

Nickolas Reguero, LPC, CADC-III

Irreverent Heart Counseling
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Education

Portland State University, Portland, Oregon – September 2011- June 2014

- Masters of Science in Counselor Education
 - Clinical Mental Health Tract
 - Cumulative GPA: 3.97
- Certificate in Addictions Counseling
 - Completed 300 alcohol and drug education hours at Masters level
 - Compliant with MHACBO's requirements for CADC III proficiency level

Oregon State University, Corvallis, Oregon - September 2002- December 2006

- Bachelor of Science in Psychology

Teaching Experience

Adjunct Faculty- Diagnosis & Treatment Planning 1, Portland State University – Spring Term, 2024

- Utilized curriculum according to CACREP Common standards and for Rehabilitation Counseling
- Provided psychoeducation on historical context and changes to the process and understanding of diagnosis.
- Increased student competencies in appropriate use of the diagnostic process to conceptualize appropriate DSM-5 TR diagnoses and discuss basic differential diagnosis and treatment planning.
- Introduced learners to the process of documentation of assessments, diagnosis and treatment planning
- Increased students understanding of the relevance and potential biases of diagnosis with culturally diverse populations and ability to integrate cultural awareness into the diagnostic process.

Adjunct Faculty- Diagnosis & Treatment Planning 2, Portland State University – Winter Term, 2022-2024

- Created curriculum according to CACREP standards for Clinical Mental Health Counseling, Marriage and Family Counseling, and Vocational Rehabilitation Counseling
- Provided psychoeducation on the historical foundations of the diagnostic process and possible iatrogenic consequences of diagnosis.
- Increased student competency in the diagnostic process, to conceptualize an appropriate dimensional diagnosis, and discuss advanced differential diagnoses and treatment planning.
- Assisted students with introspection around understanding the relevance and potential biases of diagnosis with culturally diverse populations.
- Facilitated practices to integrate cultural awareness into the diagnostic process, including the role of family, social support, and environment.
- Deepened students understanding and practice with selecting specific counseling interventions with demonstrated efficacy in the treatment and prevention of mental and emotional disorders.

Speaker- Substance Use, Motivational Interviewing, and Trauma Informed Care, Gonzaga University – March 2022, October 2022, March 2023, October 2023, March 2024

- Created curriculum for Gonzaga Primary Mental Health Nurse Practitioner Immersion Session
- Utilized the *American Society of Addiction Medicine* definition and medical model to contextualize treatment approaches to addiction treatment
- Provided psychoeducation on the four principles of Motivational Interviewing and how to incorporate specific interventions into their clinical practice.

Adjunct Faculty- Intro to Psychiatric Diagnosis, Portland State University – Summer Term, 2020, 2021

- Created curriculum according to CACREP standards for Clinical Mental Health Counseling and School Counseling

- Provided psychoeducation about the major categories of psychiatric diagnoses, including causation, assessment, and treatment.
- Introduced learners to the process of documentation of assessments, diagnosis and treatment planning
- Increased students understanding of the relevance and potential biases of diagnosis with culturally diverse populations and ability to integrate cultural awareness into the diagnostic process.

Adjunct Faculty- Foundations of Addiction Counseling, Portland State University – Fall Term 2018-2025

- Created curriculum according to CACREP Common standards as well as for School Counseling
- Provided psychoeducation evidence-based approaches to assessment, diagnosis, treatment planning, level of care placement, working with special populations, medication assistant treatment, and co-occurring disorders.
- Utilized the medical model to contextualize addiction as a chronic disease
- Increase student understanding of biological, psychological, and social aspects of addiction and treatment
- Incorporated social justice, ethical, and community-based principles throughout course work.

Adjunct Faculty- Addiction Pharmacology, Portland State University – Fall Term 2018, 2019, Winter Term 2020-2024

- Created curriculum according to MHACBO standards for Certified and Alcohol Drug Counselors in the State of Oregon
- Provided psychoeducation on basic human physiology & neurobiology, principles of pharmacology, and how substances of abuse impact the body and brain.
- Utilized the medical model to increase student understanding of the physiological pathways to addiction including the reward/reinforcement pathway.
- Increased student understanding of the major categories of drugs of abuse, their psycho-social contexts, and a basic understanding of how this knowledge is applied in a treatment setting.

Adjunct Faculty- Psychopharmacology and Mental Illness, Portland State University – Spring Term, 2017-2025

- Created curriculum according to CACREP standards for Clinical Mental Health Counseling
- Provided psychoeducation on psychopharmacological theory and practice related to masters-level counseling practice.
- Increase student understanding of biological, psychological, and social aspects of pharmacological treatments for mental health issues through lecture, group work, and guest lecture
- Incorporated social justice, ethical, and community-based principles throughout course work.

Adjunct Faculty- Medication Assisted Treatment, Portland State University – March 2018

- Provided psychoeducation on current and historical trends of opiate use/misuse in the USA
- Provided psychoeducation on the pharmacology of the three principle categories of medications for use in the treatment of opiate use disorders
- Increased student understanding of the unique impacts that Medication Assisted Treatment (MAT) has upon assessment, informed consent, and treatment planning

Adjunct Faculty- The ASAM *Criteria*, Portland Community College - March 2017, February 2018, May 2018, October 2018, January 2019.

- Created curriculum according to MHACBO standards for Certified and Alcohol Drug Counselors in the State of Oregon
- Increased student understanding of assessment, treatment planning, and level of care placement for drug and alcohol use disorders.
- Provided students with the most up to date developments and standard of the ASAM *Criteria* through didactic lecture, experiential, and student lead activities.

Adjunct Faculty- Case Management, Portland State University – Winter Term 2015

- Created curriculum according to CACREP standards for Clinical Mental Health Case Management.
- Provided psychoeducation on principles, models, and documentation formats for biopsychosocial case conceptualization and treatment planning.
- Increased student understanding of the range of clinical mental health services and delivery methods in the community through multimedia presentations and experiential assignments.
- Focused on multicultural and ethical competencies throughout course work.

Guest Lecturer- Diagnosis 2, Portland State University – Spring Term 2015

- Created a two day curriculum on the subjects of psychosis and substance use disorders as defined by the DSM-V.
- Provided psycho-education on diagnostic criteria, differential diagnoses, and evidence-based treatment planning.
- Created a multimedia presentation utilizing video, written text, and small group discussion exercises.

Guest Lecturer- Foundations of Clinical Mental Health Counseling, Portland State University – Fall Term 2014, 2015

- Provided psycho-education on themes common to an inpatient level of care including required clinical and counseling skills, types of populations served, and general job responsibilities.
- Shared clinical impressions and anecdotal experiences pertaining to common ethical dilemmas and working on multi-disciplinary treatment teams.

Work Experience**Clinical Supervisor, Central City Concern – Blackburn Center- April 2021- Present**

- Managed a multidisciplinary team of approximately 6 clinicians across a variety of credentials
- Facilitated high impact supervision for QMHP and QMHA clinicians
- Utilized best practices to reduce barriers to engagement
- Provided individual psychotherapy to clients who meet criteria for mental health diagnoses disorders.
- Conducted intake interviews and created biopsychosocial case conceptualizations and individualized treatment plans.

Dual Diagnosis Counselor, Central City Concern, June 2018- April 2021

- Managed a caseload of approximately 25 clients providing psychotherapeutic, psychoeducational, and case management support.
- Facilitated mental health and dual-diagnosis groups using evidenced-based cognitive-behavioral interventions, acceptance and commitment therapy, and dialectical therapy modalities.
- Provided individual psychotherapy to clients who meet criteria for co-occurring disorders.
- Conducted intake interviews and created biopsychosocial case conceptualizations and individualized treatment plans.

Outpatient Suboxone Counselor, Central City Concern- May 2016- June 2018

- Managed a caseload of approximately 20 clients providing psychotherapeutic, psychoeducational, and case management support.
- Daily facilitation of chemical dependency groups using evidenced-based cognitive-behavioral interventions
- Provided individual psychotherapy to clients who meet criteria for opiate use disorders
- Conducted intake interviews and created biopsychosocial case conceptualizations and individualized treatment plans.

Inpatient Mental Health Therapist, Cedar Hills Hospital- August 2014- March 2016

- Managed a caseload of approximately 8 patients and utilized case management strategies to provide appropriate aftercare referrals for mental health and chemical dependency issues.
- Facilitated family therapy sessions pertaining to psycho-education, treatment planning, and follow-up care.
- Maintained all duties ascribed to mental health interns, listed below.
- Facilitated mental health and chemical dependency groups using evidence-based cognitive-behavioral interventions.
- Provided brief individual therapy sessions and crisis stabilization as needed.
- Conducted intake interviews and created biopsychosocial case conceptualizations and individualized treatment plans.
- Participated in daily multi-disciplinary treatment team meetings with psychiatrists, nurses, and utilization reviewers to discuss treatment goals and patient outcomes.

Utilization Management Specialists, Cedar Hills Hospital- June 2014- August 2014

- Provided concurrent and faxed reviews for commercial and military insurance companies.
- Trained on industry standards and use of clinical language for commercial insurances and Medicare reviews.
- Maintained accurate documentation and utilized software which provided up-to-date patient case status.

Skills/achievements

- Licensed Professional Counselor – The Oregon Board of License Professional Counselors and Therapists
 - Certified and in good standing as of January 6th 2017
- Certified Alcohol and Drug Counselor, Level 3- The Addictions Counselor Certification Board of Oregon
 - Certified and in good standing as of December 30th 2023
- Attained Eagle Scout rank in the Boy Scouts of America