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## Eliot M. Lev

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## SUMMARY

After a successful career as a professional violinist, I am pursuing a path in the mental health field. I bring a strong work ethic, an apt mind, and a passion for advocacy, critical thinking, and compassion to my counseling and research pursuits. I am especially interested in working with sexual and gender minority, multicultural, immigrant/asylum people, and people with disabilities; as a member of these communities myself, I am deeply invested in using my lived experience to serve others.

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## SKILLS AND ABILITIES

Multicultural, compassionate approach  
Bilingual (English/Russian); beginner Spanish  
Excellent written and oral communication  
Seeking Safety and Harm Reduction protocols  
Mediation experience  
Proficiency at Microsoft Suite  
Math and analytic skills  
Excellent organizational skills  
Motivated self-started and team player  
Experience in the treatment of multiply diagnosed people  
Experience working with diverse communities in non-traditional settings

## EXPERIENCE

### Progress House | Progress Foundation

#### Counselor | 06/2020-present

Provide 1:1 and group client-centered counseling in a 90-day residential mental health program  
Facilitate weekly DBT-, ACT-, and mindfulness-based groups  
Create individualized treatment plans and attend case conferences  
Coordinate residents' activities  
Conduct intake interviews and coordinate discharge plans  
Create and facilitate regular research- and social justice-based trainings for staff  
Develop and maintain relationships with clients' providers and related treatment programs

### San Francisco Community Health Center

#### Care Navigator | 03/2020-07/2020

Work with HIV+ people experiencing homelessness, especially people with substance use and/or mental health challenges, refugees, political asylees, immigrants and/or undocumented individuals  
Link persons served to psychosocial and primary care services  
Advocate for clients with other service providers  
Provide peer-counseling and practical services  
Empower clients in building their own support networks

### Alliance Health Project, UCSF

#### Peer Counselor | 06/2019-present

Facilitate weekly 2-hour peer support groups for long-term 55+ HIV survivors of diverse backgrounds  
Encourage exploration of emotions and promote cultural humility  
Help manage conflict  
Implement Seeking Safety and Harm Reduction models  
Connect group members with the appropriate community resources  
Reflect on the progress of the group in weekly 1:1 and monthly group supervision

### UCSF Community Health Systems, Sexual and Gender Minority Health Equity Lab

#### Research Assistant | 02/2019-present

Work in a highly productive multidisciplinary team  
Conceptualize and carry out ancillary studies for the PCORI- and NIH-funded PRIDE study (UCSF-Stanford)  
Research background literature  
Analyze data  
Write scientific papers  
Present findings at regional and national conferences  
Advocate for the improvement of LGBTQ+ care and policies

## **Benioff Children's Hospital, SF**

### **School Room Volunteer | 12/2018-07/2019**

Work with patients 1:1 bedside

Assist patients and siblings with educational activities

Support student-centered learning in various settings

Provide educationally themed play for school-aged patients and siblings

Embody and promote compassion and cultural humility

## **No One Dies Alone Program | Palliative and Spiritual Care, UCSF**

### **On-Call Volunteer | 04/2019-present**

Provide emotional, intellectual, sacramental, religious and spiritual support to patients and families through the dying process

Empower clients

Provide companionship and comfort

Work with the interdisciplinary team in the overall care of the patient

## **EDUCATION**

### **UC Berkeley Extension | Post Baccalaureate in Psychology and Counseling | 2018-19**

Upper division courses in Developmental, Clinical and Psychology of Personality, Research Methods, and Statistics.

GPA 4.0

### **Roosevelt University | Bachelor of Music | 2006-08**

Member of the Franklin Honors Society

Summa cum laude, GPA 3.82

Recipient of a full merit-based scholarship

## **PUBLICATIONS AND PRESENTATIONS**

**Lev, E.M.**, Flentje, A. Teaching the DSM-5: Countering discriminatory language with sexual and gender minority-inclusive pedagogy. Poster presentation at APA 2020 (manuscript in preparation)

Vivid, J, **Lev, E.M.**, Sprott, R.A. The four dimensions of kink identity (Journal of Positive Sexuality, 2020)

**Lev, E.M.**, Vivid, J., Sprott, R.A. Kink and sex through the lens of queer theory: Findings from the Kink Identity and Sexuality Study. Recipient of the Student Research Award at the Positive Sexuality Conference 2020, Los Angeles, CA.

Clark, K.D., **Lev, E.M.**, Lunn, M., Trujillo, M., Obedin-Maliver, J., Flentje, A. State level policies and their association with victimization among sexual and gender minority people (in press)

Sprott, R. A., Vivid, J., Vilkin, E., Swallow, L., **Lev, E.M.**, Orejundos, J., A Queer boundary: How sex and BDSM interact for people who identify as kinky (Sexualities Journal, 2020)