

ALEXANDRIA M. DANCEY

National Association for Professional Counseling and Psychotherapy (NAPCP)

NAPCP member# 251101 | ACP member# MBR11678

PROFILE

I am a solution-focused, lateral thinker with over twenty-five years of experience across multiple disciplines, including psychotherapy, hospitality, management, social welfare, advocacy, social work and the voluntary/non-profit sector. This wealth of experience has led me to the field of psychotherapy where I now specialise in Cognitive Behavioural Therapy, following my training and practice as a mental health social worker in the United States. I am committed to continuous learning, recently completing a course on the Neuropsychology of Decision-Making at Cambridge University. Outside of my professional work, I volunteer with the Irish charity Alone.

SKILLS

- Lateral Thinking
- Strong Interpersonal Communication
- Compassionate Listening
- Human Resources Management
- Creativity and Adaptability
- Solutions Focused

PROFESSIONAL EXPERIENCE

Assured Financial Solutions Ltd.

Practice Manager & Company Secretary | 2021-Present

- Manage daily business operations, marketing campaigns, payroll, and compliance for a financial services firm.
- Promoted from part-time administrative assistant to Practice Manager in 2022.
- Oversee organizational efficiency and ensure compliance with regulatory standards.

Acquired Brain Injury Ireland

Brain Rehabilitation Specialist | Aug 2020 - May 2021

- Worked with patients one-to-one to implement cognitive coping strategies to minimise the effects of traumatic brain injury and assisted with techniques to maximise emotional regulation.

Creative Options, LLC

Adult Mental Health Support Worker | Jan 2020 - Jul 2020

- Adult support and medication administration.
- Worked one-on-one with clients to creatively assist them in safely navigating their day with play and active social engagement.

Firelands Medical, Ohio

Intern Behavioural Health Counsellor NPI Registered Mental Health Social Worker | 2018-2020

- Maintained a patient caseload specializing in Cognitive Behavioral Therapy (CBT) and psychotherapy.
- Conducted Corrections Facilities Psychiatric Evaluations.
- Delivered treatment for PTSD, depression, anxiety, substance abuse, and trauma.
- Facilitated Crisis Intervention Training (CIT) for Ohio State Police.
- Managed crisis intake cases, providing urgent support.

State of Ohio

Senior Disability Claims Adjudicator (DCA) | 2014-2016

- Evaluated medical, psychological, and vocational information for Social Security disability claims.
- Analyzed functional and medical evidence to determine work-related limitations.
- Ensured accurate and fair determination of benefits within federal guidelines.

EDUCATION

- Case Western Reserve - Master of Science in Social Administration (MSSA) | 2017-2019
- University of Bristol - Bachelor of Science in Sociology (First Class Honors) | 2004-2006
- UCD - C-DPO Certified Data Protection Officer | 2023
- Cambridge University - Neuropsychology of Decision Making | 2025
- University of Toronto - Learning Interpersonal Psychotherapy | 2019-2020
- Johns Hopkins - Psychological First Aid | 2016

VOLUNTEERING

Currently volunteering with the Irish charity Alone, providing support to vulnerable individuals.