

Christopher John Sernaqué, NCPT | Curriculum Vitae

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Crisis Text Line

New York, NY

Certified Crisis Counselor (Remote)

May 2020 - Present

1. Completed 30 hours of training to provide high-quality text-based mental health support and crisis intervention to promote the mental health of texters who reach out for support in their crisis. The training is informed by the American Foundation for Suicide Prevention and the American Association of Suicidology and Crisis Text Line's Clinical Advisory Board.
2. Used good contact techniques, asked questions, actively listened, and was empathetic to help de-escalate crisis and get texters to a calm, physical, or mentally safe place over, what is typically, a 45 to 60-minute conversation.
3. Determined whether individuals were at imminent risk of suicide by using the best practices of suicidology, i.e., ladder-up risk assessing.
4. Trained to file mandatory reports about dangerous or unsafe situations and to debrief after high-intensity conversations.
5. Filed full reports on each conversation with details about the texter, their coping mechanism, plans, risk assessment status, my own personal wellbeing, etc.
6. Dealt with intense topics, such as suicide, self-harm, and sexual/physical abuse. The top five personal conversation types have been depression, anxiety, isolation, relationships, and suicide.
7. Worked with at least 50 other volunteer Crisis Counselors at a given time under a supervisor and coach. Remained in contact with the assigned supervisor while communicating with texters and would help other Crisis Counselors in conversation transfers.

Scribe America

Fort Lauderdale, FL

Medical Telescribe for the Urology Clinic of the University of Michigan (Remote)

December 2021 - October 2022

1. Completed extensive training in the initial Scribe 101 Course, which covered healthcare specialties, documentation of patient history, understanding the process and progress of diseases, recording on medical charts, the procedure of the physical exam, and the formation of diagnosis.
2. Enrolled in Scribe University and am undergoing further training that is highlighting medical terminology, billing, healthcare provider and patient interaction, hospital, and clinical expectations, etc.

Oakwood Adventist Academy

Huntsville, AL

Guest Teacher

December 2021 - Present

1. Created engaging and interactive lectures with quantifiable takeaways, illustrations, and practical applications.
2. Worked with teachers in a local environment over a remote setting to create a welcoming classroom environment.

Wyzant

Chicago, IL

Tutor for Science, Psychology, & Special Needs

May 2022 - Present

1. Passed qualification exams to tutor students in the fields of psychology, social work, special needs, science, elementary science, biological science, and reading.
2. Networked with parents of students, college-age students, and Wyzant learners to provide them with quality service and am experienced in adjusting and managing various schedules for students.

Education

European International University Paris, France

Doctorate of Educational Psychology Degree, January 2023 (Estimated Completion Date)

GPA: NA

Indian Institute of Technology, Bombay, India

Advanced Diploma of Bioengineering, December, 2022

GPA: 4.0 out of 4.0

Harvard University: Derek Bok Center for Teaching and Learning Cambridge, MA

Higher Education Teaching Certificate, August 2021

GPA: 4.0 out of 4.0

Texas State University-San Marcos, TX

Certificate in Integrative Mental Health, August 2020

GPA: 4.0 out of 4.0

Ashworth College Norcross, GA

Diploma of Psychology With Honors, August 2019

GPA: 3.83 out of 4.0

Ashworth College Norcross, GA

Diploma of Forensic Science With Honors, August 2019

GPA: 3.75 out of 4.0

Skills and Associations

- Skills: **Researched, wrote, and edited** over 100 scripts and articles on Microsoft Word 365, **networked** with numerous hotlines/ministries/organizations/individuals, **managed social media** and **correspondence, presented** over 100 online lectures/presentations, **emphasized** with and **listened** to individuals as a Crisis Counselor.
- Associations: American Psychological Association, Crisis Text Line, Council for Sustainable Healing, National Board for Certified Counselors, Presidential Member of the American Association of Christian Counselors.
- Authored a scientific paper that was published by the American Research Journal of Psychiatry: <https://independent.academia.edu/ChristopherSernaque>
- Created an "All-Star" LinkedIn profile: <https://www.linkedin.com/in/christopher-j-sernaqu%C3%A9-ncpt-530967106>

Certifications

- Transformation Academy, CBT Cognitive Behavior Life Coach Certification, December 2022
- Achology: Counselling Practitioner Certification, December 2022
- Achology: Diploma in Modern Applied Psychology, December 2022
- Scribe 101: Certification of Completion, December 2021
- American Association of Psychiatric Technicians: Nationally Certified Psychiatric Technician, October 2021
- Zur Institute: Neuroplasticity and Brain Repair, May 2021
- CE4Less (APA, NBCC): Using Technology-Based Therapeutic Tools in Behavioral Health Services, November 2020
- CE4Less (APA, NBCC): Ethics and Boundary Issues, November 2020
- Crisis Counselor Certificate, July 2020
- HarvardX: Mitochondrial Cell Biology, Nov 2018
- KyotoUx: Microbes and Their Diversity, May 2018

Honors and Awards

- Junior Park Ranger (Fort Caroline/Timucuan), January-February, 2022
- American Association of Christian Counselors, Presidential Member, August 2021
- Delta Epsilon Tau International Honor Society Member, October 2019
- AP Scholar Award, July 2017
- 1st Place 2015 Northampton County Conservation District Envirothon Champion, April 2015
- Lion Award for Academic Achievement and Leadership Capabilities, 2012
- Student Recognition Award for High Academic Achievement Reading, 2012