

Heather Parlmer, LMSW

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EDUCATION

Master of Social Work, Western Michigan University

August 2016-June 2019

Kalamazoo/Grand Rapids, MI

Internships-Grand Rapids, MI

- *Spectrum Health Hospice* August 2017-May 2018
- *Mary Free Bed Rehabilitation Hospital, Outpatient Clinic* September 2018-May 2019

Course Highlights: Individual Therapy, Group Therapy, Policy, Sexual Trauma, Psychopathology, Human Development

Bachelor of Arts, Franciscan University

August 1987-May 1989

Steubenville, OH

Major: Psychology; Minor: Theology; Graduated Cum Laude

Research Project: Prevalence of Eating Disorders within Student Population at Franciscan University; significant results found on certain parameters

Clinical Experiences

- *Volunteer at a women's crisis shelter*
Steubenville, OH September-May 1988
- *Shadow/intern with David Hanley, LMSW*
Pine Rest Christian Hospital, Grand Rapids, MI December 1988-January 1989

Student Employment: Admissions Assistant, Franciscan University Jan 1988-Jan 1989

Course Highlights: Psychological Testing, Experimental Psychology, Interpersonal Study, Theology of the Body, Christian Marriage

Associate of Arts, Grand Rapids Community College

August 1985-May 1987

Grand Rapids, MI

Liberal Arts course of study

Student Journalist/Opinion Columnist student news publication

Course Highlights: Abnormal Psychology, Art Appreciation, Short Story Fiction, Zoology

EMPLOYMENT AND EXPERIENCE

HAP Therapy LLC, Therapist

Grand Rapids, MI

August 2023-present

- Provide therapy to adult individual clients
- Manage administrative duties of the practice
- Participate in regular peer supervision with LMSW/LPC colleagues

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Corewell Health-Hospice, Clinical Social Worker

Grand Rapids, MI

February 2021-November 2023

- Assist with admissions and assessments
- Provide counseling related to adjustment and loss for patients and family members
- Collaborate with multidisciplinary team members
- Support caregivers and families by connecting them to necessary resources

Corewell Health-Emergency Departments, Clinical Social Worker

Grand Rapids, MI

October 2019-November 2023

- Conduct mental health and suicide assessments
- Recommend patients for next level of care and provide resources
- Respond to medical traumas to support to patient/family and medical team
- Collaborate with multidisciplinary team for continuity of care

Franciscan Life Process Center, Staff Therapist

Lowell, MI

May 2022-August 2023

- Provide counseling/therapy services to older teen and adult clients
- Participate in team meetings and group supervision
- Maintain electronic records for client sessions
- Retain outside clinical supervision to review cases for professional growth

Corewell Health-Continuing Care, Care Transition Specialist

Grand Rapids, MI

June 2020-March 2022

- Work remotely processing referrals to Rehab and Nursing Care facilities
- Analyze available clinical information to determine eligibility for placement
- Communicate with care managers, intake, medical staff, administrators and care transition team
- Discuss expectations and answer questions with patients, families and caregivers

Corewell Health-Hospice, Volunteer

Grand Rapids, MI

June 2018-January 2021

- Provide caregiver relief and/or engage with patient and family as “friendly visitor”
- Assist with bereavement needs through follow up phone calls

St. Robert Newminster Parish-Caregiver Support Group, Volunteer

Ada, MI

April 2019-September 2019

- Assist with group facilitation
- Provide support and assess for resource needs

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Mary Free Bed Rehabilitation Hospital, Volunteer

Grand Rapids, MI

August 2016-August 2018

- Greet and assist patient in wayfinding for appointments or visits to patients
- Train new volunteers for greeting/wayfinding

Our Lady of Grace Church, Director of Religious Education

Muskegon, MI

December 1990-August 1995

- Provide leadership and train catechists to meet the education needs of the parish
- Teach faith formation classes to children and teens
- Lead groups of adults and teenagers addressing spiritual topics

Hope Network, Case Worker

Grand Rapids, MI

1990-1991

- Monitor adult clients with developmental challenges
- Develop care plans and document progress
- Transport clients to and from group homes

Project Rehab, Residential Treatment Worker

Grand Rapids, MI

1989-1990

- Supervise adolescents in short-term residential substance abuse treatment
- Plan and facilitate groups/activities
- Engage with a diverse group of clients and staff

LICENSE

Licensed Master Social Worker, Clinical, State of Michigan
Number 6801114198

March 4, 2022-March 4, 2025

PROFESSIONAL DEVELOPMENT

- 2024 Workshops/CE: Caring for the Caregiver-Therapy for Medical Professionals, Corewell Health, MI; Treating Treatment-Resistant Depression, Spring Lake, MI
- 2023 ACT Bootcamp, Denver, CO; Workshops/CE through Corewell Health, MI: Unconscious Bias, ASD and ABA, Eating Disorders in Children, Human Trafficking, Domestic Violence, Intro to ECT and TMS, COVID Long Haul, School Social Worker Roles, Intro to Somatic Oriented Therapy, Understanding the SOS of Breath
- 2022 Human Trafficking Awareness-Continuing Education, GVSU
- 2021 How to Talk About Advanced Directives-Corewell Health Hospice, online workshop
- 2020 Association for Blind and Visually Impaired-learning partnership
- 2018-2019 Mental Health at the End of Life, Caregiver Support, Aging and Intimacy, Brain Cancer and Rehab, Stroke, Spinal Cord Injury, Limb Loss, TF-CBT Online Training Modules, Medical University of South Carolina, ASIST Suicide Prevention