

# Lorraine Moreci

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## SUMMARY

Empathetic and self-directed therapist with excellent attunement, active listening, reflection, and verbal communication skills. Facilitates family, children, couple's and individual counseling sessions to help clients pinpoint underlying emotions triggering instability and conflict. Maintains records and makes written and oral reports concerning client care, counseling and therapeutic activities. I offer a relational and client-centered approach to therapy with a strength-based focus. I utilize somatic techniques, mindfulness with meditation, tools for moving out of being stuck, and attunement to my client's needs. My strengths are attunement, empathy, and developing a strong rapport from the first meeting. Including, constant personal work in being able to stay grounded while zooming in on the details, but also being able to step back and look at the big picture within a session. While closely tracking my client's work we will explore personal histories, attachment, and coping mechanisms to gain a better idea of what is happening for them. I work with children exploring their emotional world through play therapy.

I am also open to different spiritual aspects of this work. Interested in working collaboratively with clients to help them meet their goals.

## SKILLS

- Treatment Planning
- Clinical Documentation
- Active Listening
- People Skills
- Relationship Building
- Attunement
- Empathy and compassion
- Adaptable in taking direction when uncertain
- Family Counseling
- Emotional Awareness
- Play therapy for children

## EXPERIENCE

Associate Marriage and Family Therapist, Marina Counseling Center, January 2020-Current  
San Francisco, CA

- Worked with clients in office and through telehealth
- Provided a safe space to engage in exploration of client's experiences, needs, and personal goals
- Documentation of intake and progress of each client

Associate MFT- Children, Creative Arts Charter School, September 2020-June 2021  
San Francisco, CA

- Provided play therapy for children during pandemic.
- Assisted children in development of social, communication and problem-solving skills.

- Planned and implemented engaging activities to encourage creativity and expression.
- Helped children work through anxieties and other problems caused by pandemic

MFT Trainee, Golden Gate Counseling Center, January 2019-January 2020

San Francisco, CA

- Therapy with clients in a professional office setting
- Documentation of intakes for new clients, personal clients and keeping records of progress for each client that I worked with
- Answering phones and maintenance of clinic
- Experience using different modalities and techniques with clients as a trainee

Program Support Volunteer for Children and Teens, Pomeroy Recreation & Rehabilitation Center ,  
March 2015-July 2016

San Francisco, CA

- Maintained flexibility to work with children of various ages, different personalities and in different roles.
- Improved children's self-esteem with supportive care and positive reinforcement.
- Protected children from harm by monitoring environments and eliminating safety hazards.
- Created safe, learning-focused environment for children under care.
- Maintained safe play environment.
- Taught children how to complete basic crafts such as paintings, drawings and decorations.

## **EDUCATION AND TRAINING**

Master of Arts

Integral Counseling Program, California Institute of Integral Studies, San Francisco CA December 2019

Master of Arts

Psychology, San Francisco State University, San Francisco CA May 2016

Associate of Arts

Letters And Science, Skyline College, San Bruno CA May 2014