

P. XAVIER SCHMITZ, L.I.C.S.W.

2324 University Ave. W Suite 100 St. Paul, MN 55114
(612) 386 7461 xavierschmitztherapist@gmail.com

EDUCATION

Masters in Social Work

University of Minnesota (2006)

M.S., Gender and Women's Studies

Minnesota State University, Mankato (2002)

B.A., Psychology

University of Wisconsin-La Crosse (1998)

WORK EXPERIENCE

Psychotherapist

NORTHLAND THERAPY CENTER

St. Paul, MN (November 2009 to present)

- Provide psychotherapy to adults and adolescents dealing with a range of problems including mood disorders, gender and sexuality issues, codependency, and trauma

Lead Mental Health Professional/Relief Mental Health Practitioner

NORTHWEST RESIDENCE/COMMUNITY OPTIONS

Brooklyn Center, MN (August 2008 to September 2009)

- Provided group and individual psychiatric interventions with adults with serious and persistent mental illnesses (SPMI) in an intensive residential treatment setting
- Maintained oversight and leadership responsibility for the therapeutic milieu
- Provided supervision and team development

Program Coordinator, Lesbian, Gay, Bisexual, & Transgender (LGBT) & HIV/AIDS Mental Health Services

COMMUNITY HUMAN SERVICES

Monterey County, CA (August 2006 to July 2008)

- Conducted psychotherapy with LGBTQ, HIV+, and impacted adult and adolescent clients
- Assessed, diagnosed, and intervened with clients on a range of issues including sexual orientation and gender identity development, HIV prevention, living with HIV, cross cultural challenges, PTSD, depression, bipolar disorder, anxiety, domestic violence, substance abuse/dependence, personality disorders, grief and loss, eating disorders, couple and family problems
- Developed structure of new program including outreach, referral, intake, and assessment processes
- Recruited, developed curriculum, and trained psychotherapists on LGBTQ and HIV/AIDS mental health issues

M.S.W. Counseling Intern

JEWISH FAMILY & CHILDREN'S SERVICE OF MINNEAPOLIS

Minnetonka, MN (August 2005 to April 2006)

- Conducted psychotherapy with individuals, couples, and families ages 8-82
- Assessed, diagnosed, and intervened with clients in individual and co-therapy formats
- Worked collaboratively with clients to address issues including domestic violence, sexual abuse, PTSD, major depression, anxiety, grief and loss, paranoid schizophrenia, bipolar disorder, maintaining sobriety, child abuse and neglect, LGBT identity, and relationship problems

M.S.W. Intern

U OF M DEPARTMENT OF PSYCHIATRY AMBULATORY RESEARCH CENTER

SCHIZOPHRENIA RESEARCH PROGRAM

Minneapolis, MN (September 2004 to May 2005)

- Conducted needs assessments, testing, and psychosocial education with study participants with schizophrenia
- Co-facilitated family psychosocial educational meetings

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Document Development Coordinator

MINNESOTA CENTER AGAINST VIOLENCE & ABUSE

St. Paul, MN (September 2004 to May 2006)

- Worked with authors to develop research documents focused on violence against women issues for an electronic clearinghouse website
- Coded research documents for website publication

Hall Director/Diversity Education Coordinator

HAMLIN UNIVERSITY

St. Paul, MN (July 2002 to June 2004)

- Counseled and referred residents on issues including academics, careers, sexual assault, hate incidents, identity issues (racial, ethnic, sexual, and gender), suicide, eating disorders, drugs, alcohol, family dynamics, and interpersonal conflicts
- Trained and supervised two groups of nine resident assistants
- Developed curriculum, planned, implemented, and facilitated campus-wide diversity education programming

Assistant Complex Director

MINNESOTA STATE UNIVERSITY RESIDENTIAL LIFE

Mankato, MN (July 2001 to May 2002)

- Counseled and referred residents over issues including sexual assault, suicide, eating disorders, sexual orientation, academics, ethnic/racial identity, family issues, and alcohol
- Trained and supervised four Community Advisors in multi-gender learning community hall of approximately 200 predominately first-year students
- Conceptualized special interest floor CommUNITY Through Diversity for 2002-03 living options

Graduate Assistant

MSU INTERNATIONAL PROGRAMS OFFICE & KESSEL PEACE INSTITUTE

Mankato, MN (September 2000-June 2001)

- Provided information and support services to students participating in Study Abroad Programs
- Coordinated Study Abroad and Kessel Peace Institute Conferences

Regional Service Coordinator

WORKFORCE CONNECTIONS

La Crosse, WI (April 1999-August 2000)

- Provided case management services to low-income and dislocated workers
- Provided career counseling inclusive of conducting interest and ability inventories
- Supported clients through enrolling, coaching, and supporting them in various training and educational programs

RECENT WORKSHOPS FACILITATED

Expanding Concepts of Healthy Gender Expression and Identity

Ramsey County Department of Human Services

St. Paul, MN (November 2009)

Your Gender Identity (Oh yeah, and your clients' too)

Minnesota LGBT Therapists Network CEU Program

Minneapolis, MN (September 2009)