

Mariano Casanova

New York City. Tel.: 718 554 1103. Email: hello@marianocasanova.com. www.marianocasanova.com

Summary: Mental Health Wellness for Corporate Environments

Preemptively promote the psychological well-being of your employees and create a healthy and supportive work environment:

- Evaluate the mental-wellness needs of the workforce and design a plan for action.
- Provide workshops and other education tools to enhance and support mental-wellness.
- Provide psychotherapy services or refer individuals to the appropriate level of care.
- Train management and other executive leaders to foster and sustain mental-wellness in the workplace.

Experience:

Psychotherapist: Instituto Hispano de Psicología 2005 – Present.

- Provide psychotherapy services to individuals, couples and families.
- Provide services in the English and Spanish languages.
- Provide psychotherapy services attuned to cultural values and customs of clients
- Provide group sessions to cancer survivors, women entrepreneurs and other groups.
- Evaluate mental health status to determine required level of care and acceptance to services
- Evaluate risk factors like suicidal ideation, violent/homicidal behavior and others.
- Provide intake services and diagnostic evaluations.
- Create individually tailored treatment plans that are reviewed and adjusted on a quarterly basis.
- Provide psycho-social and mental health evaluations for legal proceedings and immigration.

Psychotherapist, Spanish Services Coordinator: The Bleuler Psychotherapy Center, 2002 -2007.

- Provided bilingual and culturally competent psychotherapy services to individuals, couples and families.
- Performed intake evaluations that included diagnosis, risk factors and a determination of suitability for services or referral to higher level of care.
- Supervised the Spanish language/Latino psychotherapy division at Bleuler.
- In charge of evaluating applicant's credentials, work permits, skills and experience.
- In charge of providing institutional support to psychotherapists in the performance of duties.
- Provided technical supervision, counseling and emotional support to direct reports.

Workshop Leader: Betteryou Workshops, 2018 – Present.

- Provide workshops to improve public speaking communication styles and skills.
- Provide workshops for new managers to organize teams, manage accountability and foster loyalty.
- Provide workshops to help management proactively promote mental health and emotional well-being
- Provide workshops to help executive leaders manage remote and hybrid attending personnel.
- Provide workshops that help executive leaders manage multicultural groups.
- Wrote the curriculum for Managerial Competencies and the syllabus for verbal communications skills, online management, persuasive communication, soft-skills for managers and problem solving within corporate structure for managers.
- Evaluate the performance of the programs and the level of acquisition of attendees, developing corresponding new policies.

Systemic Counselor. Private practice 2010 – Present

- Provide coaching services that help executive leaders become more self-aware of their leadership style, improve decision-making, enhance leadership skills, improve resilience and increase job satisfaction.
- Provide coaching services that help companies improve communication, creativity, adaptability, resiliency, employee engagement and organizational learning.
- Provide workshops that help managers identify and properly counter stress, social anxiety, burnout and depressive symptoms.
- Provide workshops that promote the practice of mindfulness, sleep hygiene, nutrition, exercise.
- Provide one-on-one confidential support and resources to manage a range of personal and professional issues.

Mental Health Screenings for Save Latin America, Inc., 2002-2005

- Provided mental health evaluations to general public attending their health fairs.
- Provided resources and referrals to the appropriate level of care.

Education:

- Psychotherapist, Universidad Central de Chile. Accredited by the Chilean Board of Clinical Psychologists.
- Professional Qualifications as Psychologist, Clinical Psychology concentration, Universidad Central de Chile.
- Academic Degree of Licentiate in Psychology, Universidad Central de Chile.

Licenses:

- Clinical Psychologist (Chile)
- Mental Health Counselor (New York)

URL: <https://www.marianocasanova.com/corporatementalwellness.html>

