

Application Form

Profile

Mrs. Kristen C. Loflin
Prefix First Name Middle Initial Last Name Suffix

kristenloflin@gmail.com
Email Address

282 Fairway Drive
Home Address Suite or Apt

Harrisonburg VA 22802
City State Postal Code

How many years have you been a resident of Harrisonburg?

20

Mobile: (540) 421-1452 Business: (540) 208-1784
Primary Phone Alternate Phone

Kristen Loflin, LPC Mental Health Counselor
Employer Job Title

Demographics - *(Submission of this information if voluntary and will not subject you to any adverse treatment should you chose to not complete)*

Ethnicity

Caucasian/Non-Hispanic

Gender

Female

What is your age?

40-50 years old

Are you reapplying for a current position you hold? *

Yes

Which Boards would you like to apply for?

Alcohol Safety Action Committee : On Agenda

Interests & Experiences

Mrs. Kristen C. Loflin

Please tell us about yourself and why you want to serve.

Why are you interested in serving on a board or commission?

I have served on this Board for a number of years and worked as a teacher/group facilitator before that time. I have specialized training as a substance abuse counselor, and provide these unique perspectives to the Board.

What other interests or concerns do you have regarding the community?

I am a member of the Harrisonburg City School Board, and as such have been able to provide useful communication and information between the ASAP Board and the City School Board. As an active member of numerous outdoor communities (ie, running, biking), and as a parent of two children, I have a great interest in making sure our roads are safe for pedestrian and cycling traffic.

What relevant experience or education do you have to this board or commission?

I have been a professional counselor for about 20 years, the past 8 years in private practice. I have worked in community mental health in the areas of early intervention as well as substance abuse prevention and treatment.

Please list any past or present community involvement e.g. City Council, Boards and Commissions, Citizen Academy, etc. in Harrisonburg or elsewhere:

I am the immediate past chair of the Harrisonburg City School Board and am a current member of this Board. I have been actively involved, including in leadership capacities within numerous professional counseling organizations.

[Kristen Loflin -
resume July 2022 ASAP Board 2 .pdf](#)

Upload a Resume

EPSAC Applicants only

Kristen C. Loflin, LPC

282 Fairway Drive ♦ Harrisonburg, VA 22802 ♦ (540) 421-1452 ♦ kristenloflin@gmail.com

Office: 250 E. Market Street Suite A-2 ♦ Harrisonburg, VA 22801 ♦ (540) 208-1784

OBJECTIVE

To remain a member of the ASAP Board for Harrisonburg-Rockingham and thereby help shape local policy through my informed background in substance abuse and mental health concerns

LICENSURE

Licensed Professional Counselor in the Commonwealth of Virginia

License Number 0701004103, Issued 12/4/06, Expiration 06/30/23

EDUCATION

James Madison University, Harrisonburg, VA

Master of Arts and Educational Specialist, May 2004

Counseling Psychology, Concentration in Community Counseling

Thesis: *The Implications of Media on the Body Image of College Women*

State University of New York (SUNY), College at Geneseo, Geneseo, NY

Bachelor of Arts, May 2001

Major: Psychology, Minors: Philosophy and Cognitive Science

COUNSELING EXPERIENCE

Kristen Loflin LPC Private Practice, Harrisonburg, VA

Therapist October 2014 – present

- ❖ Assessed for mental health and substance use disorders
- ❖ Provided mental health and substance abuse counseling for adults and adolescents
- ❖ Collaborated with private practitioners, dietitians, treatment centers, and psychiatrists to provide best treatment for clients
- ❖ Maintained crisis coverage for active and inactive clients
- ❖ Provided case management services as needed for active clients

Virginia Alcohol Safety Action Program, Harrisonburg, VA

Instructor Jan 2005 – March 2008, Feb 2014 – April 2015

- ❖ Facilitated bi-weekly groups for adults convicted of driving under the influence and/or underage purchase or possession of alcohol

Northwestern Community Services, Luray, VA

Adult Mental Health and Substance Abuse Therapist December 2005 – May 2008

- ❖ Provided substance abuse counseling for primarily court-ordered adults in an outpatient public mental health clinic
- ❖ Coordinated and facilitated Intensive Outpatient Program based on the Matrix Model of recovery treatment

Kristen C. Loflin 2

- ❖ Facilitated substance abuse groups for precontemplative- and recovery-stage adults
- ❖ Provided individual counseling for clients with co-occurring disorders
- ❖ Collaborated with court, probation, and social service professionals to provide complete care
- ❖ Provided crisis intervention services through walk-in services and emergency services
- ❖ Certified as a pre-screener for the Commonwealth of Virginia
- ❖ Collaborated with agency members through substance abuse and clinic staff meetings

Harrisonburg-Rockingham Community Services Board, Harrisonburg, VA

Prevention and Early Intervention Specialist August 2004 – December 2005

- ❖ Provided individual outpatient mental health counseling
- ❖ Assessed at-risk middle and high school students
- ❖ Facilitated Second Chance groups for minors convicted of alcohol or drug violations
- ❖ Developed new curriculum to expand Second Chance substance abuse program
- ❖ Provided crisis intervention for middle and high school students
- ❖ Acted as crisis consultant for school counselors
- ❖ Facilitated small group sessions in schools on a variety of topics
- ❖ Communicated with parents and referred students to outside counseling
- ❖ Provided case management
- ❖ Co-chaired Harrisonburg-Rockingham Substance Abuse Task Force
- ❖ Attended and participated in coalition meetings on topics of substance abuse and teen pregnancy prevention
- ❖ Provided mental health perspective for Interdisciplinary Team Meetings for truant students
- ❖ Facilitated workshops for county schools
- ❖ Participated in health and education fairs

Counseling and Student Development Center, James Madison University

Internship in Counseling Fall 2003 – Spring 2004

- ❖ Completed 900-hour internship in counseling
- ❖ Provided individual counseling services to college students with a variety of presenting concerns
- ❖ Specialized in substance abuse and eating disorders
- ❖ Co-facilitated eating disorder and general therapy groups
- ❖ Acted as substance abuse liaison to Judicial Affairs in a psychoeducational role
- ❖ Co-facilitated structured substance abuse group to judicially sanctioned students
- ❖ Provided crisis intervention services to college students and their family members
- ❖ Evaluated student need through intake assessments and crisis intervention
- ❖ Collaborated as a member of a multidisciplinary eating disorder team
- ❖ Offered outreach and consultation services to the university community
- ❖ Participated in brief therapy seminars, psychiatric consultation meetings, and case conference presentations

Counseling and Student Development Center, James Madison University

Practicum in Counseling Spring 2003

- ❖ Provided counseling services to college students
- ❖ Participated in weekly eating disorder group as a process observer
- ❖ Assessed client needs, developed intervention plans, maintained progress notes
- ❖ Actively participated in weekly process group for clinician development

Sexual Assault Survivor Group, James Madison University

Group Facilitator Fall 2002 - Spring 2003

- ❖ Co-facilitated weekly group for survivors of sexual assault
- ❖ Collaborated with co-facilitator to provide supportive environment
- ❖ Participated in The Clothesline Project and Take Back the Night

Academic Advising and Career Development, James Madison University

Graduate Assistant Fall 2002 - Spring 2003

- ❖ Provided career counseling to undergraduate students in individual and group settings
- ❖ Utilized the theories of Holland, Super, Fine, and Perry while counseling students on topics including work values, abilities, and career options
- ❖ Supervised nine student volunteers, who performed outreach programs in career education
- ❖ Conducted resume writing clinics, internship search workshops, and tours of the career resource center
- ❖ Advised individual students on resumes and cover letters during weekly walk-in hours
- ❖ Hosted employer presentations for the On-Campus Interviewing program

Office of Judicial Affairs, James Madison University

Graduate Assistant Fall 2001- Spring 2002

- ❖ Facilitated reflection groups for judicially sanctioned students dealing with substance abuse
- ❖ Taught classes on community standards and substance abuse issues to judicially sanctioned students
- ❖ Conducted administrative option hearings for accused students
- ❖ Liaison between James Madison Judicial Affairs and criminal justice system
- ❖ Conducted professional development for entire staff on customer service and mission

PROFESSIONAL AWARDS

- ❖ Central Valley Counselors Association, Community Support Member of the Year 2005
- ❖ Carl Swanson Award for contributions to the counseling community 2004
- ❖ Chi Sigma Iota, Counseling Honor Society, President 2002 – 2004