



# Vivian Scott

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## ABOUT ME

I have been a Texas resident for over 20 years, but I was raised in Chicago Illinois. My experience before coming into the mental health world included 13 years as a registered respiratory therapist, respiratory care manager and quality assurance/utilization review coordinator. In 2006, I graduated from our Lady of the Lake University in San Antonio, Texas with a Master's degree and came to live in the Dallas area. Now in 2017, I am a licensed professional counselor in private practice, with over ten years of experience in psychological counseling and crisis management.

I have extensive experience working with adolescents and teens in foster care, and clients of Child Protective Services. I have work experience with clients from three years old through 90 years old. I am a crisis manager and have skills in helping people to calm, talk and create new visions for themselves. I have worked in inpatient mental hospitals as well as the outpatient arena. I understand the challenges of the wealthy, the poor, the business world and the current stresses in society. I have found that significant improvement is available for those who have mental health diagnoses and those who are stressed and struggling to understand the negatives in their day to day world.

I am a solution focused therapy counselor by training. This does not simply mean I take a positive direction – it means that I am trained to assist clients in bringing about solutions to their problems in a brief period of time – from one session to six sessions. I am pleased to say that when clients have even a small desire to change, sometimes major mountains move.

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## CORE COMPETENCIES

- Listens – pays attention
- Recalls others main points and takes them into account in own communication
- Checks own understanding of others communication
- Tailors communication to diverse audiences
- Communicates complex issues clearly with wide varied audiences
- Scans the environment for key information to form and develop strategies

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## RECENT WORKSHOPS GIVEN

### **CPS Workshops**

*2010 to present*

- parenting
- anger management
- substance abuse prevention
- stress management

### **Dallas County Probations Department Workshop/Classes**

*2013 to present*

- anger management

- supportive outpatient program
- intensive outpatient program

**Dallas Community Fellowship Inc.-Outreach for Youth and Family**

*2016 – present*

- introducing the project of community revitalization
- children’s group – what they want in the community
- brainstorming solutions

**PROFESSIONAL AND COMMUNITY MEMBERSHIPS**

**Adult Clinical Operations Team Committee**

*2016 – 2017*

**Dallas County Behavioral Health Leadership Team**

*2015 – 2017*

**Dallas Community Fellowship Inc.**

*2016*

**SKILLS**

**Language** – English only

**Continuing Education Trainings within the Last Two Years –**

- Autism and Asperger’s** – proven techniques to achieve social and academic success in children and adolescents
- Personality Disorders** – the challenges of the hidden agenda
- Treating Shame in Clinical Practice** – somatic strategies and self-compassion
- Nutritional and Integrative Interventions for Medical Health Disorders**
- Mental Health and the Military** – strategies for treating veterans and their families
- Dementia** – cognitive rehabilitation strategies for effective evaluation and treatment
- Sex Made Simple** – clinical strategies for sexual issues in therapy
- Ethical Principles in the Practice of Texas Mental Health Professionals**
- Neuromuscular and Neuro- Degenerative Disorders**