

TORI ARCENEUX

LICENSED PROFESSIONAL COUNSELOR

LICENSING

📍 Texas #94685

EDUCATION

2021 - 2023

LAMAR UNIVERSITY

- Master of Education in Clinical Mental Health Counseling

2018 - 2021

UNIVERSITY OF TEXAS SAN ANTONIO

- Bachelor of Arts in Psychology

SKILLS

- Individual Psychotherapy
- Group Psychotherapy
- Family Psychotherapy
- Crisis Intervention
- Suicide Risk Assessment & Safety Planning
- Treatment Planning
- Clinical Documentation
- Psychoeducational Curriculum Development
- Clinical Supervision & Training
- Multidisciplinary Collaboration

TRAINING

- CBT
- DBT
- ACT
- ERP
- EFFT
- FBT for Eating Disorders
- CPT for PTSD

WORK EXPERIENCE

Eating Recovery Center

Primary Therapist II

2026 - PRESENT

- Promoted to Primary Therapist II upon obtaining full LPC licensure in recognition of expanded clinical responsibilities.
- Develop psychoeducational curriculum and facilitate evidence-based therapy group, individual and family sessions in PHP and IOP to adolescents and adults.
- Provide supervision, mentorship, and training to graduate counseling interns.

Primary Therapist I

2025

- Provide individual and family counseling and lead psychotherapy groups in PHP setting for adolescents and adults.
- Conduct assessments and mental health screenings; develop and implement individualized treatment plans.
- Address safety and acuity through suicide risk assessment, crisis intervention and safety planning.
- Maintain clinical documentation, manage an active caseload, and coordinate discharge planning with interdisciplinary teams.

Milieu Therapist

2025

- Provide individual, family and group counseling in PHP/IOP settings for adolescents and adults.
- Lead psychoeducational and psychotherapy groups, administer psychosocial assessments, and develop treatment/behavior plans.
- Conduct suicide risk assessments, safety planning, and crisis interventions.
- Manage caseload and coordinate with multidisciplinary team to ensure cohesive care.

Milieu Coordinator II

2024 - 2025

- Delivered counseling and skill-based group therapy for eating disorder and mood/anxiety programs.
- Managed milieu operations, provided mealtime support, ensured safety compliance, and adapted curriculum to patient needs.

F45 Training

Personal Trainer

2022 - PRESENT

- Lead group fitness classes, demonstrate proper form, and modify exercises for varying fitness levels
- Educate clients on safe, effective training to promote overall physical and mental well-being.

Grace Counseling of Austin, PLLC

Virtual Mental Health Therapist

2024 - 2025

- Provide individual outpatient tele-therapy to adolescents and adults.
- Screen clients, create treatment plans, and complete progress notes within clinical standards.
- Collaborate with parents in adolescent care, provide LGBTQ+ support and ESA letters, and produce mental health blog and newsletter content.