

Brenda Delahorne

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PROFESSIONAL SUMMARY

Registered Associate Professional Clinical Counselor #21341 with a background in human resources and operations management. Knowledge of mental health conditions, interventions, suicide prevention best practices, and ethical and legal standards of care. Demonstrated analytical skills and academic research experience. Consistently recognized for interpersonal and communication skills. Ability to adapt to complex situations with exceptional attention to detail. Consistently recognized for empathy and a creative approach to challenges. Committed to serving diverse populations with compassionate and empowering care.

EDUCATION

Pepperdine University • Malibu, California September 2025
Master of Arts, Clinical Psychology

Pepperdine University • Malibu, California December 2022
Master of Arts, Psychology

New York University • New York, New York May 2009
Bachelor of Arts, Music Technology

RELEVANT EXPERIENCE

Southern California Counseling Center • Los Angeles, California Present
Associate Professional Clinical Counselor
Marriage and Family Therapy Trainee September 2024 - September 2025

- Perform intake assessments and biopsychosocial assessments for new clients to effectively assess needs and facilitate appropriate referrals.
- Provide direct individual counseling services to clients with diverse mental health conditions, applying individualized therapeutic approaches, accruing over 360 direct client hours.
- Participate in weekly group and triadic supervision, preparing case presentations, and reflective discussions.
- Present therapy session videos during supervision, contributing to peer feedback and personal growth.
- Attend weekly clinical trainings and monthly workshops covering a variety of clinical skills and psychotherapeutic methods.
- Conduct individual adult sessions under supervision and co-facilitating process groups.
- Conducting thorough intakes and evaluations for individual adults and collaborating on personalized treatment plans.
- Organize and maintain clinical records to ensure documentation and continuity of care

National Alliance on Mental Illness • San Francisco, California November 2023 - July 2024
Helpline Volunteer November 2021 - June 2022

- Supporting helpline information service and responding to caller messages.
- Applying interpersonal and active listening skills to empathize and understand caller needs.
- Collaborating with callers in assessing needs and connecting to mental health, education, and peer support.
- Addressing caller feedback and communicating needs to the NAMI SF resource team.
- Utilizing research skills to gain awareness of local and state mental health resources and laws.

ADDITIONAL EXPERIENCE

NerdWallet • San Francisco, California November 2019 – January 2021
HR Operations Associate

- Collaborated with team members to onboard approximately 300 employees during company expansion.
- Communicated policy and benefits-related information to employees to ensure they felt supported.
- Contributed to remote-work transition and adapted engagement programs to aid employee social connection.

- Employed critical-thinking skills to navigate complex I-9 verifications and background screenings.
- Supported program management goals; adapted new hire orientation and virtual company events, and utilized creative strategies to ensure employee engagement.

Andytown Coffee Roasters • San Francisco, CA

November 2016 – June 2019

HR Manager

- Collaborated with the CEO to establish the company mission, values, and HR policies.
- Managed full-cycle recruitment processes and applied interview techniques in hiring processes.
- Applied research skills regarding compliance with complex labor laws pertaining to employee personal leave, workers comp, and EDD claims.
- Facilitated education and leadership training, all-company meetings, and employee engagement events.
- Data analysis of company financials, payroll, and benefits.

Andytown Coffee Roasters • San Francisco, CA

February 2019-April 2019

Interim CEO

- Supported five retail locations while CEO was on parental leave.
- Oversaw and monitored the financial health of all retail, wholesale, and baking departments.
- Coached and mentored managers to navigate interpersonal challenges.
- Screened new retail opportunities and collaborated on new project development.
- Communicated with vendor partners to address feedback and ensure program success.

Andytown Coffee Roasters • San Francisco, CA

November 2015-November 2016

Operations Manager

- Facilitated the opening of two retail spaces and the first office location.
- Oversaw productivity and sales of four retail locations.
- Hired and supervised staff at four café locations and facilitated the onboarding of 25 new staff members.
- Planned staff events and team-building activities.

SKILLS & CERTIFICATIONS

Trainings & Certifications:

8 hours of Suicide Prevention Training and Assessment

Fall 2024

Community Resilience Model for Trauma Informed Care

Fall 2024

Awards: Psi Chi, The International Society in Psychology

October 2022

Office Skills: Zoom, Slack, Google Docs, Google Sheets, Asana