**Kartika Refi**

2605 Sagebrush Dr., Suite 101, **·** Flower Mound, TX **·** 75028 **·** 972-408-7692 **·** [kartika@ologcounsel.com](mailto:kartika@ologcounsel.com)

**Professional Summary**

A professional, ethical, empathetic mental health counselor with experience working with adolescents and adults using a variety of theoretical perspectives in individual, couple, family, and group therapy sessions. Demonstrates an authentic desire and passion to build a strong therapeutic relationship with clients in order to support clients in achieving their objectives and overall well-being.

* Achieves therapy goals using an integrative approach to counseling, especially utilizing Person-Centered Therapy and Emotionally-Focused Therapy approaches.
* Shows genuine respect for clients as the experts of their own lives.
* Demonstrates sincere curiosity and the willingness to work together with clients to achieve their goal.

**Education**

Master of Arts in Professional Counseling (GPA 3.94) 2019

Dallas Baptist University Dallas, TX

Master in Theological Studies (GPA 3.6) 2004

Madonna University Livonia, MI

Bachelor of Science in Food Technology (GPA 3.0) 1993

Brawijaya University Malang, Indonesia

**Licensures**

LMFT-Associate

License Number: 203699 (exp. 02/07/2022)

Supervised by Dr. Paul A. Jurek, Ph.D., LMFT-S, LPC-S

LPC-Intern

License Number: 83774 (exp. 04/05/2025)

Supervised by Dr. Paul A. Jurek, Ph.D., LMFT-S, LPC-S

**Professional Training**

EFT Core Skills #2 Training (Online), May 15-16, 2020

EFT Core Skills #3 Training, Houston, TX, November 1-2, 2019

EFT Core Skills #1 Training, Houston, TX, July 12-13, 2019

Externship in Emotionally Focused Couples Therapy (EFT), Houston, TX, April 10-13, 2019

Technology Assisted Counseling Workshop (15 hours), Texas Wesleyan University, Fort Worth,

March 6-7, 2020

Rachel’s Vineyard Post-Abortion Trauma Counseling Training, Catholic Charities, Fort Worth, TX, August 25, 2018 and September 29, 2018

Child-Centered Play Therapy 101 Training, Center of Play Therapy, UNT, Denton, TX, February 7-9, 2018.

Child-Centered Play Therapy 102 Training, Center of Play Therapy, UNT, Denton, TX, September 28-29, 2018.

Online Training Course for Cognitive Processing Therapy, CPT Web, July 26, 2018

**Professional Experience**

Counseling Practicum Student:

Impact Counseling and Guidance Center, Arlington, TX January – May 2019

* Provided counseling for 10-12 clients/week (individuals, couples, and families).
* Provided client intakes

Denton County Friends of the Family May – December 2018

* Provided individual counseling for adults and adolescents victims of domestic violence and sexual assault (12 to 15 clients/week).
* Provided crisis counseling to domestic violence and sexual assault victims.
* Co-facilitating education and counseling groups.
* Provided crisis intervention for sexual assault victims at local hospitals through Survivor’s Advocacy Team.

Licensed Marriage and Family Therapist Associate:

Our Lady of Good Counsel, Flower Mound, TX May 2020 – present

* Owner and Counselor
* Provided counseling for women
* Provided counseling for couples

**Volunteer Experience**

Indonesian Catholic Community Dallas-Fort Worth 2003 - present

* Teaching the Adult Bible Study Program
* One of the main speakers at the Indonesian Catholic USA-Canada Jamboree National Event in Dallas, TX (September 2004)
* One of the main speakers at the Indonesian Catholic USA-Canada Jamboree National Event in San Francisco, TX (July 2013)
* One of the main speakers at the retreat for Indonesian Catholic Community Columbus, OH (2008)

St. Philip the Apostle Catholic Church, Lewisville, TX May 2019 – present

* Friendly Visitor team member

Visiting assigned individual parishioners who are feeling lonely and isolated to provide them with fellowship and social interaction.

**Affiliation**

Catholic Psychotherapy Association

Texas Association for Marriage and Family Therapy