



JANESSA GOUDEAU

COUNSELING INTERN

Counseling professional with supervised experience providing mental health services to children, adolescents, and adults in private practice and multidisciplinary settings. Skilled in intake assessments, treatment planning, clinical documentation, crisis intervention, and collaborative care. Brings a strong foundation in communication, client advocacy, and supporting diverse populations with empathy, professionalism, and ethical practice.

nessag51901@gmail.com

480-519-5801

[linkedin.com/in/janessagoudeau](https://www.linkedin.com/in/janessagoudeau)

EDUCATION

Grand Canyon University

B.S in Psychology
2014 - 2019

Grand Canyon University

M.S in Mental Health and Wellness
With a Family Dynamics Emphasis
2023 - 2024

Grand Canyon University

M.S in Clinical Mental Health Counseling
2019 - Present
Studies paused 2024-2026

SKILLS

- DSM-5 Diagnostic Support
- Risk Assessment
- Telehealth Counseling
- Documentation Accuracy
- Confidentiality & HIPAA Compliance
- Trauma-Informed Care
- Administrative Support
- Time Management & Organization

TOOLS & SOFTWARE

- SimplePractice
- Microsoft 365
- Adobe Cloud

CREDENTIALS

Student Membership

American Counseling Association
2022 - 2026

Fingerprint Clearance

State of Arizona Department of
Public Safety
2021-2027

Certified Behavior Change Specialist

National Academy of Sports Medicine

WORK EXPERIENCE

Counseling Intern

01/2026 - Present

Be Restored Counseling LLC

Provided individual counseling services to adults, adolescents, and children in a private practice setting under clinical supervision through both in-person and telehealth sessions. Completed comprehensive biopsychosocial assessments, assisted with DSM-5-informed diagnostic formulation, and developed individualized, client-centered treatment plans. Maintained accurate and timely clinical documentation while adhering to ethical, legal, and organizational standards. Conducted risk assessments, supported crisis intervention and safety planning, and fulfilled mandated reporting responsibilities in compliance with professional guidelines.

Group Therapist Intern

01/2023 - 03/2023

Oasis Behavioral Health - Outpatient

Received clinical training in group therapy facilitation under the supervision of licensed counselors within a multidisciplinary treatment setting. Collaborated with an interdisciplinary team to support coordinated client care and strengthen professional communication across healthcare disciplines. Assisted with intake assessments and maintained accurate, organized clinical documentation in accordance with ethical and organizational standards. Contributed to the development and implementation of therapeutic group activities for children and adults designed to promote engagement, skill development, and active participation in treatment.

Premium Fraud Protection Specialist

11/2018 - 06/2020

American Express

Managed sensitive client account concerns involving suspected fraud, identity theft, and unauthorized activity while maintaining professionalism, confidentiality, and strong interpersonal communication. Handled high-volume inbound and outbound interactions requiring active listening, problem-solving, and crisis de-escalation skills to support clients experiencing financial stress and security concerns. Conducted detailed investigations, documented account activity accurately, and collaborated with internal teams to ensure timely resolution and client trust.

Teller

01/2018 - 11/2018

Desert Financial Credit Union

Processed a high volume of financial transactions, including deposits, withdrawals, and payments, while maintaining accuracy, attention to detail, and adherence to security protocols. Delivered client-centered support by addressing member concerns, resolving account issues, and providing clear, effective communication in a professional and compassionate manner. Demonstrated strong problem-solving, interpersonal, and conflict-resolution skills while maintaining confidentiality and compliance with organizational policies and financial regulations.

Teacher & Assistant Director

01/2014 - 01/2017

Love & Learn Preschool

Provided compassionate care and supervision for children ages 3 weeks to 12 years, including children with special needs, while fostering a safe, supportive, and developmentally appropriate environment. Collaborated with staff to promote positive team functioning and assist with daily operations, scheduling, and administrative responsibilities. Maintained effective communication with parents and caregivers, addressed concerns with empathy and professionalism, and supported families experiencing significant stressors, including involvement with child protective services. Demonstrated strong interpersonal, crisis management, documentation, and advocacy skills in working with diverse children and families.