



# KRISTY CHAMPIGNON

## ABOUT

As a licensed counselor with over 10 years experience working in the mental health community, I have strived to create an intentionally eclectic model of therapy that blends aspects of cognitive behavioral, humanistic, and dialectical behavior therapies to best meet the needs of individuals, groups, and families. I specialize in perinatal and new parent counseling and am a passionate speaker and advocate for reducing the stigma around mental health. It is my belief that all parents deserve the compassion and support of a village.

## EDUCATION/ CREDENTIALS

Marist College '08, Poughkeepsie, NY.  
B.A., Psychology

Marist College '10, Poughkeepsie, NY.  
M.A., Mental Health Counseling

NY State Licensed Mental Health  
Counselor (LMHC) #005410

NJ State Licensed Professional  
Counselor (LPC) #37PC00559900

Approved Clinical Supervisor (ACS)  
#2510

Certificate in Perinatal Mental Health  
Counseling (PMH-C) through  
Postpartum Support International

## ADDITIONAL TRAINING

- Cognitive Behavioral Therapy
- Trauma Focused CBT
- Dialectical Behavior Therapy
- Perinatal Mental Health
- Motivational Interviewing
- Expressive Arts
- NSSI and Suicide Prevention
- Consumer Centered Family Consultation
- Integrated Mental Health Mental and Addictions Treatment Training (IMHATT)
- Trauma Informed Care
- Clinical Supervision

## CONTACT

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W: [www.meadowlarkcsc.com](http://www.meadowlarkcsc.com)

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## WORK EXPERIENCE

### PRIVATE PRACTITIONER AND OWNER

*Meadowlark Counseling, Supervision, & Consultation | May 2020 - Present*

### CLINICAL MANAGER

*Princeton House Behavioral House | Hamilton, NJ | 2017 - 2021*

### PROGRAM COORDINATOR

*Center Path Wellness | Plainfield, NJ | 2016-2017*

### PROGRAM TEAM LEADER; CLINICAL THERAPIST

*Access Supports for Living | Middletown, NY | 2011-2016*

### CLINICIAN; CLINICAL INTERN

*Astor Adolescent Day Treatment | Poughkeepsie, NJ | 2009-2011*

### PATIENT CARE TECHNICIAN

*St. Francis Hospital Psychiatric In-Patient Unit | Poughkeepsie, NY | 2008-2009*

### PSYCHOLOGICAL INTERN

*Highview Transitional Residency | Poughkeepsie, NY | 2007-2008*

## RECENT PRESENTATIONS, PUBLICATIONS, MEDIA

- "Understanding NSSI in Children and Adolescents" Presented multiple dates 2018-2019. This presentation also led to several publications which can be provided upon request.
- "Understanding Mental Health in the Virtual Classroom" Presented 2020
- Four part community education series on pregnancy during the pandemic, balancing remote work and parenting, mom guilt, and self care for parent. June 2020
- "Pandemic Parenting" 3 part podcast interview hosted by Mind on Mental Health focused on coping skills, awareness, and empowerment, original air date Sept-Oct 2020
- "Silent Night: Sleep tip for parents and babies" Presented Dec 2020

Samples of the above and expanded list of presentations and publications upon request.