

Alexis Overstreet, MSW, LCSW

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FORMAL EDUCATION

University of North Carolina - Chapel Hill

Master of Social Work, Chapel Hill, NC, 2015

Augusta University

Bachelor of Arts, Sociology, Augusta, GA, 2001

LICENSURE

Licensed Clinical Social Worker, NC

Active

PROFESSIONAL EXPERIENCE

Founder, CEO, Mental Wellness Coach

11/2021 - present

Metaspace Wellness, LLC

- Collaborate with multiple school districts to develop and implement comprehensive wellness programs aimed at improving leadership retention rates and fostering a culture of well-being.
- Present engaging workshops and seminars on stress management, burnout prevention and intervention, and holistic wellness practices.
- Provide expert consultation to organizations seeking to cultivate a wellness culture.
- Design and facilitate leadership retreats that integrate wellness strategies, promote growth, and enhance team cohesion for executives and leaders.

Owner/Licensed Clinical Social Worker

12/2017 - present

Metaspace Counseling, PLLC

- Provide individual counseling for adults presenting with anxiety, depression, trauma.
- Develop and maintain procedures and policies to ensure confidentiality and safety of clients.
- Complete assessments, treatment plans, and recommendations for appropriate levels of care.
- Responsible for documenting client notes, insurance claims, and any necessary coordination of care.

Licensed Clinical Social Worker - Study Coach

9/2017 – 5/2019

Wake Forest Baptist School of Medicine - Internal Medicine

- Provide individual counseling for randomized preference trial study utilizing Cognitive Behavioral Therapy.
- Responsible for managing caseload of up to 28 older adults who present with worry and anxiety.
- Provide initial and ongoing assessment for appropriateness of study.
- Work with clients to identify attainable goals to reduce and manage symptoms of anxiety.

Adjunct Instructor

8/2018 - 12/2018

University of North Carolina at Chapel Hill - Winston Salem Distance Education

- Plan, organize, and teach a graduate level social work class aimed at direct practice.
- Design assignments and projects based on course objectives and syllabus.
- Lecture, manage, and grade academic, experiential, and other hands-on assignments.
- Encourage students to achieve goals through self-awareness, self-care, and open communication.

Outpatient Clinician

Insight Human Services, Winston-Salem, NC

6/2015 - 9/2017

- Conduct initial comprehensive clinical assessments, screenings, and intakes for patients seeking methadone maintenance, substance use and mental health treatment; make appropriate referrals to higher level of care, and coordinate care.

- Responsible for managing large caseload of up to 50 patients diagnosed with substance use and mental health disorders; providing ongoing assessment, treatment plan development and monitoring of quarterly goals.
- Provide Level 1 outpatient group and individual counseling for adults at a substance use treatment center utilizing Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), psychoeducation, motivational interviewing, and mindfulness-based stress reduction skills (MBSR).
- Ongoing assessment of patients for substance relapse and/or mental health to evaluate appropriateness of level of care based on American Society of Addiction Medicine (ASAM) and Diagnostic Statistical Manual (DSM-5) criteria.
- Provide crisis-related interventions along with extensive case management to ensure safety and stabilization of patient.

Outpatient Clinical Intern - Master of Social Work

Insight Human Services, Winston-Salem, NC

8/2014 - 5/2015

- Conducted comprehensive clinical assessments using a biopsychosociospiritual model to determine appropriate level of care based on ASAM patient placement criteria; made appropriate referrals.
- Independently planned and facilitated Substance Abuse Comprehensive Outpatient Treatment (SACOT) and Outpatient treatment groups using Cognitive Behavioral Therapy, Motivational Interviewing, Dialectical Behavioral Therapy, and Satir Family Therapy interventions.
- Provided ongoing treatment and case management to adults with substance use disorders and co-occurring disorders.

Inpatient Clinical Intern/Adult Acute Care - Master of Social Work - summer placement

Old Vineyard Behavioral Health, Winston-Salem, NC

5/2014 - 7/2014

- Completed clinical psychosocial assessments and responded appropriately to patients in crises.
- Collaborated with a multidisciplinary team for inpatient psychiatric care.
- Participated in development of safety plan for patient discharge.
- Facilitated inpatient Dialectical Behavioral Therapy group for patients.

Therapist Intern - Master of Social Work

Family Services, Winston-Salem, NC

8/2013 - 4/2014

- Completed clinical assessments, determined diagnosis, recommended and provided treatment for individuals and families; client issues include adjustment, anxiety, depression, family discord, anger management, and domestic violence.
- Worked with clients to identify and re-assess goals to maintain balance and wellness.
- Provided community-based services to individuals and their families by co-leading groups of up to 12 people through psycho-education and skill building.
- Attended domestic violence court; interviewed and observed court advocates and victims; developed departmental safety audit.

CERTIFICATES

Tension & Trauma Release Exercise – Level 3 Trained
TRE Certified Provider

October 2023

MELT Method – Level 2 Instructor
Level 1 Trained

April 2023
December 2021

Internal Family Systems - Level 1 Training

May 2021

Brainspotting Consultant
Brainspotting Phase III – Certificate of Completion
Brainspotting Phase II – Certificate of Completion
Brainspotting Phase I – Certificate of Completion

December 2020
February 2020
June 2019
April 2019

DMV Substance Abuse Evaluator - Certificate of Completion
State of North Carolina

January 2018

Dialectical Behavior Therapy - Two Day Certificate of Completion

August 2017

PRESENTATIONS

Using Body-Based Practices in Traditional Therapy	2023
Mindfulness and Self-Compassion in Social Work	2021
Brainspotting and TRE: Integrating Spotting and Body Tremoring	2021
Legacy Burdens and Imposter Syndrome in Nonprofit	2021
How to Build Your Own Private Practice	2019

TEACHING EXPERIENCE

<i>Guest Lecturer</i> , Abuse, Addiction, and Disability Wake Forest University Department of Counseling	Fall 2018
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<i>Guest Lecturer</i> , SoWo 505 - HSBE Adult and Older Adult UNC School of Social Work's Winston-Salem Distance Education MSW Program	Spring 2016
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PROFESSIONAL AFFILIATIONS

National Association of Social Workers, <i>Member</i>	2013 – present
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BOARD PARTICIPATION

South East Brainspotting Institute, Board Member	Fall 2021- present
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