

Caroline Kobin, MSW, LCSW, QMHP

(503) 975-4794

www.carolinekobin.com

caroline@bishna.com

Professional Summary

I am a Licensed Clinical Social Worker with over 15 years of experience in Medical, Mental Health and Developmental Disability populations in Outpatient, Inpatient and Home Treatment settings. I have a niche specialization in DBT treatment tailored for clients with dual diagnoses and developmental disabilities. I have over 5 years of clinical experience with ethnically and culturally diverse and low socio-economic city populations. I specialize in establishing quick rapport with clients, families and caregivers to facilitate identification of strengths, limitations, support systems, mental health needs and service needs.

Specialties

- Psychosocial Assessment
- Treatment Planning
- Crisis Intervention
- Psychotherapy
- Coordination of Care
- Case Management
- Problem Solving
- Solution-Focused Therapy
- Mediation
- Social Justice
- Program Organization
- Animal-Assisted Interventions

Methods

- Dialectical Behavioral Therapy
- Cognitive Behavioral Therapy
- Motivational Interviewing
- Solution Focused Work
- Client-Centered Rogerian Therapy
- Minuchin Structural Family Therapy
- Mindfulness
- Biopsychosocial-Spiritual Model
- Positive Behavioral Support

Licenses & Certifications

- 2015 Licensed Clinical Social Worker (LCSW)
- 2015 Minority & Women's Emerging Small Business (MWESB) Certified
- 2012 Board of Social Workers Certified
- 2008 Oregon Intervention System (OIS) Certified
- 2008 Certified Mediator
- 2006 Licensed Masters in Social Work (LMSW)

Education

- 2006 Masters in Social Work (MSW): Columbia University Graduate School of Social Work
- 2000 BA in Psychology & Art History: New York University

Experience

- 2008 - **Caroline Kobin, LCSW, MSW** Portland, OR
Behavioral Consultant / Social Sexual Consultant
 - Create and unite support teams, train family and support network on verbal de-escalation, develop safety plans and conduct behavioral interventions
 - Assist customers in reducing and replacing risky sexual and/or illegal behaviors in order to continue living independently
 - Write Behavioral Assessments and Support Plans tailored to individual skills.

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Job Coach Vocational Rehabilitation/ Small Business Consultation

- Provide Direct Support with customers to evaluate/assess vocational skills

Family Trainer

- Provide structural family therapy and training to families of clients with developmental disabilities and behavioral issues.

- 2012 - **BISHNA** Portland, OR
Founder & President
501(c)(3) non-profit organization supports and advocates for individuals with developmental disabilities, brings social justice and advocacy efforts in the form of social media and promotion, and negotiates with the State of Oregon regarding policy decisions affecting the DD community.
- Produced Documentary Video of John Kelting, Artist
 - Coordinated Art Opening for John Kelting, Artist
- 2006 - 2008 **CODA** Portland, OR
Clinical Specialist
- Conducted individual and group therapy sessions to dual diagnosis Clients
 - Provided case management and individual clinical counseling
 - Oversaw program development
- 2005 - 2006 **Metropolitan Hospital Center Inpatient Psychiatry 5W** New York, NY
- Discharge Planning with Interdisciplinary Treatment Team
 - Counselor/Group Leader for SPMI, Developmental Disability and DV
- 2004 - 2005 **North Central Bronx Hospital/ Growth and Recovery** New York, NY
Care Coordinator on an interdisciplinary treatment team for clients with substance abuse and mental health diagnoses in Outpatient Unit.
- Facilitated Anger/Stress Management, Vocational and Relapse Prevention groups
 - Administered psychosocial assessments and intake interviews
- 2000 - 2004 **Inclusion Incorporated and Westside Community Focus** Portland, OR
Independent Contractor for brokerages advocating for people with disabilities
- Provided Life Skills Training, Job Development, Mentoring and Money Management Assistance
- 2000 - 2001 **United Cerebral Palsy** Portland, OR
Support Coordinator for people with physical and developmental disabilities
- Coordinated financial, medical, psychological and vocational care
 - Facilitated Person Centered Planning sessions

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Advocacy

- 2015 "Conversation to Connect Oregon's Administration to our Community"
Produced a documentary video to raise awareness about how Oregon's implementation of the K-Plan is affecting the Developmental Disability community and their support providers.
www.oregonkplandocumentary.com
- 2014 Oregon Coalition of Behavioral Consultants
Founded a group with the mission of providing best practice to individuals with developmental disabilities. monthly to ensure coalition can effectively and efficiently communicate with State Policy makers regarding the future of the profession.
- 2007 - 2008 CSWA Uncensored
Founded a support group for new Social Workers to discuss challenges in their daily work. Included speakers from the National Association of Social Workers.

Publications

- 2006 "Thematic Analysis of Hip-Hop: Can Hip-Hop in Therapy Facilitate Empathic Connections when Working with Clients in Urban Settings?"
Caroline Kobin, MSW & Dr. Edgar Tyson, Ph.D.
Published in the Journal of Arts in Psychotherapy: Volume 33, Issue 4

International Experience

Ghana, India, Thailand, Cambodia, Indonesia, Jamaica, Turks and Caicos, Colombia, St Kitts and Nevis, St Lucia, Martinique, Barbados, Trinidad, Tobago, Bahamas, Dominican Republic, Mexico, France, Switzerland, Germany, Belgium, Austria, England

Volunteering

- 2008 - Affiliate & Contributor, People's Art of Portland
2010 - Volunteer & Foster Parent, Multnomah County Animal Services
2010 - Volunteer & Foster Parent, Tender Care Animal Rescue