

AUTUMN E. STARKS, LCSW

Starks Therapy Group

STARKS THERAPY GROUP- Oak Park, IL (October 2017- Present)

Founding Psychotherapist

- Lead group therapy practice as the founding therapist and owner
- Provide IFS (Internal Family Systems) therapy to adult and teen clients, specializing in therapy for other therapists, religious trauma, neurodiverse identities and other areas of identity exploration
- Organize and manage the Ketamine Assisted Psychotherapy (KAP) program
- Supervise clinicians providing psychotherapy and KAP
- Provide KAP to clients receiving, IV, intramuscular or sublingual ketamine
- Develop and lead The Ketamine Collective, a space for therapists to safely and legally explore psychedelic medicine in an accessible way
- Train other clinicians and group practices on KAP (75+ trainees to date)
- Lead the Ketamine Collective, an experiential group for therapists looking to have a safe and legal experience with psychedelic medicine

SPECIALIZED TRAINING AND CERTIFICATION

Certified Internal Family Systems Therapist - Level 3 Trained

Certified Psychedelic Assisted Psychotherapist - Integrative Psychiatry Institute

CLINICAL AND COMMUNITY EXPERIENCE

AYAFUSION WELLNESS- Downers Grove, IL (October 2022- Present)

Ketamine Assisted Psychotherapist

- Provide KAP to client receiving IV and intramuscular Ketamine
- Assess, prepare, accompany and integrate all Ketamine Assisted Psychotherapy clients

AUTUMN STARKS, LCSW- Oak Park, IL (January 2012- October 2017)

Owner and Psychotherapist

- Provide therapy services to adults, youth and families in a private practice setting

- Facilitate group therapy for adolescent females with depression, anxiety or self-injury
- Use IFS (Internal Family Systems) and other models to support individuals struggling with trauma, behavior, adjustment and mood disorders

C4 (Community Counseling Centers of Chicago) - Chicago, IL (October 2009- September 2013)

Staff Therapist/Contractual Staff Therapist

- Provide therapy services to adults, youth and families in a diverse setting
- Facilitate Cognitive Behavioral Therapy and support groups for adults
- Develop and lead therapeutic groups for children and adolescents based on needs of client population
- Advocate for client's mental health and community needs through case management
- Coordinate and utilize interdisciplinary team doctors, teachers, community support individuals and other collaterals to ensure clients receive a high quality of clinical care
- Train community members in Mental Health First Aid, a program designed to educate lay people and reduce stigma related to mental illness
- Provide consultation and treatment planning support to clinicians
- Participate in pilot program using the Systemic Therapy Inventory of Change (STIC) system with diverse client populations through a collaboration with The Family Institute

Sarah's Inn- Chicago/Oak Park, IL (November 2008- September 2009)

Advocate

- Counseled adults and youth regarding domestic violence situations within their family including social and emotional issues brought on by family violence
- Developed and facilitated weekly support and education groups for women and youth
- Expanded services to families to triple previous program participation
- Created and instructed training sessions regarding the effect of domestic violence on children for approved ICDVP training
- Collaborated with schools and community programs to make services more accessible to diverse populations
- Led community meetings to increase knowledge of domestic violence issues
- Assisted in supervision of interns and volunteers

Boston University School of Social Work- Boston, MA (September 2007- January 2008)

Research and Administrative Assistant

- Assisted clinical professor on research concerning sexual risk behaviors among Asian, Latina and African American females
- Coded database information to run statistical analyses

- Authored and edited narrative sections of professional literature publications

Boston Medical Center, the Boston Center for Refugee Health and Human Rights - Boston, MA
(September 2007- May 2008)

Clinical Social Work Intern

- Served as mental health clinician for refugees, asylees, asylum seekers and victims of torture and related trauma
- Connected clients to supportive services including medical, legal and vocational support
- Collaborated with staff to carry out macro social work projects including a clothing drive, outreach events, and grant reporting
- Contributed to committee forming state wide curriculum for cultural orientation

The James A. Garfield School- Brighton, MA (September 2006- June 2007)

School Social Work Intern

- Counseled students ages 5-11 using play therapy and adapted Cognitive Behavioral Therapy methods
- Utilized home visits to involve and inform families about school based counseling
- Facilitated 7 psycho-educational and social skills groups
- Collaborated in student support meetings with teachers and administrators
- Managed a wide range of supportive programs

EDUCATIONAL TRAINING

Licensed Clinical Social Worker - ILLINOIS

Boston University School of Social Work- Boston, MA

Masters in Social Work, Clinical Degree, with Macro minor

Honors: Legacy for the Future Scholarship; Graduate Scholarship

Related Courses: Assessment and Intervention; Adult Psychopathology; Trauma and Clinical Practice; Refugees and Immigrants; Neighborhood Poverty Interventions

Hope College- Holland, MI

Bachelor of Arts in Psychology, awarded December 2005

Minors: Religion and Spanish

Honors: Dean's List; Alumni Honors Scholarship; Psi Chi (Psychology Honorary); Scholarship Awarded for the Demonstration of Leadership