

Gemma Andaya

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MISSION

Obtain a position in society that will allow optimal audience in illuminating awareness on the effective treatment of mental health and substance abuse and wellness to the communities most in need.

SKILLS

Spanish speaker * Communication * Lecturing/Presenting * Writing * Supervision * Mentorship * Service * Advocacy * Leadership * Multi-cultural Competence * Self-awareness * Consulting

EDUCATION

UNIVERSITY OF THE CUMBERLANDS: Ph.D. in Leadership with an Emphasis on Counselor Education and Supervision,
October 2017 – Present

UNIVERSITY OF LAS VEGAS, NEVADA: M.S. in Clinical Mental Health Counseling,
August 2012 – May 16, 2015

UNIVERSITY OF LAS VEGAS, NEVADA: B.A. in Psychology,
June 2010 - December 17, 2011

COLLEGE OF SOUTHERN NEVADA: A.A. in Secondary Education,
June 2008 - May 2010

LICENSES, CERTIFICATIONS & MEMBERSHIPS

LICENSED CLINICAL AND ALCOHOL DRUG COUNSELOR & SUPERVISOR (LCADC-S), NV
April 11, 2017 – April 30, 2019; #00193-LCS

LICENSED CLINICAL PROFESSIONAL COUNSELOR (LCPC), NV
August 2017 – August 2019; #CP1225

NATIONAL CERTIFIED COUNSELOR, NV
February 3, 2017 – February 28, 2022; #846534

CHI SIGMA IOTA, Member
March 14, 2019 – Present

AMERICAN COUNSELING ASSOCIATION, Member
January 2017 – Present

200-HOUR CERTIFIED YOGA INSTRUCTOR, Cheryl Slader at Blue Sky Yoga
September 2017 – Present

PROFESSIONAL EXPERIENCE

THE NESTLED, Clinical Director
October 2019 – Present

Oversee clinical matters for a ten-bed facility that provides detox, residential, sober living, partial hospitalization, and intensive outpatient program to those struggling with co-occurring disorders. Develop scheduled programming that addresses seven dimensions of wellness for holistic approach to treatment. Programming includes, psychoeducation & process groups, dance therapy, music therapy, yoga, 12-step meetings, and basic life skills training. Hire, train, and supervise clinicians. Assist with clinical portion of applications for SAPTA, JACHO, and LegitScript applications for credentialing.

POINT OF JUNCTURE (POJ) WELLNESS, Private Practice Owner & Clinician
January 2017 – Present

Provide individual and group therapy to adults struggling with substance abuse and/or mental health problems. Incorporate mindfulness training, meditation and yoga as means of taking a holistic approach to healing. Servicing rural communities through tele-counseling, as well as providing pro-bono and sliding scale to those in inner-city Las Vegas, NV.

BLUE SKY YOGA, Trauma-informed Yoga Instructor
January 2018 – Present

Teach trauma-informed, donation-based yoga classes to those in recovery from psychological and/or addiction.

GREAT BASIN COLLEGE, Adjunct Faculty
January 2018 – May 2019

Develop and implement a 16-week curriculum for Human Services Program students in rural communities throughout Nevada.

CIGNA, Contract Crisis Management Clinician
January 2019

Provided crisis and grief counseling to those affected by the unexpected loss of a coworker.

COMMUNITY COUNSELING CENTER, Clinician

October 2017 – October 2018

Provided bilingual individual and group therapy to underserved and underrepresented adults and adolescents struggling with substance abuse and/or mental health disorders, HIV+ diagnosis, at-risk youth, and on probation/parole adults.

AMERICARES, Crisis Counseling Consultant

December 2017

Provided psychoeducation on psychological recovery and resilience after a disaster to professionals working within communities affected by natural and human-caused disasters affected by hurricanes in Florida.

SEVEN HILLS BEHAVIORAL HEALTH, Intake Counselor

July 2016 – October 2017

Assessed mental status of patients seeking mental health services and make recommendation of level of care appropriate for patients needs at that time.

UNIVERSITY OF NEVADA, LAS VEGAS, Part-Time Instructor

August 2015 – June 2017

August 2013 – May 2015 (as graduate student teacher)

Taught 16-week online and in-person undergraduate Human Services courses including: Multicultural Competency, Introduction to Human Services, Counseling Skills in Human Services, Drugs and Behavior, and Stress Management and Prevention, for the Department of Educational and Clinical Studies.

HARP TREATMENT CENTER, Clinical Director Consultant

February 2017 – April 2017

Assuring procedures and policies complied with the Joint Commission and NRS standards. Provided training, guidance/feedback, and auditing of documentation for clinical staff.

SEVEN HILLS BEHAVIORAL HEALTH, Intensive Outpatient Program Counselor

July 2015 – July 2016

August 2014 – July 15 (as intern)

Facilitate 3 daily hours of psychoeducational groups for adults struggling with chemical dependency and mood disorders. Facilitate 2 daily hours of process groups in which patients practice healthy communication, social, and emotional regulation skills as modeled by the clinician.

THE PRACTICE, Counselor and Assistant

January 2014 – July 2014

Provided therapeutic interventions to adults presenting with psychological disorders in person and via tele-counseling. Developed and implemented treatment plans. Implemented crisis interventions/protocols as necessary to ensure clients' well-being.

JOURNAL FOR INTERNATIONAL COUNSELING EDUCATION, Assistant Editor

January 2013 – December 2015

Edit, review, and format content for publication by improving the organization and flow of content (i.e., grammar, punctuation, spelling, or syntax errors). Verify the dates and facts to support claims in relation to the article in review. Conduct research and data analysis and report/advice findings to the head editor in order to improve the quality and dissemination of the journal.

SPECIALIZED ALTERNATIVES FOR FAMILY AND YOUTH, Family Youth Specialist

February 2012 – April 2014

Assessed needs and established wraparound services for youth in foster care as required by state regulations, agency policies, contract requirements, and best practice methodology. Provided psychosocial rehabilitation services for youth and their family in order to establish a healthy family dynamic and meet the youth's appropriate developmental stage.

COUNSELING AND PSYCHOLOGICAL SERVICES, Administrative Assistant

February 2011 – February 2012

Assisted in office management to clinicians at three campuses and acted as first point of contact for clients at all three campuses.

GUEST LECTURED

MINDFULNESS IN A MODERN WOMAN'S LIFE, Shades of Health Women's Wellness Summit

November 2, 2019

"PERSONALITY DISORDERS & TRAUMA", Pod Therapy Podcast

May 6, 2019

"GRANTED" (MINDFULNESS & TRAUMA), Mindful Advocacy Podcast

May 3, 2019

TRAUMA & ADDICTION, Revive Wake Up and Win Podcast

April 2019

TRAUMA & ADDICTION EFFECTS ON THE BRAIN, Great Basin College

October 2018

EFFECTS OF TRAUMA & THE BRAIN, University of the Cumberlands

October 2018

MINDFULNESS INTERVENTIONS FOR CLINICIANS, FACULTY, & SUPERVISORS, University of the
Cumberlands
July 2018

LIFE AS A COUNSELOR, Beyond the couch career panel, UNLV
March 2018

MINDFULNESS & RECOVERY/RELAPSE PREVENTION, Yoga & Recovery Presenter
October 2017

INTERSECTION BETWEEN YOGA AND COUNSELING, The PRACTICE, UNLV
April 2017

HED TALK MEDITATION & COMPASSION & RECOVERY, UNLV
March 2016

See the recorded presentation here:

https://www.youtube.com/watch?v=pP7HmtsJhu4&index=2&t=762s&list=PL7aUPhuNhtU7u1T1xT_hkEJLto-UbQ_sf

HED TALK MEDITATION & STRESS MANAGEMENT, UNLV
October 2015

See the recorded presentation here:

https://www.youtube.com/watch?v=c0iXfOci3hQ&list=PL7aUPhuNhtU7u1T1xT_hkEJLto-UbQ_sf&index=20

COMMITTEE & VOLUNTEER INVOLVEMENT

BLUE SKY YOGA, Provide trauma-informed yoga to intercity teens and adults.
September 2017 – Present

UNIVERSITY OF THE CUMBERLANDS, Self-care committee member for residency.
January 2019 – June 2019

GREAT BASIN COLLEGE, Member of committee for accreditation of human service education
bachelor's program.
January 2019 – May 2019

POJ WELLNESS, Pro bono grief counseling to attendees of the concert on 10/1/17 mass
shooting.
October 2017 – December 2017

MGM, Pro bono grief counseling for MGM employees impacted by the 10/1/17 mass shooting.
October 2017

UNLV, Role-play co-facilitating group therapy for undergraduate human services students.
February 2017

STANDING ROCK FUNDRAISING, Collected and sent out materials to protesters.
October 2016 – December 2016

COUNCIL ON INTERNATIONAL EDUCATIONAL EXCHANGE (CIEE), Lectured on compassion in the school setting for faculty/administration and sexual boundaries to elementary-aged students.
June 2015 – July 2015

HOLISTIC HEALTH, Organized guest lectures ie., professional nutritionist, massage therapist, and yoga instructor on the different dimensions of holistic health.
April 2015

TRANSCENDENTAL MEDITATION, Organized guest lecture on Transcendental Meditation.
February 2017

COMPASSION CARE HOSPICE, Acted as emotional support to terminally ill patients.
October 2010 – January 2012

IN2BOOKS, Mentored elementary-age youth to build a love of reading and writing.
September 2010 – August 2011

UNDERGRADUATE COURSES TAUGHT

MULTICULTURAL ISSUES IN COUNSELING, Online, UNLV Spring 2014, Fall 2014

PREVENTION: CLIENT ORIENTED PREVENTION STRATEGIES AND PROGRAMS, Online, UNLV Spring 2015

INTRODUCTION TO HUMAN SERVICES COUNSELING, Online, UNLV Fall 2015, Spring 2016, Fall 2016, Spring 2017

DRUGS AND BEHAVIOR, Online, UNLV Fall 2015, Spring 2016

INTRODUCTION TO COUNSELING SKILLS, In-person, UNLV Fall 2016, Spring 2017

SUBSTANCE ABUSE FUNDAMENTALS, Online, GBC Spring 2018, Fall 2018, Spring 2019