

Carly Olson MS, LMHC

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CAREER SUMMARY

I am a dedicated and compassionate counselor with over 20 years of experience working with children from diverse backgrounds, spanning elementary, middle, and high school levels. My career has been centered around fostering students' academic, social, and emotional development while supporting their career aspirations and personal growth. Throughout my two decades in education, I have developed and implemented comprehensive counseling programs that address the holistic needs of students. I have a proven track record of effectively guiding students through the challenges of academic pressures, social issues, and mental health concerns. My work involves individual and group counseling, crisis intervention, and collaboration with parents, teachers, and administrators to create a supportive and inclusive school environment.

AREAS OF EXPERTISE

Leadership | Individual and Group Counseling | Career Guidance and College Readiness | Collaboration with Educators and Families | Workshop and Seminar Facilitation

PROFESSIONAL EXPERIENCE

INNER BALANCE COUNSELING AND CONSULTING, LLC

2016 –CURRENT

OWNER/ BUSINESS DEVELOPMENT

Inner Balance Counseling and Consulting (IBC) is an online premier company helping people achieve their highest level of functioning. IBC specializes in treating people with anxiety, depression, bi-polar, autism spectrum disorder and more.

- Extensive experience in career guidance, helping students explore their interests, set realistic goals, and develop actionable plans for their future
- Expertise in college and career readiness programs and has empowered countless students to achieve their post-secondary aspirations.
- Committed to ongoing professional development, staying current with the latest counseling techniques and educational trends.
- Led numerous workshops and seminars on topics such as conflict resolution, bullying prevention, stress management, and self-esteem building.
- Approach is student-centered, emphasizing empathy, active listening, and personalized support to ensure every student feels heard and valued.

CARING TRANSITIONS OF WINTER PARK/On Call Moving

2021 – CURRENT

CO-OWNER/BUSINESS DEVELOPMENT

Independently owned and operated, Caring Transitions is a senior moving service specializing in managing relocations, assisting clients with downsizing, estate sales and online auctions.

- Led and coordinated senior move management projects, overseeing all aspects of the relocation process including decluttering, packing, and unpacking, ensuring smooth transitions for elderly clients.
- Managed sales teams to achieve and exceed targets, providing mentorship, training, and guidance to drive performance and foster a culture of excellence.
- Spearheaded marketing campaigns to promote estate sales events, utilizing digital marketing channels, social media platforms, and targeted advertising to reach potential buyers and drive foot traffic.

ADVANCED PSYCHIATRIC GROUP

2012 - 2016

MENTAL HEALTH CLINICIAN

Provides counseling using behavior models to improve outcomes of children with autism spectrum, ADHD and other developmental and behavioral disorders. Responsible for developmental and psychological testing to assist in the diagnosis of Autism spectrum disorder, Dyslexia, Dysgraphia, Dyscalculic and developmental delays in children under the age of 5. Provides feedback and test scores to families.

PSYCHOMETRIC RATER

Perform and interpret quantitative tests for the measurement of psychological illness consisting of a rating scale: AIMS, PANNS, SCID, K-BIT, ADOS, ADIR, BARS, SAS, MADRS, HAM-D, HAM-A, TLFB, COGSTATE TESTING, C-SSRS

ORANGE COUNTY PUBLIC SCHOOLS

2008 – 2012

ESE TEACHER PRE-K THRU FIFTH GRADE

Exceptional Student Education Teacher at Windy Ridge School (Self Contained Classroom with General Ed Pull Out). An "A+" charter school that facilitates learning for all types of children in a general education setting. Managed 4 Paraprofessionals. Wrote and developed IEP Plans. While developing and applying a multi-sensory curriculum, intertwining auditory, visual and kinesthetic lessons in the classroom, I contributed to the speech therapist, occupational therapist and physical therapist collaborative team.

B.A., PSYCHOLOGY

FLORIDA STATE UNIVERSITY (2005) **M.S., MENTAL HEALTH**

NOVA

SOUTHEASTERN (2009)

LICENSED MENTAL HEALTH COUNSELOR

LICENSE # MH11814

CLINICAL MEMBER OF THE AMERICAN COUNSELING ASSOCIATION

CERTIFICATE # 630214