Maria Teresa Baldrich, MA
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EDUCATION

University of Denver, Graduate School of Professional Psychology
Masters in Psychology, APA Accredited   August 2023
Doctoral Program in Clinical Psychology, APA Accredited   August 2025
Honors: awarded competitive funded training program COST

The Pennsylvania State University
Bachelor of Science in Community Environment Development, Specialized in International
Development, Minor in Italian   May 2020

HONORS

DU Colorado Opiate Use Disorder & Substance Use Training Program   Fall 2022 - Present
Bunton Wallet Merit Award   Fall 2016 – Spring 2020
Dean's List   Fall 2016 – Spring 2020
Gamma Kappa Alpha Italian Honor Society   Fall 2019 – Spring 2020

CLINICAL EXPERIENCE

Lone Wolf Psychology, Denver, CO   September 2023 – Present
Therapist
- Provide couples therapy and individual psychotherapy services to a diverse clientele including LGBTQ+, ENM, Latinx folks, and more
- Engage in weekly didactic training, including presenting on topics such as gender dynamics in couples, attachment, and trauma

Thriving Providers Project, Denver, CO   April 2023 – Present
Group Facilitator
- Lead two Spanish process group of Latina caregivers, focusing on developing self-esteem, healthy coping mechanisms, and interpersonal relationships
- Provide resources for the professional and personal development of caregivers

Professional Psychology Clinic, Denver, CO   August 2021 – Present
Therapist and Assessment Clinician
- Provide psychotherapy services on a weekly basis for two clients, including treatment planning and goal-setting
- Engage in supervision weekly, presenting video, and leading discussion of case presentations
- Provide full assessment batteries for clients with presenting concerns mostly focused on cognitive concerns

Salud Family Clinic, Longmont, CO   August 2022 – August 2023
Externship – DU COST

- Chosen for funded training program to provide SUDs treatment through intake, individual therapy, and patient outreach. Populations mostly focused on Latinx population and low-income individuals
- Provide short-term interventions during consults such as breathing exercises, creating safety plans, grounding techniques, psychoeducation, or referrals
- Expected to provide minimum of 6 interactions daily with patients at the clinic to increase behavioral health services to all our patients

All Health Network, Littleton, CO.   October 2021 – Present
Extern

- Performed weekly therapy-based interventions to 11 clients that suffer from a variety of serious and persistent mental illnesses including schizophrenia, substance use disorders, and bipolar disorder
- Responsible for scheduling client's appointments, Intelliride, and other needs the client might have
- Expected to actively participate in individual and group supervision, and rounds to guarantee effective and comprehensive treatment to all clients

Center Helps, University Park, PA   Fall 2017 – Fall 2019
Hotline Counselor

- Completed a 180-hour training to become a hotline counselor, covering topics like depression, anxiety, crisis intervention, grief, suicide assessment, and more
- Provided emotional counseling, crisis intervention and resources for basic needs during 400+ hours of volunteering
- Communicated with other non-profit organizations, federal offices, and governmental agencies to develop individualized plans for struggling members of the community
- Facilitated monthly meetings with over 40 hotline counselors
- Certified with: Mandate Reporter, Mental Health First Aid, Suicide CSSR

Instructor   Fall 2017 – Summer 2018

- Trained and guided dozens of new counselors in handling walk-in clients, from appropriate behavior to safety guidelines
- Improved and updated trainings for following counselor cohorts

Research and Facilitator   Spring 2019

- Conducted qualitative research study in order to understand staff's perspective on workplace behavior, specifically staff-run policies and suggestions for improvement
- Presented findings to Board of Trustees and Staff which led to improvements in work culture, efficiency, and standard practices

OTHER RELATED EXPERIENCE

Bloom Community, LLC (@bloom.comm)   Spring 2021 – Present
Co-Founder

- Co-founded an online network of Latin American women that meets monthly for guest speaking events, small-group discussions with the mission of inspiring, educating, and supporting one another
- Responsible for planning virtual events including reaching out to guest speakers, organizing marketing materials and event logistics
- Manage financial decisions including membership payments and investments
- Launched Core Group, a confidential small group that meets monthly to talk about different areas of their lives while practicing active listening, guided by a certified facilitator
- Lead weekly team meetings, writer of monthly newsletter and content creator

Lone Wolf Psychology, Denver, CO   Fall 2022 - Present
Content Creator

- Create weekly social media content and blog writing for relationship and couples counseling therapist in Denver
- Researched topics on relationships such as LGBTQ experiences, attachment, online dating, and more to ensure effective and digestive information

Baltimore Corps, Baltimore, MD   Fall 2020 – Spring
2021 Social Innovation and Entrepreneurship (SIE) Assistant

- Lead recruitment plans to reach Latinx entrepreneurs in Baltimore, including creating marketing strategies and developing relationships with Latinx-focused organizations in the community

- Coordinated cultural competency training for Baltimore Corps' staff to improve service quality of multicultural clients
- Spearhead efforts to improve the relationship between trustees and Kiva in order to increase the repayment rate and financial success of clients

Foundation for Puerto Rico, San Juan, PR   Summer 2019
Operations Management Intern

- Restructured process of rental agreements to increase workflow efficiency in the Operations Department
- Reduced overhead costs by $6000 (annually) by developing an inventory and procurement management plan including contractor bid analysis and guidelines to assist implementation

The Pennsylvania State University, University Park, PA   Spring 2019
Teaching Assistant

- Liaison between students and lecturers resulting in increased class attendance, exam scores, and student engagement
- Prepared and facilitated class discussion for a 50-student class, updated course materials, and provided feedback and administrative assistance to lecturer

The Pennsylvania State University, University Park, PA   Summer 2019 – Spring 2020
Research Assistant

- Conducted interviews, performed literature reviews, and coordinated research meetings
- Developed and created research website with appropriate information for interested audience

Engineers Without Borders, Namutamba, Uganda   Summer 2019
Social Science Consultant

- Provided consulting services to The Pennsylvania State College of Engineering on a natural-resource exploration trip to Uganda
- Surveyed and conversed with the Namutamba members to understand the community's difficulties relating to water scarcity and availability
- Determined feasibility of natural resources and developed a sustainable business model for the future of water security in the community
- Worked with a team of engineers to determine areas of interest

YNG Community, San Juan, PR   Spring 2021 – Spring 2022
Forum Officer and Secretary

- Lead biweekly meetings of four other Board members, facilitation discussion and maintaining order and effectiveness
- Created the first YNG San Juan City Group Forum, responsible for reaching out to facilitators, creating promotional materials, and finding the financial backup for the program

YNG Community, Denver, CO   Fall 2021 – Fall 2023
Co-Facilitator

- Lead monthly group discussions focused on distinct areas of life including self, professional, family, and health

LANGUAGES

Spanish – native language
English – native language
Italian – basic competence

CERTIFICATIONS

Gottman Method Couples Therapy – Level 1