

CURRICULUM VITAE/RESUME

Kathleen M. Smigels, MA, LLPC, NCC, CADC, CPRM, SRCD

Free Living Recovery
1719 Crooks Road
Royal Oak, MI 48067

kathiesmigels@yahoo.com (248) 417-9993

The combination of educational and experiential background in research, law, mental health counseling, substance use counseling, and personal recovery, creates a unique set of skills to serve both individuals and the community in the area of mental health, substance use, and community health. As an experienced and educated Paralegal, unique support is provided for those involved in the criminal justice system where substance use is involved. Professional Counseling services are provided in the State of Michigan; Professional Coaching services are provided nationwide.

EXPERIENCE

Licensed Professional Counselor (Ltd.), Owner, *Free Living Recovery* (2019-Present)

Counseling/Recovery services. Mental Health Exams; Substance Use Evaluations; Driver License Appeals.

Michigan Professional Counselor License #6451019061

Certified Alcohol & Drug Counselor #2-01571

Certified Peer Recovery Mentor #M-00097

Free Living Recovery Substance Use Program License (#631435)

SHE RECOVERS® Coach Designation

Certified Alcohol and Drug Counselor/Peer Recovery Mentor, Associate, *Smith Counseling Centre* (2014-2022)

Assessment, screening, intake, treatment plans, counseling, case management, client education, referral, record-keeping; license restoration; substance abuse evaluation; relapse prevention; group facilitation; monitor through court probation; report to probation officers; court appearance; peer mentor support.

Legal Assistant/Paralegal, *Robert S. Rollinger, PC* (1994-Presently Office Management only)

Client interviews; preparation and procedural processing of correspondence and pleadings; e-file system; research; conferences with clients/attorneys; court attendance; docket/calendar management; accounts receivable/payable; maintain client trust account; tax preparation; office systems management; vendor contacts.

Internship-Older Adult Services, *Oakland Livingston Human Service Agency* (2015)

Assist older adults in meeting requirements for services/equipment to remain in their home; input telecommunication information into computer system based on grant funding requirements; attend collaboration meetings with area aging organizations.

Office/Account Manager, *Leslie H. Kutinsky, PC* (1991-1994)

Accounts receivable/payable; calendar management; initial client/attorney contact; court filing; dictation; copy clerk; maintain client trust/general accounts; vendor contacts; payroll (Family Law)

Special Education Aid/Preschool, *Lamphere Schools, Madison Heights, MI* (1989-1991)

Children with autism; emotional/severe emotional impaired; preschool; elementary; latchkey director with concentration in special needs before/after school care. *Oakland County Youth Assistance Mentor

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EDUCATION

Master of Art in Clinical Mental Health Counseling, Oakland University (2015-2020)
Graduate Certificate Specialty Program Alcohol and Drug Abuse, Western Michigan University (2015-2018)
Bachelor of Arts-Community Services, (Social Work/Counseling), Siena Heights University (2013-2015)
Associate in Applied Science in Paralegal Cum Laude, Oakland Community College (2005-2007)
Associate-General Studies, Oakland Community College (1986-2001)
High School Diploma, (1986)

CERTIFICATIONS/LICENSES

Limited Licensed Professional Counselor (LLPC)
Certified Alcohol and Drug Counselor (CADC)
National Certified Counselor (NCC)
Certified Peer Recovery Mentor (CPRM)
Certified Clinical Trauma Specialist (CCTS-Ind)
SHE RECOVERS® Coach Designation (SRCD)

MEMBERSHIPS

American Counseling Association
National Assoc. for Alcohol and Drug Counselors
Michigan Assoc. for Alcohol and Drug Counselors
National Board of Certified Counselors
Recovery 2.0 Global Community
Women in Recovery Roundtable
National Association of Drug Court Professionals (ALLRISE)

CERTIFICATES

Dialectical Behavior Therapy (2023)
Women, Trauma & Mental Health (2021)
Clinical Trauma Specialist (2020)
Essentials of Cognitive Behavioral Therapy, Beck Institute (2018)
Diathesis-Stress Model of Addiction Etiology of Substance-Related/Addictive Disorders (2017)
Families Against Narcotics Narcan Angel Training (2017)
George R. and Helen Klein Memorial Endowed Scholarship (2016)
Peer Recovery Mentor, Marygrove College (2015)
Access Granted: Building a Therapeutic Alliance with Adolescents (2015)
The National Institutes of Health (NIH)-"Protecting Research Participants" (2014)

SPEAKING ENGAGEMENTS

Shatter the Stigma Presentation on Peer Recovery Mentoring/Coaching (2019)
Come Back to Love Regular Podcast Guest (2021)
All Things Substance Podcast Guest (2021)
yOUR Story Presentation (SHE RECOVERS® Foundation) (2021)
Recovery 2.0 Presentation (Recovery 2.0 Global Community) (2021)
SHE RECOVERS® Sharing Circle Coach Facilitator (2021-Present)
Reconsider Addiction and Recovery Invitational Gathering (2022)

"Recap: Addiction & Recovery Invitational Gathering (December 2022)" from Reconsider on Vimeo.
The video is available for your viewing pleasure at <https://vimeo.com/784629810>