CATHERINE FLISZAR, LMHC, LPC, LCMHC, LCPC

FL License MH14316 ▪ AZ License LPC-21726 ▪ NV License CP5432-R
NJ License 37PC00960100 ▪ NY License 016127 ▪ UT License 13291467-6004 ▪ VA License 0701014552
850-466-6509 ▪ catherine@freedomtochangecws.com ▪ NPI 1497379150

SUMMARY OF QUALIFICATIONS

- Licensed to practice independently in seven states
- Regularly deliver trainings and presentations to audiences of up to 200+ professionals across mental health, legal, and allied fields
- Certified Family Law Mediator, Florida Qualified Parenting Coordinator, Certified Child Custody Evaluator
- Certified PAR Level C
- Experience working within the justice system and interacting with the courts
- Specialties include high conflict resolution, forensic evaluation, and treatment of anxiety and ADHD
- Strong writing skills and experience writing mental health and forensic reports

CLINICAL AND FORENSIC EXPERIENCE

PEACEMAKERS FORENSIC AND CONFLICT SOLUTIONS

Owner, September 2024-Current

- Provide family law mediation services as a contract mediator with Florida Circuit 1
- Complete forensic mental health evaluations for use in criminal, family, and immigration court cases
- Provide parenting coordination services
- Mental health neutral in collaborative divorce cases
- Complete comprehensive child custody evaluations
- Provide coparenting consultation and coaching services
- Conduct parenting plan evaluations and create timesharing agreements
- Present trainings and seminars to other professionals in the field

FREEDOM TO CHANGE COUNSELING AND WELLNESS SERVICES

Owner and Counselor, September 2022-Current

- Provide outpatient teletherapy services to adult and young adult clients
- Complete intake assessments and treatment plans
- Complete comprehensive mental health evaluations for federal immigration proceedings
- Maintain credentialing with insurance companies and maintain standards of care/documentation

SELF EMPLOYED, PENSACOLA, FL

Independent Contractor-Licensed Mental Health Counselor, December 2015-September 2022

- Provided outpatient counseling and teletherapy services to adult clients
- Provided mental health services in Corrections and Drug and Alcohol settings
- Completed intake assessments and treatment plans
- Managed client scheduling and business operations
- Marketing, networking, community outreach

WELLPATH/SANTA ROSA COUNTY SHERIFF'S OFFICE, MILTON, FL

Licensed Mental Health Professional, October 2021-December 2022

- Provided mental health treatment services to incarcerated individuals
- Assessed for suicidality and psychiatric need
- Completed written mental health assessments and reports
- Identified special needs and higher level of care
- Triaged and responded to inmate requests and assessed clinical need

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PENNSYLVANIA DEPARTMENT OF CORRECTIONS, SCI DALLAS, DALLAS, PA
Psychological Services Specialist, November 2013-December 2015

- Provided mental health treatment services to incarcerated individuals
- Provided crisis, behavioral, and suicide intervention
- Conducted psychological interviews and completed reports
- Developed Individual Treatment Plans
- Screened and assessed new receptions
- Provided linkage to community services
- Conducted Sex Offender Treatment Program groups
- Initiated provision of mental health services in the Restrictive Housing Unit of a state prison utilizing new policies

PRIMECARE MEDICAL, INC., NORTHAMPTON COUNTY PRISON, EASTON, PA
Mental Health Clinician, February 2012-February 2013

- Provided mental health treatment services to male and female inmates
- Conducted clinical assessments
- Provided crisis, behavioral, and suicide intervention
- Provided supportive counseling and brief therapy
- Initiated psychiatric commitments and attended commitment hearings
- Primary liaison between inmates, corrections, probation, and court staff
- Provided continuity of care and linked inmates to community services
- Completed psychiatric referrals and triaged psychiatry schedule for clinical need

PENNSYLVANIA DEPARTMENT OF CORRECTIONS, SCI GRATERFORD, GRATERFORD, PA
Corrections Counselor, *September 2011-February 2012*

- Provided case management services to inmates
- Prepared inmates for reentry, including counseling on parole stipulations, linkage to community services, and locating housing and employment
- Monitored inmate program compliance
- Completed classifications and integrated case summaries

NHS HUMAN SERVICES, EXTENDED ACUTE CARE PROGRAM, ALLENTOWN, PA
Intake/Discharge Coordinator, December 2010-September 2011

- Provided services to adult clients with severe, persistent mental illness
- Coordinated and led all admission and discharge procedures
- Acted as lead of multidisciplinary team
- Acted as petitioner for involuntary psychiatric commitments and attended hearings
- Conducted utilization management reviews
- Conducted pre-intake mental health reviews to determine program appropriateness
- Facilitated Community Support Plan meetings with all people involved in client discharge

PINEBROOK FAMILY SERVICES, EASTON, PA
Psychotherapist Intern, May 2010-August 2011

- Provided outpatient services to children, adolescents, and their families
- Conducted individual and family therapy
- Advocated for parental and family involvement in client treatment
- Developed individual treatment plans
- Attended clinical supervision

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EDUCATION

LIBERTY UNIVERSITY, LYNCHBURG, VA
PhD, Psychology, Student

LASALLE UNIVERSITY, PHILADELPHIA, PA
Master of Arts, Clinical-Counseling Psychology, August 2011
Minor: Marriage and Family Therapy

WIDENER UNIVERSITY, CHESTER, PA
Bachelor of Arts, Psychology, May 2006
Bachelor of Arts, Criminal Justice, May 2006
Member Alpha Phi Sigma National Honor Society for Criminal Justice

SPECIAL TRAININGS AND CERTIFICATIONS

- National Board of Forensic Examiners: Testing for Forensic Populations
  - Certified PAR Level C
- University of South Florida: Adult Forensic Examiner Workshop
- Immigration Evaluation Training Center: Psychological Evaluations in Immigration Matters
- PeaceShark Mediation Training: Florida Supreme Court Approved 40-hour Mediation Training
  - Certified Family Law Mediator
- Conflict Solutions Group: Parenting Coordination Training
- Institute for Family Conflict Resolution: Introductory Interdisciplinary Collaborative Divorce Training
- Summit Behavioral Healthcare: Child Custody Evaluator Certification Course
  - Certified Child Custody Evaluator
- National Board of Forensic Examiners: Forensic Mental Health Consultant Workshop
- Summit Behavioral Healthcare: Psychosexual Assessment Certification Training
  - Certified Psychosexual Evaluator
- Summit Behavioral Healthcare: Parallel Parenting: Navigating High Conflict Custody Situations

TRAININGS AS PRESENTER

- Assessing Risk of Violence in Adults
- Crisis Intervention in Community Settings
- Mental Illness in Justice Involved Populations
- Antisocial Personalities and Psychopathy
- Understanding and Managing High Conflict Personality Types
- Recognizing and Responding to Gaslighting and Psychological Manipulation
- When the Internet Becomes the Therapist: Risks, Trends, and Clinical Implications
- Personality Disorders and Moral Injury in Helpers
- Recognizing Narcissism in a Labeling Culture
- Understanding Chronic Crisis Patterns
- Narcissism in Everyday Interactions

PROFESSIONAL ORGANIZATION MEMBERHIPS

- The Justitia Foundation (formerly the American Association of Forensic Professionals)
  - Advisory Board Member
- International Association of Collaborative Professionals

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- Florida Academy of Collaborative Professionals
- Association of Family and Conciliation Courts
    - Florida, Arizona, New York, and New Jersey chapters
- Capital Collaborative Group
- Collaborative Family Law Institute