

Biography:

Jinaki Banks-Howard, M.S.,Ed, MHC, have 14 years of counseling experience across various professional settings include; private practice, academic institutions, community-based, and residential in-patient. A significant part of her work was providing emotional and personal counseling for underrepresented young adults in urban communities. In addition, she is highly experienced and knowledgeable in college and career counseling. Currently, Jinaki serves children, adolescents, adults, the elderly, couples, and families from diverse backgrounds and ranges of mental health concerns. Her services include; individual and group counseling for clients with:

- depression
- anxiety
- teen issues, ADHD
- mood disorders
- anger and stress
- dementia
- marital/couple conflicts
- parenting skills
- other complex family dynamics.

Treatment approaches are cognitive behavioral therapy, mindfulness, and spiritual.

As a life-long learner, she firmly believes investing in your happiness and enjoying quality of life is a choice. Jinaki has an unwavering dedication to helping those in need overcome challenges in their personal lives. She has a natural ability to care about the well-being of others, and engages her clients while building a trusting rapport. Her goal is to assist and support individuals who are incapable, but willing and ready to maximize their full potential to live a healthy and productive lifestyle.

Jinaki received a Bachelor of Science degree in Human Services at CUNY New York City College of Technology, a Master of Science in Education with a concentration in School Counseling at CUNY Herbert Lehman College, both located in New York, and an Advanced Graduate Certificate of Study in Mental Health Counseling from Alfred University, Alfred, NY. She holds a license as a school counselor in state of New York. Jinaki is a professional member of the American Mental Health Counseling Association.

Born a Brooklyn, New York native, Jinaki spends free time with her 3 year old son and husband of 10 years. She continues to seek support and ongoing updates to her skills and knowledge base.

CV:

Jinaki Banks-Howard

Brooklyn, NY 11233

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Summary

Committed, empathetic, and highly dedicated mental health counselor with proven ability to work independently and collaboratively to deliver quality services to individuals from diverse backgrounds. A track record of effective results and positive outcomes with clients. Compassionate, understanding, and friendly demeanor when working with challenging clients in any situation.

Skill Highlights

- Competent in needs assessment, counseling techniques and treatment planning.
- Sound understanding of DSM-V mental health diagnostic criteria.
- Ability to interpret diagnostic testing results.
- Treatment approaches: CBT, mindfulness , and spiritual
- Specializes in teen issues, couples, depression, anxiety, elderly, and family counseling.
- Effective motivator.
- Excellent rapport building.

Professional Experience

The Austin Group for Counseling

Mental Health Counselor, June/2017- Present

- Develop treatment plans for clients based on diagnosed condition, family input, client conversations, and other lifestyle aspects.
- Assist clients with recognizing behavior patterns and working on cognitive shifts.
- Communicate with outside agency representatives such as social workers, school personnel and court officials.
- Provide individual, group, and couples psychotherapy.
- Use cognitive behavioral therapy techniques to address mental health conditions and improve patient outcomes.
- Collaborate with psychologists and psychiatrists.

Holliswood Center for Rehabilitation Queens, NY

Mental Health Counselor, June/2017-February/ 2018

- Provided individual psychotherapy for a caseload of 25 elderly residents with chronic mental and health illnesses.
- Interacted with family members and significant others.
- Researched database for resident profile, past and current medical/psychological history.
- Documented progress notes.
- Conducted intakes, complete psychosocial assessment reports, and provided treatment plans.
- Advocated for clients to assist with additional supplementary services beyond the counselor's office, such as medication, social services, and discharge.

Medgar Evers College CUNY Brooklyn, NY
Adjunct Lecturer, September/2014-May/2015

- Provided personal/emotional counseling; assessed students' strengths, challenges, and special needs.
- Assisted with academic advisement.
- Created and cultivated a supportive community for a cohort of 20 students.
- Lectured and created student learning activities for college freshman seminar course.

Herbert Lehman College CUNY Trio Program Bronx, NY
School/College Counselor, September/2008-August/2012

- Provided group counseling for future planning after graduation.
- Individual counseling for issues such as, low self-esteem, anxiety, and learning disorders.
- Conducted classroom observations and evaluated students with chronic behavior problems.
- Assisted and supported all aspects of the college application process.
- Supervised interns and coordinated on-going support services for various programs.

CUNY Preparatory Transitional High School, Bronx, NY
College Access Counselor, September/2005-August/2008

- Administered career aptitude tests and interpreted results for students.
- Provided individual counseling for personal and college goal setting.
- Facilitated group counseling on life skills and conflict resolution.
- Co-created a curriculum for college readiness.
- Collaborated and networked with college administrators to assist with students' transition.

CUNY Preparatory Transitional High, Bronx School
Case Manager September/2003-September/2005

- Helped manage students' day to day life challenges, and set goals to obtain GED.
- Created and facilitated workshops for resume writing and career awareness.
- Advocated for students with unique circumstances.
- Provided preventive and developmental counseling for personal and social growth.
- Communicated with personnel from social services such as; probation officers and case workers.

Education:

Advanced Graduate Certificate of Study in Mental Health Counseling, Alfred University, May 2018

Master of Science in Education, School Counseling, Herbert Lehman College of The City University of New York, May 2008

Bachelor of Science in Human Services, New York City College of Technology of The City University of New York, May 1999

Licensure: Licensed as a school counselor in state of New York.

References: Upon request