**Elizabeth Garnsey** 14 Water View Estates, Peekskill, NY 10566 **•** (914) 552-5543 •egarnsey28@gmail

**Objective**:

To secure a challenging position utilizing first-rate communication and interpersonal skills working with individuals with special needs, helping them reach their wellness goals

**Education:**

**Pace Universit**y, Pleasantville, NY

***M.S. in Mental Health Counseling***, Expected May 2014

**Stony Brook University**, Stony Brook, NY ***Bachelor of Science in Psychology***, May 2011

**Dutchess Community College**, Poughkeepsie, NY ***Associate of Exercise Science and Wellness***, May 2007

**Relevant Coursework*:***

Counseling Theories I&II, Developmental Psychology, Social & Cultural Foundations, Research & Methods, Appraisal & Assessment Design, Marriage & Family Counseling, Chronic Illness, Expressive Therapy, and Clinical Adolescents

**Internship:**

***Woman Studies Program***, **Stony Brook University**, Stony Brook, NY

* Developed a program for social anxiety
* Researched information and put together a pamphlet about social anxiety within the college community
* Founded and facilitated a group with a peer partner called “Overcoming Shyness”

**Work Experience:**

***Air Crew*** ***Flight Equipment Supervisor (7- level),* Air National Guard (AFE)**, Newburgh, NY March 2003- Present

* Serve as an instructor for a variety of training programs including Self-Aid Buddy Care
* Plan organize, develop, conduct, and evaluate formal academic classroom and technical instruction
* Manage supplies/inventory, property accountability, inspection of equipment
* Ensure proper documentation using Word, Excel and PowerPoint
* Read and interpret manuals to better explain policies and procedures
* Facilitate Physical Training tests

***Personal Trainer and Fit Coach***, **Club Fit,** Jefferson Valley, NY September 2006- Present

* Perform Fitness and Health Assessments
* Participated in program design in Get fit; Get Functional, Cancer Wellness, and TRX
* Design individual personal training portfolios

***Personal Trainer/Fitness Instructor***, **Stony Brook University**, Stony Brook, NY August 2008-May 2011

* Designed, implemented and instructed individual/group fitness classes in Spinning, Boot Camp, Cross Training, Cardio Box and stretching

**Summary of Certifications:**

* ACE personal training certification (spinning, boot camp and stretching)
* Basic military training, Aircrew Life Support Apprentice, Water and Combat Survival, Classroom and Aircrew Instructor, and Altitude Chamber Course

**Interests and Activities*:*** Breast Cancer & Multiple Sclerosis fundraising and Mid-night run/food collections for shelters

**Volunteer:** ***Stony Brook Hospital***

**Child Life Center**

* Ran music, art/sand, and play therapy groups with the children in the play room and hospital rooms.

***Child Psychiatrics***

* Helped children with their homework with a focus on behavioral issues and organization/time management skills