



MELISSA PORREY

Licensed Mental Health Counselor

CONTACT



202-316-0346



melissa.porrey@gmail.com



Alexandria, VA 22308



[linkedin.com/in/melissa-porrey-lpc](https://www.linkedin.com/in/melissa-porrey-lpc)

EDUCATION

PhD candidate in Health & Behavioral Sciences; Research Focus in Mental Health and Climate Change:

University of Colorado, Denver
Anticipated Graduation: 2029

M.A. Ed. & H.D. in Clinical Mental Health Counseling; Focus on Grief and Trauma:

The George Washington University,
Washington, DC; Graduation: August
2010

Chi Sigma Iota Membership (Counseling
Honor Society)

B.A. Journalism; Minor in Psychology:

The Pennsylvania State University, State
College, PA; Graduation: December
2005

CERTIFICATIONS

**Licensed Professional Counselor,
Washington, DC: PRC14758**

**Nationally Board-Certified Counselor:
NCC #269507**

WORK EXPERIENCE

Director, Account Management, Staff Care and Resilience | The KonTerra Group January 2024 – Present | Remote

Oversee a team of four account managers who are jointly responsible for \$12 million in client revenue.

- Guide the strategy and approach for building customized employee resilience programs for international non-government organizations, foundations, and private companies in the humanitarian and international development sector.
- As a member of company's senior management team, help drive decision-making for the overall direction of the company.
- Serve as a clinical subject-matter expert to help guide client organizations to select the mental health and resilience services that would best serve their employees.
- Serve in other capacities as needed, including as the Project Administrator for a large contract with the World Bank Group to manage a domestic violence and abuse program for employees and their families.

Project Director, USAID Staff Care Service Center | The KonTerra Group September 2021 – December 2023 | Washington, DC

Project director responsible for leading a team of 16 subject-matter experts and service professionals who staff an innovative global staff care program designed to strengthen individual and organizational resilience for the USAID workforce.

- Responsible for managing the daily operations to ensure the efficient delivery of high-quality services as outlined in a 5-year multimillion-dollar U.S. government contract.
- Served as a liaison for USAID Staff Care Center leadership.
- Engaged with key stakeholders within USAID to provide consultation, subject-matter expertise, and service delivery to support individual, manager-level, and organizational resilience.
- Oversaw a physical counseling center for members of the USAID workforce and their families.

Psychotherapist | Melissa Porrey Counseling and Consulting Services PLLC January 2024 - Present

Provide psychotherapy for adults and children in a remote private clinical practice.

- Clinical expertise includes grief, trauma, service members and veterans, expatriates, and members of the foreign service.

Contributing Writer | Verywell Health

September 2021 – Present

Serve as a freelance writer to contribute original mental-health-related articles on topics driven by search engine optimization (SEO).

Senior Associate, Mental Health | American Red Cross

June 2016 – September 2021 | Washington, DC

Program lead responsible for the content, delivery, and impact of a global mental health resiliency program for the Service to Armed Forces (SAF) Division, which provides interactive workshops that teach coping and behavioral skills. Increased program growth by 55% in five years, expanding reach to 31,000 participants.

- **Content Development and Program Management:**

Ran professional working groups to ensure all program content was relevant, based in clinical research, and effective in building resilience in military and veteran communities. Programs included Reconnection Workshops, Mind-Body Workshops, and Psychological First Aid (PFA) courses.

- Collaborated closely with mental health professionals, legal counsel, and other senior leadership.

- Developed a comprehensive program to provide crisis intervention support for service members and military support employees stationed overseas.
- Oversaw the development of a health and wellness section in the Red Cross Hero Care application.
- Worked with mental health professional boards, including the American Psychological Association, the National Board for Certified Counselors, and the National Association of Social Workers to ensure programs remained in good standing to provide continuing education credit for mental health professionals.
- **People Management:**
 - Oversaw a team of 35 mental health professional volunteers who provided training to new program facilitators. Ran bi-monthly trainer meetings.
 - Directly supervised a team of six people, including graduate-level mental health interns, high school-level student interns, and resiliency volunteers. Provided individual supervision and led group meetings.
 - Oversaw the application process, eligibility requirements, job descriptions, and ongoing clinical support for 400 mental health professional volunteers across the United States and throughout Europe and Asia Pacific.
 - Led bi-annual all-hands meetings for all SAF division staff across the United States and overseas.
- **Organization-Wide Collaboration:**
 - American Red Cross mental health expert representative to the International Federation of the Red Cross (IFRC) Mental Health and Psychosocial Support Services (MHPSS) working group. Provided subject-matter expertise on global priorities, adoption of practices, and implementation.
 - Staff wellness lead for the People First Initiative, which aimed to increase staff engagement, provide training, and improve wellness for staff members in the SAF and International Services divisions.
- **Diversity and Inclusion Education:**
 - Participated in Umoja, the American Red Cross's Black and Latino resource and education group. Member of the LEGACY mentoring circle program.
 - Participated in the American Red Cross Women's Resource group.

Trauma Survivors Network Coordinator and Trauma Research Interventionist | Inova Fairfax Hospital
Mar 2013 – May 2016 | Falls Church, VA

Initially hired for a two-year study funded by the DOD to provide clinical support services at a level-1 trauma hospital. Permanently hired upon conclusion of the study to serve as both a TSN Coordinator and Trauma Research Interventionist for an NIH-funded study.

- **TSN Coordinator responsibilities included:**
 - Managing an inpatient mental health program for trauma survivors.
 - Providing mental health assessments for the diagnosis and prevention of mental illness and PTSD.
 - Providing brief intervention counseling support to patients in crisis.
 - Managing an outpatient mental health program for the ongoing needs of trauma survivors.
 - Facilitating clinical support groups.
 - Supervising mental health consultants and graduate-level interns.
 - Providing in-services and educational presentations to hospital staff on secondary traumatic stress.
- **Trauma Research Interventionist responsibilities included:**
 - Identifying and enrolling eligible research candidates who were at risk for developing PTSD.
 - Providing mental health intervention, case management, and counseling to patients for a six-month period.
 - Keeping detailed notes and documentation.

Military Casework Manager | Tragedy Assistance Program for Survivors (TAPS)
Feb 2009 – March 2013 | Washington, DC

- Developed casework department, growing it from one employee to a team of five.
- Supervised a full-time Casework Coordinator and a team of social work interns and volunteers.
- Managed a heavy load of cases to assist bereaved and traumatized military families with needs surrounding healthcare, legal, benefits and other concerns while offering emotional support.
- Managed support groups for grieving families at TAPS grief seminars.
- Tracked numbers and submitted weekly reports to the Board of Directors to show successful progress.
- Developed and implemented training programs related to grief and trauma for external organizations.

PUBLICATIONS AND PRESENTATIONS

Trickey, A. W., Newcomb, A. B., Porrey, M., Piscitani, F., Wright, J., Graling, P., & Dort, J. (2017). Two-Year Experience Implementing a Curriculum to Improve Residents' Patient-Centered Communication Skills. *Journal of Surgical Education*, 74(6). doi:10.1016/j.jsurg.2017.07.014

Newcomb, A. B., Trickey, A. W., Porrey, M., Wright, J., Piscitani, F., Graling, P., & Dort, J. (2017). Talk the Talk: Implementing a Communication Curriculum for Surgical Residents. *Journal of Surgical Education*, 74(2), 319-328. doi:10.1016/j.jsurg.2016.09.009

Presenter at the Society for International Development Conference | May 2024

Presented on the topic of fostering resilience and trauma-informed responses for participants in the SID conference in Washington, DC.

Speaker for American Trauma Society of Pennsylvania Conference | May 5 2021

Presented on the topic of secondary trauma for physicians, nurses, and first responders.

Keynote Presenter for Winchester Medical Center, Winchester, VA | October 10, 2017

Presented on the topic of compassion fatigue and secondary trauma for trauma nurses.

Contributing Writer for Psychmaster | 2015

Provided original mental health articles for psychology website.

Expert Mental Health Proofreading for wikiHow | 2015 - 2016

Edited mental health-related web pages for content correctness.

Presenter at DC TIPCC Conference, Medstar Washington Hospital Center | May 2015

Presented to an audience of nurses, social workers and other healthcare professionals on the topic of mental health after traumatic injury.

Guest taught for EMT Students at NOVA Community College | February 2015

Facilitated a presentation and class discussion around traumatic injury and recovery in the context of being a first responder and caregiver.

Training for Physical Therapists and Occupational Therapists | February 2014

Provided training around the mental health concerns and needs for trauma patients to Inova Physical Therapists and Occupational Therapists.

Air Force Casualty Officer Training | October 2010, December 2011, and October 2012

Provided grief and trauma training in the military community of top Air Force members to train teams in the event of squadron casualties.

Panel Member at OutServe Conference | May 2012

Spoke on a panel discussion about the struggles faced by homosexual military couples.

Congressional Testimony | March 2012

Testified before Congress on behalf of TAPS on the VA National Cemeteries' raise and realign project. Testimony included commentary on the perspective of grieving military families as the VA worked to correct a large number of misplaced and mistreated headstones around the country.

Magazine Article in TAPS Magazine | December 2011 and June 2011

Wrote an article about the TAPS Quick Series Guide to Benefits and Finance.

Panel Member at Association for Death Education Counseling Annual Conference | June 2011

Spoke on a panel discussing suicides in the military.

Military Grief Training at USO Annual Conference | March 2011

Presented at the 2011 Annual USO Conference on grief and trauma in the military.

Grief and Trauma Training at Dover Air Force Base | February 2011

Conducted training for individuals at Dover Air Force Base, which included members of the mortuary affairs office, military Chaplains, members of the USO who work directly with families of the fallen and liaisons for each branch of the service's casualty office. Training provided an overview of grief and trauma in the military community.