

# Caroline Kobin, MSW, LCSW, QMHP

(503) 975-4794

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caroline@bishna.com

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## Professional Summary

I am a Licensed Clinical Social Worker with over 18 years of experience in Medical, Mental Health and Developmental Disability populations in Outpatient, Inpatient and Home Treatment settings. I have a niche specialization in DBT treatment tailored for clients with dual diagnoses and developmental disabilities. I have years of clinical experience with ethnically and culturally diverse and low socio-economic city populations. I specialize in establishing quick rapport with clients, families and caregivers to facilitate identification of strengths, limitations, support systems, mental health needs and service needs.

### Specialties

- Psychosocial Assessment
- Treatment Planning
- Crisis Intervention
- Psychotherapy
- Coordination of Care
- Case Management
- Problem Solving
- Solution-Focused Therapy
- Mediation
- Social Justice
- Program Organization
- Animal-Assisted Interventions

### Methods

- Dialectical Behavioral Therapy
- Mindfulness Based Cognitive Behavioral Therapy
- Motivational Interviewing
- Solution Focused Work
- Client-Centered Rogerian Therapy
- Mindfulness
- Biopsychosocial-Spiritual Model
- Positive Behavioral Support

## Licenses & Certifications

- 2018 Mindfulness “Radical Acceptance” Certification
- 2018 Mindfulness Based Cognitive Behavioral Therapy Certified
- 2016 DBT Level 3 Certification
- 2015 Licensed Clinical Social Worker (LCSW)
- 2008 Certified Mediator
- 2006 Licensed Masters in Social Work (LMSW)

## Education

- 2006 Masters in Social Work (MSW): Columbia University Graduate School of Social Work
- 2000 BA in Psychology & Art History: New York University

## Experience

- 2008 - **Caroline Kobin, LCSW, MSW** Portland, OR  
*Behavioral Consultant / Social Sexual Consultant*
  - Create and unite support teams, train family and support network on verbal de-escalation, develop safety plans and conduct behavioral interventions
  - Assist customers in reducing and replacing risky sexual and/or illegal behaviors in order to continue living independently
  - Write Behavioral Assessments and Support Plans tailored to individual skills.

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## *Job Coach Vocational Rehabilitation/ Small Business Consultation*

- Provide Direct Support with customers to evaluate/assess vocational skills

## *Family Trainer*

- Provide structural family therapy and training to families of clients with developmental disabilities and behavioral issues.

- 2012 - **BISHNA** Portland, OR  
*Founder & President*  
501(c)(3) non-profit organization supports and advocates for individuals with developmental disabilities, brings social justice and advocacy efforts in the form of social media and promotion, and negotiates with the State of Oregon regarding policy decisions affecting the DD community.
- 2006 - 2008 **CODA** Portland, OR  
*Clinical Specialist*
- Conducted individual and group therapy sessions to dual diagnosis Clients
  - Provided case management and individual clinical counseling
  - Oversaw program development
- 2005 - 2006 **Metropolitan Hospital Center Inpatient Psychiatry 5W** New York, NY
- Discharge Planning with Interdisciplinary Treatment Team
  - Counselor/Group Leader for SPMI, Developmental Disability and DV
- 2004 - 2005 **North Central Bronx Hospital/ Growth and Recovery** New York, NY  
Care Coordinator on an interdisciplinary treatment team for clients with substance abuse and mental health diagnoses in Outpatient Unit.
- Facilitated Anger/Stress Management, and Relapse Prevention groups
  - Administered psychosocial assessments and intake interviews
- 2000 - 2004 **Inclusion Incorporated and Westside Community Focus** Portland, OR  
Independent Contractor for brokerages advocating for people with disabilities
- Provided Life Skills Training, Job Development, Mentoring and Money Management Assistance
- 2000 - 2001 **United Cerebral Palsy** Portland, OR  
Support Coordinator for people with physical and developmental disabilities
- Coordinated financial, medical, psychological and vocational care
  - Facilitated Person Centered Planning sessions

## Advocacy

2015

“Conversation to Connect Oregon's Administration to our Community”  
Produced a documentary video to raise awareness about how Oregon’s implementation of the K-Plan is affecting the Developmental Disability

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community and their support providers.  
www.oregonkplandocumentary.com

- 2014 Oregon Coalition of Behavioral Consultants  
Founded a group with the mission of providing best practice to individuals with developmental disabilities. monthly to ensure coalition can effectively and efficiently communicate with State Policy makers regarding the future of the profession.
- 2007 - 2008 CSWA Uncensored  
Founded a support group for new Social Workers to discuss challenges in their daily work. Included speakers from the National Association of Social Workers.

### Publications

- 2006 "Thematic Analysis of Hip-Hop: Can Hip-Hop in Therapy Facilitate Empathic Connections when Working with Clients in Urban Settings?"  
Caroline Kobin, MSW & Dr. Edgar Tyson, Ph.D.  
Published in the Journal of Arts in Psychotherapy: Volume 33, Issue 4

### International Experience

Tanzania, Kenya, Uganda, Bonaire, Curacao, Ghana, India, Thailand, Cambodia, Indonesia, Jamaica, Turks and Caicos, Colombia, St Kitts and Nevis, St Lucia, Martinique, Barbados, Trinidad, Tobago, Bahamas, Dominican Republic, Mexico, France, Switzerland, Germany, Belgium, Austria, England

### Volunteering

- 2008 - Affiliate & Contributor, People's Art of Portland  
2010 - Dog Foster Parent for Pups