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To Whom it May Concern:

I'm excited offer my skills and services to your mental health establishment! I understand you value empathic individuals who prioritize their well-being without expending consistent, excellent client care. I believe wholeheartedly in ongoing development of the person of the therapist to allow healing to emerge organically within each therapeutic contact. My values and background in existential, humanist, experiential, and expressive arts approaches optimally fit with your company's mission and vision.

My personal journey informs an integrative, collaborative approach that encourages clients to access creativity and spontaneity. In January of 2011, I established recovery-oriented lifestyle maintained through consistent exploration of traditional and non-traditional spiritual and healing modalities. Extensive international travel and a culturally eclectic background contribute to my enthusiasm, open-mindedness, and reverence for diversity. As an independent contractor in the professional support and fine arts fields for over a decade, I bring pragmatic and varied life experience that facilitates deep, effective, and lasting working relationships.

Beginning in 2018, I engaged as a 12-step group facilitator in treatment facilities. I also became a professional mentor for complex cases having trouble transitioning from treatment into society. These experiences and my passion for engendering healing in others culminated in obtaining a master's in clinical mental health counseling and certification as an experiential therapist. I've trained in sociometry, psychodrama, and group psychotherapy with Marc Pimsler, Jean Campbell, Michael Traynor, and Scott Giacomucci. Emerge Healing Center sought me out when it opened in 2022. I worked there first for about a year and returned after my son was born to complete internship in 2024 through the opening of its second location. Valuable skills I developed in internship at both substance use and mental health facilities include how to establish and maintain professional boundaries in a PHP/IOP environment; conduct a BPS within an hour; conceptualize and communicate effectively and efficiently about cases in staffing; participate in and document collateral calls; facilitate individual, couple, and group counseling sessions; document effectively for insurance billing purposes; create, review, and update individualized treatment plans; engage effectively in mental health crisis responses; conduct appropriate termination and referral processes; and contribute to colleague supervision conversations.

I bring strengths well-suited for the role available at your facility and I'm attracted to the growth opportunities we will provide one another. I look forward to sharing more about my experience and motivation with you. Thank you for your consideration!

Gratefully,

Alexandra “Alec” Addleton Rigdon