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Dear SGV-CAMFT Board,

My name is Jessica Ruiz and I am a dually licensed therapist (LMFT & LPCC). I graduated from Azusa Pacific University in 2016 with a Master of Arts in Clinical Psychology. I earned my Bachelor of Arts in Psychology from Cal State University of Los Angeles in 2013. I have worked for a nonprofit agency for 5 years, and have worked in a private practice setting for a short period of time. I am fascinated about education and strengthening my ability to provide awareness regarding mental health related services. I love to coordinate and facilitate groups in a variety of settings. I have been running groups for many years, beginning at the age of 12 years old working with younger ones at my community church. For as long as I can remember, I have chaired a variety of events

(school, work, community) with successful outcomes.

I have been a member of CAMFT since 2014, and joined SGV CAMFT a few months later. I remember attending a suicide risk seminar while in school, held in the city of Monrovia. I learned so much and was able to network and meet people who were at different stages in their career. Since then I have attended many trainings, and although the amount of information can be overwhelming, it is very exciting to be able to learn new skills and gather new information regarding the theories we are already familiar with. Because I enjoy planning and being a part of a team, I am looking to fill a position to be a member at large for SGV CAMFT Board, and chair of programs—if you find that I am the best suited person for this position.

I appreciate your time in reading my mini biography- elevator pitch :D