

DAVID LIM (LiCSW, MBA, MSW)
David Lim Therapy and Supervision, LLC
Experiential Healing, LLC
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State of Washington License Number: LW60177117
National Provider Identifier (NPI): 1568741163

EDUCATION

MBA	University California, Irvine	Paul Merage School of Business
MSW	University of Southern California	Suzanne Dworak-Peck, School of Social Work
BA & BS	Purdue University	Journalism & General Science

Licensed Independent Clinical Social Worker (State of Washington, LW60177117) since 12/08/2010.

Training:

- Cognitive Behavioral Therapy, REBT, Acceptance Commitment Therapy, Motivational Interviewing; Foundational trained by Dr. Marsha Linehan's training company in Dialectic Behavioral Therapy (Behavioral Tech)

Practice also informed by:

- Psychodynamic, Neuro Linguistic Programing, Internal Family Systems

Individual Psychotherapy: Help individuals who are challenged by (but not limited to): Anxiety, Depression (MDD, Bipolar), Personality Disorders, Adjustment Disorder, PTSD, Trauma, Acute Stress, ADHD, Anxiety (GAD, OCD, Phobias, Hoarding behaviors); Compulsive and Impulsive behaviors, Interpersonal Distress, school and social problems, relationship and work problems, chronic suicidality, self-harm, severe emotional dysregulation.

Family, Youth, Children Coaching/Counseling: Work with youth with severe behavioral challenges and developmental disabilities. Provide therapy and coaching for parents and caregivers with deficits in parenting skills and helped them address complex parenting barriers.

Alignment Coaching: Coach and teach individuals to align wants/desires with emotion, thoughts, and behavior to capitalize on natural opportunities for success.

Clinical Supervision for Hours: Since 2016, have provided individual and group licensure supervision to 50 clinicians --- including clinicians from NAVOs, Atlantic Street Center, Fairfax Hospital, Seattle Anxiety Specialists, and the University of Washington. Overall, have provided licensure and non-licensure clinical supervision to over 120 master's and bachelor's degree practitioners and 15 licensed supervisors.

Group Facilitation and Curriculum Building: Created, developed, and teach 12-week innovative, experiential, and collaborative psychoeducational and skills based **Emotional Resiliency Class**. Incorporates significant aspects of Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, and Acceptance Commitment Therapy. 24-week, DBT skills class covering: distress tolerance, emotion regulation, interpersonal and mindfulness and Six-week, Depression and Anxiety Symptom reduction skills class. Provide licensure supervision for therapists working towards their LMHC and LiCSW.

Indicators of Success

Kaiser Permanente: From 2012 to 2016, through use of metrics and data collecting, clients at Kaiser Permanente, reported a 71% reduction in symptoms. Higher functioning patients, who began treatment at normative or subclinical symptoms experienced a 30% reduction in symptoms. In total, 80 percent of all patients, treated reported a significant reduction in symptoms.

Institutes for Family Development: From 2008 to 2012, on average, 100% of families reported “very satisfied” or “satisfied” by intervention; 97% reported that their situations have changed for the “better” or “a lot better;” 95% reported using new coping and behavioral skills learned during intervention; 86% reported progress made on goals established at onset of interview

Emotional Resiliency Classes: Attendees who attend at least 10 weeks of classes saw 30% emotion regulation improvement (Difficulties in Emotion Regulation scale); 80% agree or strongly agree their mental health coping skills improved; 80% report regular use of the skills learned in everyday life; Individuals decreased their need to go to individual therapy by nearly 50%

Private Practice (2012 to Present) - Provide individual, family, couples therapy. Behavioral, parenting and life coaching.

- David Lim Therapy and Supervision, LLC (Seattle)
- Experiential Healing, LLC (Seattle)
- Center of Mindful Healing (Olympia)

Clinical Supervision (2016 to Present)

- Since 2016, have provided individual and group licensure supervision to 50 clinicians --- including clinicians from NAVOs, Atlantic Street Center, Fairfax Hospital, Seattle Anxiety Specialists, and the University of Washington. Overall, have provided licensure and non-licensure clinical supervision to over 120 master’s and bachelor’s degree practitioners and 15 licensed supervisors.

Adjunct Faculty, Bastyr University (Seattle)

Feb. 15 to Present

Provide didactic clinical supervision and education as well as in-session, direct observation for third- and fourth-year counseling and ND Medical students

Behavioral Health Program Manager, Atlantic Street Center (Seattle) Aug. 4, 2020 to Dec. 5, 2020

Responsible for management and operations of ASC’s behavioral health program: planning, budget development, staff supervision, clinical direction, data analysis, workflow and processes, compliance, provide supervision for licensure hours, expanding and growing program, increasing referrals and revenue. Provide licensure hours individual supervision to both Adult therapists and child/family therapists.

Clinical Program Manager, NAVOS Adult Outpatient Program (Seattle) June 2017 to Aug.2020

Manage four licensed supervisors, clinical staff of 35 (therapists, case managers, peer specialists, interns) and provide licensure supervision for outpatient program serving 1,450 clients. Oversee operations, personnel, contracts, programs, and clinical strategies, metrics, processes, and outcomes.

- Oversee department strategic productivity program: develop department and individual strategies that include clinical value improvement, budget and utilization considerations, scheduling strategies, engagement, and follow-up strategies. Increased productivity for department of 25% over the past year.
- Restructured program to accommodate for changes in King County payment and service model, including the eventual shift towards integration and expansion into commercial pay. Revamped program into four specific clinical tracks (Rapid Response, Behavior Response, Stabilization, and Trauma Response). Each track using targeted practices, evidence-based tools, value-based interventions, and specific track metrics including PhQ-9, GAD-2 and 7, Difficulties in Emotional Regulation Scale, Ways of Coping Scale, and trauma specific metrics. Reconfigured treatment and goal setting structure and formats to accommodate service and payment changes.

- Developed comprehensive, evidence-based, skills class/group program which includes the following: two DBT-informed skills classes, CBT for depression, ACT Emotional Resiliency, Life skills, Interpersonal Skills, meditation and mindfulness, chronic conditions and diabetes, domestic violence psychoeducational class for victims, arts and crafts, and parenting.
- Provide training and guidance for clinicians to use goal-focused, time-structured sessions as well as concurrent documentation. Developed suicide/crisis/safety protocol centered on PhQ-9 and the Columbia Suicide Severity Rating Scale (C-SSRS). Oversee internship program of 8 interns and their respective graduate school programs. Endeavors also include providing individual supervision and group supervision for interns.
- Provide Licensure Supervision hours for clinical staff with associate licenses

Clinical Supervisor, NAVOS Adult Outpatient Program (Seattle) June 2016 to June 2017

Direct supervision and clinical oversight for two teams of clinicians, interns, and peers; responsible for client assignments, caseload management, treatment plan adherence, clinical documentation gaps, and time sheet and time-off approval. Clinical internship program oversight. Ensure clinicians meet productivity benchmarks.

Psychoeducational Instructor, Psychotherapist, Kaiser Permanente (Seattle) 2012-2016

Provided crisis, short-term, and specialty long-term services for individuals from ages 5 to 85. Treated individuals challenged by (but not limited to) Anxiety, Depression, Personality Disorders, Adjustment Disorder, PTSD, Trauma, Acute Stress, and ADHD, OCD, phobia, addictions, school and social problems, relationship, and work problems. From 2012 to 2013, on average, patients who were fully participated in treatment experienced a 71% reduction in symptoms. Higher functioning patients, who began treatment at normative or subclinical symptoms, experienced a 30% reduction in symptoms. In total, 80 percent of entire caseload (180) experienced a significant reduction in symptoms. Created, developed, and taught **Emotion Resiliency/Regulation Class (12 weeks)**. Attendees who attend at least 10 weeks of classes saw: 30% improvement in ability to regulate emotions (Difficulties in Emotion Regulation scale); 80% agree or strongly agree their mental health coping skills improved; 80% report regular use of the skills learned in everyday life; Individuals decreased their need to go to individual therapy by nearly 50%

Additional teaching experience: 24-week, DBT skills class covering: distress tolerance, emotion regulation, interpersonal, mindfulness, and six-week, Depression and Anxiety Symptom reduction skills class.

Licensed Clinical Therapist, Supervisor, Institute for Family Development (Seattle) 2008-2012

Helped highest-risk clients overcome emotional and behavioral challenges via intensive and short-term interventions (7 days a week for four weeks). Worked with youth with severe behavioral challenges and developmental disabilities. Provided therapy and coaching for caregivers with deficits in parenting skills and helped them address complex parenting barriers. On average, 100% of clients reported “very satisfied” or “satisfied” by intervention; 97% reported that their situations have changed for the “better” or “a lot better;” 95% reported using new coping and behavioral skills learned during intervention; 86% reported progress made on goals established at onset of intervention.

Director, Emergency and Case Management Services, St. Joseph Center (Venice, CA.)

Provided clinical counseling and case management services for homeless, SMI and dual diagnosis population. Supervised staff of 18; enabled service demand growth of 30% without increase to \$300,000 budget.

ACADEMIC LEADERSHIP

Director of Strategic Communications (UC Irvine Office of Communications); Director of Marketing & Communications (UC Irvine School of Business)

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- Created/managed extensive market research project for creating strategic brand and marketing messages for entire university.
- Developed B-School marketing strategy and leadership led to a 41 percent increase in international applications as well as ranking jumps in major media (e.g. *U.S. News and World Report*, *Financial Times*).
- Successfully developed and managed \$1.5 million integrated marketing budget; developed media strategy that led to 133 percent increase in positive monthly news coverage.

Director of Professional Development/Communications, Adjunct Professor

University Southern California

- Taught graduate level social policy class (SW 535); created curriculum, lecture materials, mid-term and final examination, homework and reading assignments. Responsible for course evaluation, and grading.
- Directed and managed comprehensive Continuing Education program for licensed mental health professionals (psychology, LCSW, LMFC); recruit and coordinate clinical instructors and course planning for a variety of CEU topics; assist with curriculum development and development of course materials. Program Budget grew from \$25,000 to \$50,000.
- Responsible for internal communications, press releases, marketing copy, website marketing, school's external publications, planning major school events, alumni events, donor campaigns and graduation ceremonies.

MEDIA and POLITICAL CONSULTING

Communication and Media Relations Officer, Los Angeles Homeless Services Authority

- Spearheaded newsletter circulation increase from 175 to 2,000 via redesign and marketing for \$50 million U.S. Housing and Urban Development Regional funding agency.
- Created first-ever "image" campaign that led to increased media coverage and public awareness (logo, graphic standards, web presence, and newsletter).
- Evaluated HUD grant proposals as part of agency's RFP and grant proposal review team.

Writer and Reporter for two Capitol Hill, Washington D.C. magazines (*Stevens Publishing*, and *Exchange Monitor Publications*); two newspapers (*Washington Post – Gazette* and *The Sentinel*); **Senior Writer and Consultant** for *D/K Associates* (Political consulting firm in Washington D.C., contracted by Democratic National Campaign Committee): Provided national, state, and local campaigns with opposition research and spin strategy.