advisory Council
- STATE OF FLORIDA - DEPARTMENT OF HEALTH & REHABILITATIVE SERVICES**, Miami, Florida – Shadow Protective Investigators once a month
- UNITED WAY OF MIAMI-DADE COUNTY**, Served as Child Care Panel Member
- YOUNG WOMEN'S PREPARATORY ACADEMY**, Miami, FL – Served as Correspondence Secretary

SELECTED DISTINCTIONS

- United Community Options** – 2018 Service Award for 15 years on the Board
- Catalyst Miami** - 2012 – Award stating, “We cannot thank you enough for your compassionate collaboration with the Catalyst Miami Admin team. With your excellent ideas, support, effort and passion combined with generous time and flexibility, we have been able to take several projects to a new level of effectiveness and professionalism. Your knowledge, experience and outstanding talent are awesome.”
- Phyllis Ruth Miller Elementary School** – 2009 - PTSA President – Certificate of Appreciation
- Florida Association of Blood Banks** – 2008 & 2009 – Award in Recognition of Exceptional Service to the Human Needs of Our Community

ADDITIONAL SKILLS

Conversant in Spanish, strong understanding of child and adolescent development, mental health promotion and protective factor frameworks throughout my personal and professional life, and an extremely strong passion for youth empowerment and public health