



JANESSA GOUDEAU

COUNSELING INTERN

COVER LETTER

To Whom it may Concern:

July 2026

CONTACT

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REFERENCES

Ryan Hausenfluck, LMFT

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Stephanie Munro, MAPC, LPC

info@berestoredcounseling.org

My name is Janessa Goudeau, and I am applying for a Licensed Associate Counselor (LAC) position following my upcoming graduation. I am currently completing my Master of Clinical Mental Health Counseling and am on track to graduate in November 2026. I am excited for the opportunity to support individuals in my community and contribute to improving mental health through compassionate, evidence-based counseling.

I also hold a Master of Science in Mental Health and Wellness with an emphasis in Family Dynamics, as well as a bachelor's degree in General Psychology. This educational background has provided a strong foundation throughout my graduate training and internship experience. During my internship, I have worked closely with my supervisor and administrative team to ensure clients receive ethical and supportive care. I have experience completing intake assessments, developing treatment plans, writing progress notes, creating safety plans, and fulfilling mandated reporting responsibilities, as well as connecting clients with appropriate community resources.

Throughout my internship experience, I have been primarily drawn to Acceptance and Commitment Therapy (ACT) as a foundational approach, while integrating interventions from Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Internal Family Systems (IFS). I provide trauma-informed, person-centered care and strive to create a warm, collaborative, and nonjudgmental environment in the therapeutic relationship. This approach has allowed me to build strong therapeutic relationships with clients.

Professionally, I am eager to learn, open to feedback, and committed to continued growth as a counselor. I have strong organizational and time management skills and am able to work independently while valuing collaboration. I am confident in my abilities and also comfortable seeking guidance when navigating ethical and clinical concerns to ensure high-quality care.

As I look toward my future career, I am passionate about working with parentified adults and adults who have experienced trauma, and I plan to continue developing my expertise in trauma-informed counseling. I will be pursuing the Doctor of Philosophy (PhD) in Counselor Education and Supervision at Grand Canyon University in early 2027. One of my long-term goals is to become a counseling supervisor and faculty member in a clinical mental health counseling program so I can mentor and support future counselors.

Thank you for your time and consideration. I look forward to the opportunity to contribute meaningfully as a strong addition to your counseling team.

Sincerely,

Janessa Goudeau



JANESSA GOUDEAU

C O U N S E L I N G I N T E R N

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.

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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 Managment & 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.