

NIKKI MICHELLE LIVELY, LCSW

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EDUCATION

ERIKSON INSTITUTE, Chicago, IL
Infant Mental Health Certificate Program, May 2009

UNIVERSITY OF CHICAGO, Chicago, IL
School of Social Service Administration
Master of Arts, specialization in clinical practice, June 2000

UNIVERSITY OF HOUSTON, Houston, TX
Dual Bachelor of Arts in Sociology and Psychology, Minor in Music Performance
Summa Cum Laude, May 1998

PROFESSIONAL EXPERIENCE

NIKKI LIVELY, LCSW

PRIVATE PRACTICE

August 2010 – present

- Organized a HIPAA-compliant practice with a range of clinical services including individual, couples, family, and parent-infant psychotherapy with a focus on relational approaches
- Offering clinical supervision and consultation
- Offering lectures and trainings to both professional and non-professional audiences on the topics of perinatal adjustment issues and mood disorders, partner relationships (particularly weathering life transitions), parent-infant relationship and attachment issues, and issues around complicated grief/bereavement
- Maintain a blog on issues of mental health with a focus on current events, popular culture, and new research findings with an overall aim to de-stigmatize and encourage conversation about emotional health and wellness.

UNIVERSITY OF ILLINOIS MEDICAL CENTER, Chicago, IL
PSYCHIATRIC SOCIAL WORKER, WOMEN'S MENTAL HEALTH PROGRAM

February 2003 – present

- Provide individual, couples, and group psychotherapy within the women's program in the outpatient clinic with special focus on the unique mental health needs of women including issues surrounding reproduction, life phase changes, reactions to trauma, relationship problems, and anxiety and mood disorders
- Participated in the Eating Disorders clinic (2003 – 2005) providing individual, family and group therapy as well as community outreach with special focus on minority populations
- Provide clinical supervision and field instruction for social work student interns, social work staff, and other trainees in the Women's Program
- Participate in the Women's Mental Health seminar lecturing on psychotherapy with women, and the mother-infant relationship to trainees in the Women's Program
- Participate in the Perinatal Mental Health Project providing workshops and consultation to providers of various disciplines on the screening and assessment of mood disorders during and after pregnancy and the mother-infant relationship

UNIVERSITY OF ILLINOIS MEDICAL CENTER, Chicago, IL
INPATIENT PSYCHIATRIC SOCIAL WORKER, WOMEN'S TEAM

February 2003 – July 2004

- Participated on interdisciplinary team on inpatient adult psychiatry unit to develop and review treatment plans involving the specialized care of women with psychiatric disturbances related to/complicated by pregnancy, post-partum, the menstrual cycle, and other gender related issues
- Provided solution-focused counseling, facilitated family meetings, and assisted with discharge planning

LAWRENCE HALL YOUTH SERVICES, Chicago, IL

THERAPIST, CONTRACTED

May 2003 – June 2005

- Provided individual therapy with children who had been removed from their biological parents' homes and were involved in the DCFS system
- Provided family therapy with children and their biological parents when the goal of DCFS was reunification
- Provided quarterly progress reports to be used by the court as part of their determination of placement; appeared in court as needed

SHEEHY, COHEN, & ASSOCIATES, Chicago, IL

VISIT SUPERVISOR

June 2001 – January 2006

- Provided supervised visitation with non-custodial parents and their children to assure a safe, and non-threatening environment for both to maintain contact and nurture their relationships
- Submitted visitation reports detailing relevant observations during the visits including patterns of interaction, parent's methods of problem solving, and significant verbalizations of both parent and child

SEASONS HOSPICE, Chicago, IL

TEAM SOCIAL WORKER; BEREAVEMENT SUPPORT SOCIAL WORKER

June 2001 – February 2003

- Participated on interdisciplinary team in the development and review of the plan of care for assigned patients
- Assessed patient and family social, emotional, and spiritual needs and their ability and capacity to cope with terminal illness and the problems of daily living
- Provided anticipatory grief and bereavement counseling to patients and their families as well as referrals for outside services as needed
- Facilitated monthly grief support groups as part of the Hospice Bereavement program
- Facilitated on-going educational programs including employee inservices and community presentations on grief and bereavement

CHILDREN'S HOSPITAL OF CINCINNATI, Cincinnati, OH

SOCIAL WORK FELLOW, DIVISION OF ADOLESCENT MEDICINE

July 2000 – June 2001

- Participated on inter-disciplinary team in the Teen Health Center providing psychosocial consultations, and crisis intervention in the Adolescent Clinic
- Maintained a caseload for individual and family therapy utilizing psychodynamic, cognitive, and behavioral methods
- Participated in the Eating Disorders clinic providing individual and family therapy
- Developed, organized, and facilitated the group *F.O.C.U.S.*, as part of the *Teen Parent Support Program*
- Acted as *Mental Health Consultant* to the Cincinnati Job Corps Center conducting psychosocial/substance abuse assessments, providing brief counseling, leading supportive/educational groups including the *Tobacco Free Teens* curriculum, and facilitating staff trainings focusing on issues of mental health
- Participated in public speaking engagements to educate on adolescent development and mental health
- Responsible for completion of Quality Assurance Project: *Career and Educational Group Work with Parenting Teens: A Case Study of the Teen Parent Support Program*

PORTAGE-CRAGIN COUNSELING CENTER, Chicago, IL

September 1999 – June 2000

- Maintained a caseload of clients including children, adolescents, adults, families, and couples utilizing psychodynamic, cognitive, and behavioral methods
- Maintained collateral contact, and provided referrals to psychiatric and case management services where appropriate
- Conducted psychosocial assessments and developed effective treatment plans according to the guidelines of the Illinois Department of Mental Health
- Prepared materials (visual aids, hand outs, etc.) for bi-monthly case presentations to peers and supervisors
- Conducted phone intake assessments for the Lutheran Social Services of Illinois Central Intake line
- Co-developed and co-facilitated peer mediation trainings for Luther North high school

PROFESSIONAL ACTIVITIES

GOTTMAN INSTITUTE, Seattle WA

GOTTMAN METHOD COUPLES THERAPY, LEVELS I,II, & III Training completed; Level IV in progress

March 2009 - present

MINDFULNESS STUDY GROUP AND BOOK CLUB, Chicago, IL
January 2008 – present

BECK INSTITUTE FOR COGNITIVE THERAPY AND RESEARCH, Bala Cynwyd, PA
VISITOR TRAINING PROGRAM
September 2005

CENTER FOR FAMILY CONSULTATION, Evanston, IL
BOWEN FAMILY SYSTEMS THEORY, FAMILY-OF-ORIGIN CONSULTATION GROUP
January 2005 – December 2010

DIALECTICAL BEHAVIORAL THERAPY INTENSIVE TRAINING and CONSULTATION, Elgin, IL & Chicago, IL
July 2004 – September 2007

WILLOWHOUSE, Chicago, IL
GROUP FACILITATOR
August 2001 – September 2004

- Facilitated monthly grief support groups for bereaved children from ages 7 – 12 utilizing art therapy and experiential techniques
- Participated in various capacities at the annual family grief camp

CHICAGO WOMEN'S HEALTH CENTER, Chicago, IL
COUNSELING PROGRAM
September 2002 – March 2004

- Provided individual counseling using principles of woman-centered therapy and feminist theory
- Participated in community outreach programs on women's health and reproductive choices

PUBLICATIONS

Astrachan-Fletcher, Ellen; Veldhuis, Cindy; Lively, Nikki; Fowler, Cynthia & Marcks, Brook (2008). The Reciprocal Effects of Eating Disorders and the Postpartum Period: A Review of the Literature and Recommendations for Clinical Care. *Journal of Women's Health* (17) 2, p. 227-239.

Lively, Nikki M. (2006). What do mothers want? Developmental Perspectives, Clinical Challenges. Book Review. *Psychiatric Services* (57) 11, p. 1661.

Lively, Nikki M. (2000). Briefer and deeper: A comparative analysis of depth-oriented psychotherapy.

The Advocate's Forum (5) 1, p.8-11.

Lively, Nikki M. (1999). Short-term couple therapy: Book Review. *The New Social Worker* (6) 4, p. 24.