

Michele Lulewicz, LMFT

CLINICAL EXPERIENCE

Neurodevelopmental Assessment and Consulting, LLC

Feasterville-Treose, PA

Outpatient Psychotherapist

April 2025-Present

- Providing evidence-based therapies to individuals, families and couples across a variety of backgrounds, lifestyles, and ages (5 years and older) on a part time basis (22 hours per work week).
- Offering treatment specific to relational issues, parenting challenges, stage of life concerns and transitions, and various mental health disorders (including anxiety, depression, ADHD/ASD, grief/loss, trauma).
- Collaborating with other service providers to ensure a comprehensive and team-based approach to care.
- Supporting families and clients with connection to necessary and appropriate resources to enhance treatment process.

LEHB (Law Enforcement Health Benefits for the City of Phila Police Department)

Philadelphia, PA

Outpatient Psychotherapist (Contracted position)

January 2024-Present

- Providing evidence-based/trauma informed psychotherapy to current and retired Philadelphia police officers and their families on a part time basis (17 hours per work week).
- Managing crisis concerns and connecting to higher levels of care on an as needed basis.

Complete Mind Care of PA

Abington, PA

Outpatient Psychotherapist

July 2023-March 2025

- Conducting clinical intakes, brief mental health assessments psychotherapy in an outpatient private agency setting.
- Providing a variety of evidence-based therapies for individuals, families, and couples, across the lifespan and diverse backgrounds/diagnoses, via in-person and telehealth (avg. 30 client caseload per week).
- Completing and maintaining necessary documentation and treatment plans that are specific to client needs/goals.
- Collaborating with alternative service line providers within the agency (TMS and Spravato techs, Psychiatric nurse practitioners) to ensure quality standards of care.
- Arranging connections to appropriate levels of care and case management referrals to support progress and unique needs.
- Supporting parents/clients in advocating for academic or additional mental health supports/assessments as needed.
- Participating in weekly clinical supervision meetings, offering therapeutic perspectives based on systems expertise/background.

Northeast Treatment Centers

Philadelphia, PA

Mental Health Professional (Family Based Services Program)

January 2017-July 2023

- Conducted intensive family and individual therapy sessions (using ESFT model) within the home, office, and school settings with adults and children/adolescents from various cultural, and socio-economic backgrounds (2x per week per family).
- Developed and collaborated with clients on their treatment plans to ensure focus of attainable and relevant goals.
- Facilitated crisis intervention services including effective safety planning, coordination with identified family members/caregivers, and external providers (ie: crisis response centers, teachers, case managers), during and after business hours.
- Performed relevant risk and family functioning assessments/questionnaires (ie: FACES IV, CSRSS).
- Collaborated with external professionals during interagency meetings to advocate client needs and provide clinical perspectives for recommendations of continued care/support within the school, court/juvenile justice, hospital settings.
- Lead monthly case presentations, in which clinical discussions were held to explore barriers to treatment, considerations of treatment interventions, and conceptualizations on areas of dysfunction and diagnosis.
- Functioned as *Parent Support Coach* in *Safe Together* pilot program offered through FBS. Program provided specific support to parents/caregivers with chronic mental health diagnoses, including, emergency family planning/advanced directives and holding open conversations/psychoeducation with children regarding parent/caregiver mental health challenges. Program designed to prevent out-of-home placements/custody loss.

Mental Health Case Manager (Family Based Services Program)

June 2016-January 2017

- Functioned within a team-based model to co-lead therapy sessions, coordinate treatment needs and resources for high-risk families and youth.
- Conducted community outreach to help families foster positive and working relationships with vital systems such, child advocacy groups, after school programming, mentoring programming, employment/vocational workshops, parenting skills/life coach resources/trainings, and housing supports.
- Planned and facilitated interagency meetings with school staff, various mental health delegates and other involved professionals to ensure integration of services provided and ongoing communication around immediate needs/progress.

Therapeutic Staff Support (Wraparound Services)

September 2015-June 2016

- Partnered with MA level behavioral specialist to develop and apply therapeutic interventions that provided emotional support, structured tools, and crisis management to children and adolescents (ages 8 to 15 years old) diagnosed with Autism and ADHD.
- Provided coaching to parents, caregivers, school staff to transfer therapeutic skills to apply in daily interactions with child (at home, community, and school settings).
- Conducted behavioral observations within the home and school settings, gathering data which was included in the development of treatment plans and IEP/504 plan accommodations.
- Participated in weekly clinical meetings with behavioral specialists and mobile therapists to address progress, barriers to treatment, and modifications to established behavioral interventions.

Fair Acres Geriatric Center

Media, PA

Social Services Intern

May 2014-August 2015

- Conducted individual and family therapy sessions/biopsychosocial assessments with residents of various ages (36-90 years old), cultures, and socio-economic backgrounds and mental health/medical diagnoses, under the supervision of department director (25 client caseload per week).
- Designed and facilitated 3 psychoeducation and support groups with residents, including topics centered around grief/loss, end of life, stroke survivors, loneliness, self-compassion, life lessons/values.
- Participated in monthly care plan meetings, providing feedback on mental/emotional health progress, and areas for ongoing care.

EDUCATION

LaSalle University

Philadelphia, PA

Post Graduate Courses

September 2015-August 2017

- Marriage and Family Therapy (COAMFTE- accredited)
- Course Titles: Working with Families, Marital and Couples Therapy, Understanding Relationships, Families and Addiction, Human Sexuality

MA Professional Clinical Counseling (GPA 3.8) (CACREP-accredited)

August 2015

- Chi Sigma Iota Counseling Honors Society

BA Arts and Sciences: Psychology (GPA 3.8)

May 2013

- Honors & Awards: Dean's List all terms, Cum Laude, Founder's Scholarship recipient

PROFESSIONAL LICENSURE, INTERESTS, ACKNOWLEDGEMENTS

Professional licensure and membership

- Licensed Marriage and Family Therapist in PA (MF00160)
- AAMFT: Professional Membership PA Chapter

March 2020-Present

Interests/preferred treatment modalities

- Family/couples and other relational issues, existential themes, life cycle transitions, grief and loss, trauma/intergenerational trauma, the interplay between mental health and spirituality/religion, transformative power of forgiveness/compassion, mental health as it relates to chronic/terminal illness, Caregiver stress/fatigue, Shame/guilt.
- CBT, DBT, ACT, Attachment Focused Therapies, EFT, Gottman Method, Psychodynamic Therapy, IFS model, Narrative Therapy, Humanistic Approaches, Systems Approaches, Collaborative Problem Solving Therapy, Play Therapy, Compassion Focused Therapy.

Acknowledgements

- Recipient of Northeast Treatment Centers' 2021 Board Award

August 2021