

# MICHAEL MUT, LMSW

## EDUCATION

### **Master of Social Work (LMSW) 2024**

*Silberman School of Social Work at Hunter College, New York, NY*

Graduated: June 2023 Honors

**Focus:** Clinical Methods, Mental Health, Addiction, Couples Therapy, Geriatrics, LGBTQ+ issues.

### **Bachelor of Science in Social Work/Community and Human Services**

*Empire State College, Brooklyn, NY*

Graduated: June 2016

**Focus:** Understanding Human Behavior, Social Justice + Advocacy, Crisis Intervention + Problem solving, Counseling + Support services, and Cultural Competency.

### **Associate Degree in Business**

*Southern Connecticut State University, New Haven, CT*

Graduated: May 1983

## PROFESSIONAL EXPERIENCE

### **Virtual Recovery Program, New York NY**

*T-LMSW Therapist | August 2023 – August 2024*

- Conducted individual 60-minute therapy sessions for adults and couples using SOAP.
- PhQ-9, GAD-7, PTSD screening
- Assist clients in goal-setting
- Collaborate with Therapist and Psychiatrist to determine client's prognosis. Review medications in a collaborative care setting.
- Weekly sessions with LCSW, processed cases, diagnosis's, self care, and building competencies around modalities; CBT, DBT. EMDR, MI, PersonCentered, Gestalt.

### **Tri Center, Brooklyn, NY**

*MSW Intern | June 2021 –September 2022*

- Familiar with time appropriate charting, collaborating with other social workers, use of evidence based modalities.
- Worked directly with individual clients and groups, helping individuals overcome the challenges of Substance Use Disorders
- modalities; MI, CBT, DBT, MAT

### **Midtown Health and Wellness, New York, NY**

*MSW Intern | September 2020 – August 2021*

- Provided virtual therapy, conducted biopsychosocial assessments, and adhered to NASW Code of Ethics.
- Facilitated sessions for clients with mental health issues using multiple therapeutic modalities. (CBT, DBT, MI, SMART)
- Proficient in CureMD software; conducted Pandemic Health and Wellness Screenings.

**Michael Mut LLC, New York, NY**

*Master Health Coach | September 2016 – 2020*

- Partner with clients using therapeutic techniques and mind work to unlock their potential.
- Work extensively with adults, couples, and LGBTQ+, helping build healthy, long-lasting relationships to self and others.

**Center for Urban Community Services (CUCS), New York, NY**

*Educator | April 2018 – March 2020*

- Worked with marginalized individuals dealing with addiction and neurocognitive disorders through art therapy.

**Lee House (Breaking Grounds), New York, NY**

*Educator | April 2018 – 2020*

- Utilized art as a medium to foster confidence and self-expression in participants.

**SAGE/GRIOT, Brooklyn, NY**

*Educator | June 2018 – 2020*

- Created and led programs focused on art, dance, mindfulness, and skill-building for elderly populations.

**Create Art Live Mindfully (CALM), Brooklyn, NY**

*Art as Therapy | Sept 2016 – 2019*

- Empowered clients through art-based self-exploration, problem-solving, and personal growth.

**The Love Yourself Project (LYP), Brooklyn, NY**

*Founder/Educator | Nov 2010 – Present*

- Established workshops and safe spaces focused on self-worth, skill-building, and personal empowerment for underserved communities.

**VOLUNTEER WORK**

**St. Charles Jubilee Senior Center, Brooklyn, NY**

*Facilitator | May 2014 – June 2020*

- Led mindful exercises, art activities, and discussions with seniors.

**Recovery House of Worship, Brooklyn, NY**

*Volunteer | April 2014 – Aug 2019*

- Assisted with meal preparation and social activities.

**Jamaica Queens Arts Center, Jamaica Queens, NY**

*Workshop Facilitator | June 2018*

- Conducted public art workshops.

**St. Francis College, Brooklyn, NY**

*Workshop Leader | April 2017*

- Led empowerment and self-awareness workshops through art.

**Health Advocates for Older People, New York, NY**

*Volunteer | May 2015*

- Facilitated art, movement, and discussion activities for seniors.

**CERTIFICATIONS**

- **CITI Program: Collaborative Institution Training Initiative** (2021)
- **Counseling Certification** - Professor Krishna N. Sharma, V.A.I. (2021)
- **CBT for OCD: Exposure & Response Prevention** (2021)
- **Transformative Services Life Coaching Certificate** (2019)
- **Mandated Reporter Training** (2019)
- **Hypnosis Practitioner Certificate, Strategic Life Academy** (2018)
- **Rush Philanthropic Residency: Big Smile Project** (2017)
- **Mindfulness Educator Certification, Mindfulness School CA.** (2014)
- **New York Studio School Residency** (2003)
- **Arts Student League of New York** (2000–2002)
- **International School of Photography** (1996–1999)
- **Landmark Worldwide Curriculum for Living** (1996–2002)