

Christy Aletky, LCSW-S, LCDC

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Experience

Owner/Therapist Veritas Well-Being, PLLC

2017-Present

- Treat Trauma in an outpatient setting using EMDR and other evidence-based modalities
- Consulted with the Williamson County Veterans Treatment Court regarding participant treatment needs
- Provide ongoing treatment to Wounded Warrior Project Alumni via Centerstone Military Services
- Provided support and psychoeducation to Wounded Warrior Project Alumni via Wounded Warrior Project Odyssey
- Supervise Master's Level Counseling Interns through NYU, Capella University, LaTourneau University, and Northcentral University
- Partner with local non-profits to provide counseling to area veterans
- Consult with attorneys on treatment options within the Criminal Justice System
- Conduct mental health and substance use assessments to aid clients in their legal defense
- Deliver expert witness testimony in area District Court Settings on Veteran Mental Health, Justice-Involved Veterans, Substance Use Disorder Treatment, Trauma, and In-Prison Treatment Programs
- Trained members of the Williamson County Bar Association on the various mental health assessments conducted during Pre-sentencing Investigations in felony cases

Director of Military Programs—Samaritan Center

2017

- Provide administrative supervision for all programs serving Service Members, Veterans, and their Families.
- Treated trauma using EMDR.
- Collaborated with management team to implement new programs.
- Worked to improve efficiency in center processes.
- Interviewed potential new employees.
- Networked with community organizations to determine areas of collaboration.

Lead Field Clinician—Samaritan Center—The Military Veteran Peer Network

2015-2017

- Provided administrative supervision for the MVPN Field Clinician Team of five therapists throughout Texas.
- Managed operations of The Veterans Re-Entry Dorm at Travis State Jail.
- Facilitated Seeking Safety Groups for the Travis County Veterans Court.
- Provided short-term counseling and intervention to Veterans in Crisis using ACT and Solution Focused Principles.
- Supervised BSW and Master's Level Field Placements.
- Provided Military Informed Care Training in the Austin Area.

Senior Counselor – Travis County Adult Probation

2015

- Collaborated with Defense Attorneys, County Prosecutors, County Judges, and Probation Officers as the senior treatment provider for the DWI Diversion Court in Travis County.
- Conducted intakes, assessments, and develop treatment plans for DWI Court Participants.
- Provided administrative supervision for five counselors.
- Facilitated cognitive behavioral, process, and Seeking Safety groups weekly.
- Developed and delivered Departmental Training for Seeking Safety Curriculum.
- Participated in planning and implementation of new department wide treatment curriculum.
- Represented the perspective of treatment staff for the Director of Adult Probation’s Chief Advisory Group.

Co-Occurring Re-entry Services Counselor (CORES) –Travis County Adult Probation

2013-2015

- Coordinated client care for approximately 20-person caseload.
- Worked specifically with clients who have a Priority Mental Health Diagnosis along with substance use disorders
- Engaged clients in treatment prior to jail-release at the Travis County Correctional Complex.
- Conducted cognitive behavioral groups with residential and community-based clients.
- Conducted individual therapy with residential and community-based clients.
- Collaborated with Psychological/Psychiatric Staff to report clients’ mental health symptoms and side effects of medications.
- Developed Treatment Orientation Materials in collaboration with the treatment team to enhance motivation and prepare residents for treatment.
- Developed and refined treatment curriculum for the CORES Caseload.
- Presented on The CORES Program at the Travis County Sherriff’s Office Vision Conference.

Assistant Field Clinician – The Military Veteran Peer Network (MVPN)

2014-2015

- Planned assessment and treatment programming in conjunction with the Lead Filed Clinician for the Travis State Jail Veterans Dorm Pilot Program.
- Co-facilitated Seeking Safety Groups with Dorm Members weekly.
- Co-facilitated Substance Use Disorders Groups with Dorm Members weekly.
- Conducted individual session with group members on various topics.
- Presented on The Veterans Dorm at Travis State Jail Pilot Program at the 2014 Travis County Sheriff's Office Vision Conference.

MSSW Intern – The VA Austin Outpatient Clinic

2013

- Conducted bio-psycho-social assessments to best pair patients with available mental health services.
- Assessed patients for suicidal and homicidal ideation, and lethality.
- Assessed patients for psychiatric and substance abuse disorders.

- Collaborated with primary care physicians, psychologists, psychiatrists, nurse practitioners, nurses, and social workers to create complex treatment plans.
- Delivered brief solution-focused therapy, supportive counseling, crisis intervention and referral services in a medical setting.
- Diagnosed mental illness using diagnostic instruments and patient interviews.
- Case-managed patients newly started on anti-depressants to assess for compliance, unacceptable side effects, and relief of symptoms via telephone.

MSSW Intern – The Highland Lakes Family Crisis Center 2011-2012

- Counseled children and adult survivors of intimate partner violence.
- Collaborated with schools and churches to provide services.
- Organized community events for Domestic Violence Awareness Month.

Counselor I –The Gateway Foundation at Burnet County Jail 2010-2011

- Provided Substance Use Disorders Treatment to incarcerated clients.
- Utilized motivational interviewing to overcome resistance to mandatory treatment.
- Presented training on Motivational Interviewing, Cultural Competence, and various other topics.

Military Experience

United States Navy Nuclear Qualified Machinist Mate 2000-2006

- Supervised operations of an aircraft carrier engine room.
- Maintained training standards for over 100 nuclear qualified personnel.
- Developed training plans based on assessed gaps in knowledge.
- Awarded Navy Achievement Medal for efforts in training that resulted in the only Above Average on an Operational Reactor Safety Exam for an East Coast Air Craft Carrier at that time.

Education

- Masters of Science in Social Work – Clinical Concentration 5/2013
The University of Texas at Austin
- Bachelor of Arts – Psychology 12/2009
The University of Texas at Austin
- Yoga Teacher Training 10/2016
Yoga Yoga—Austin, TX

Licenses, Trainings and Affiliations

- Licenses Clinical Social Work Supervisor
- Licensed Chemical Dependency Counselor
- Member, National Association of Social Workers
- Member, EMDR International Association
- EMDR Trained, pursuing certification
- 200-hour Yoga Teacher Training
- iRest Yoga Nidra Level I Trained