

CHELSEA C KUK

Summary Statement

Licensed mental health provider (LMCHA) with experience providing mental health assessments, leading counseling groups, and administering counseling for patients diagnosed with co-occurring substance use disorder in co-occurring residential treatment settings. I am a highly motivated mental health advocate interested in the intersection of racial identities in healthcare settings; Critical Race Theory; challenging healthcare systems as a barrier to equitable counseling services for BIPOC women; and utilization of social theories to conceptualize, explore, and understand pathology of trauma and subsequent maladaptive coping behaviors.

Core Qualifications

- Presentation
- Case Management
- Mental health assessment
- Diagnosis

Certifications / Licenses

- Licensed Mental Health Counselor Associate, LMCHA (Washington)
- Certified Alcohol and Drug Counselor, CADC (Illinois)
- Trauma-Focus Cognitive Behavioral Therapy Level I, TF-CBT
- Member of the Asian American Psychological Association (AAPA)

Achievements

- Featured Speaker — 2024 Re-Imagining Behavioral Health: Race, Equity, and Social Justice Conference hosted by the University of Washington, Harborview Behavioral Health Institute. Presentation: “Help Me, Help You: BIPOC Women in Behavioral Health through Research, Resource, and Experience.”

Education

Master of Arts, Social Science – Psychology, University of Chicago, Hyde Park, IL	<i>expected June 2026</i>
Master of Arts, Mental Health Counseling, Northwestern University, Evanston, IL	<i>2024</i>
GPA: 3.7	
NM Degree, Psychology, Central Washington University, Ellensburg, WA	<i>2021</i>
GPA: 3.7	
Bachelor of Fine Arts, Studio Art, School of the Art Institute of Chicago, Chicago, IL	<i>2019</i>

Work Experience

Triumph Treatment Services Yakima, WA	<i>April 2023-July 2025</i>
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Supervisors, Dr. Michael Drane, LMHC, Ph.D. | Anthony Paul, LMHC

Psychotherapist

- Delivered mental health evaluations (PHQ-9, GAD-7, suicide risk screening) and multicultural counseling to high-acuity residential clients diagnosed with co-occurring substance use disorders; lead weekly Dialectical Behavior Therapy (DBT) group sessions to support client engagement.
- Developed group lecture materials on topics related to trauma, neuroscience, addiction, and attachment theory through the framework of DBT core values of emotion regulation, interpersonal effectiveness, and mindfulness.
- Collaborated with ARNPs, Recovery Support Specialist teams, and addiction counselors to provide a holistic intervention plan / services individualized to the client’s needs.
- Administered de-escalation strategies to clients experiencing high suicidality, non-suicidal self-injury, or psychosis episode during treatment; methods include appropriate stabilization steps, patient safety planning, and trauma-informed emotional support.

Skribbli
Seoul, South Korea
CEO, Yoseup Min

October 2024-Present

Child & Adolescent Assessment Developer

- Provide weekly consultation to the CEO regarding the development of a personality assessment measuring strengths, weaknesses, and developmental milestones.
- Collect various forms of data (assessments, scales, articles) around self-perception, competency, and personality traits to establish a theoretical framework for written and verbal activities.
- Contribute towards standardizing assessment services by collaborating with other team members in writing, reviewing, and proofreading an assessment service manual.

Remote English Instructor

August 2022-Present

- Create strong rapport among South Korean elementary and middle school aged children through creative discussion, feedback, and individual support on a weekly basis.
- Monitor the improvement of students' English level proficiency by assessing assignments, ongoing communication with parents, and implementation of different learning models (audio, visual, touch, writing/reading) to initiate recall of learned material and increase engagement.
- Co-authored self-help workbook to extend the program's curriculum, recording tutorials for lessons provided; added feedback on content revision for the Language Arts courses.

Sunrise Counseling and Consulting, LLC
Sunnyside, WA
Supervisor, Dr. Maria Chacon, DBH, LICSW
Practicum Intern

August 2022-April 2023

- Completed mental health assessments for adults experiencing developmental stressors, grief, and sexual trauma through therapeutic support and utilization of Dialectical Behavior Therapy skills.
- Engaged in case conceptualization meetings with other staff weekly to collaborate and enhance treatment planning goals, meeting case management needs, and bettering knowledge of counseling theory and culturally informed praxis for clients.
- Created bi-weekly, monthly, and yearly timed treatment plans with time bound measurable goals to initiate behavior activation for the client.

Family Guidance Centers, Inc.
Chicago, IL
Supervisor, Erving Lugo, CADC, CAMS-II
Substance Abuse Counselor

June 2019-July 2021

- Reduced heroin usage in patients by analyzing client dimensions (e.g., drug usage, health complications) and establishing relapse prevention plans.
- Provided emotional support for clients impacted by homelessness, grief, mental health instability and addiction through counseling, goal setting, and relapse prevention planning.
- Tracked and monitored over 100 clients with legal obligations by corresponding with social workers and probation officers regarding verification of client enrollment and dosing, toxicology reports, and documentation of mental health and substance use improvement.
- Organized the process of admission by managing transfer paperwork of clients, conducting intake interviews, collecting affidavit and social security documentation, and communication with insurance regarding the client's methadone management and dose verification.

Gads Hill Center
Chicago, IL
Supervisor, Jerry Silva
Creative Support Intern

January-May 2018

- Provided educational and developmental support to 30-40 students weekly through mentorship of students and homework support.
- Improved the center's administrative efficiency by enhancing archival organization structure of student health and enrollment records.

- Designed and created a mindfulness art making session for children aged 6-8 years old using collage and craft to initiate a relaxed and emotionally aligned mental health state.

Research Experience

Washington State University

March 2024-June 2025

Richland, WA

Mentor, Dr. Sarah T. Tragesser, Ph.D.

Research Assistant

- Collected and analyzed data utilizing SPSS taken from self-reported questionnaires assessing for presence of meaning and the search for meaning within outpatient adult populations.
- Identified traits measuring presence of meaning through eudamonic and hedonic behavior and reward-seeking drives through use of the Ryff Scale, Self-Critical Rumination Scale, and Spitefulness Scale.
- Assessed buffering factors for drug use relapse that promote meaning-making through collaborative discussion with the participants.
- Assisted Dr. Tragesser in pitching a study proposal at an in-patient co-occurring treatment facility to the administrative department.

Northwestern University, The Feinberg School of Medicine

March 2022-February 2023

Evanston, IL

Supervisor, Dr. Kaylee P. Kruzan, LSW, Ph.D.

Research Assistant

- Conducted the data input of scripts taken from interactions between suicide hotline crisis programs and callers via MS Excel.
- Contributed towards Dr. Kruzan's project on mobile app interventions targeting young adults who engage in non-suicidal self-injury.
- Collaborated with Dr. Kruzan in weekly and bi-weekly meetings regarding progress of coding, literature review updates around non-suicidal self-injury, and communication with other research assistants regarding organization of coding tasks.

The Family Institute at Northwestern University

January 2022-February 2023

Evanston, IL

Supervisor, Dr. Eric Beeson, LPC, Ph.D.

Research Assistant

- Conducted thorough literature review on the Predictive 6-Factor Resilience Scale (PR-6), reviewing and analyzing 3 peer reviewed articles/week and discussing findings in weekly team meetings.
- Synthesized research on the PR-6 and presented a proposal at the Clinical Research Interest Group to ensure that faculty were up to date on project progress.
- Drafted proposal, outlining purpose, timeline, and explanation of SEED grant dispersal to ensure the project met ethical guidelines during IRB review.

Volunteer Experience

University of Chicago Comer Children's Hospital

January-September 2018

Hyde Park, IL

Child Assistant

- Maintained cleanliness of the Playroom Center through sanitization and organization of toys, games, and art materials.
- Supported the Art Therapist with material preparation for patients, conducting evaluations of effectiveness of therapy through communication with staff and parents, and providing emotional support to ensure therapeutic facilitation.
- Engaged in play with patients through age-appropriate activities to increase patient well-being and provide coping mechanisms for medically related stress and anxiety.