

**Michelle L. Liska, MSW, LMSW, CST**  
**Psychotherapist—Certified Sex Therapist**

P: 517.414.7749

W: michelleliskatherapy.com

Email: [mliska3@comcast.net](mailto:mliska3@comcast.net)

---

**Education**

**University of Michigan, Ann Arbor, Michigan**

Master of Social Work

Major: Interpersonal Practice

Minor: Administration

**Universitaet Wuerzburg, Wuerzburg, Germany**

Courses completed: Advanced German Composition and Grammar

**Hillsdale College, Hillsdale, Michigan**

Bachelor of Arts cum laude

Majors: Sociology and German

**Work**

*Michelle Liska, MSW, LMSW, SHCP—Michigan Trained*

*Hillsdale & Jackson, Michigan*

**2010 to present**

**Private Mental Health Therapy Practice**

- Wide array of private counseling services including group and individual sessions
- Assessment services
- Specializing in domestic violence issues, women's issues, traumatic events, grief and loss, survivors of sexual abuse, substance abuse treatment, aging issues and chronic and persistent mental health issues
- Specializing in Cognitive Behavioral Therapy and Mindfulness; utilize components of Dialectical Behavioral Therapy; use of metaphor as therapeutic tool

*Oaklawn Hospital, Marshall, Michigan*

*Psychiatric Department*

**2007 to 2010**

**Inpatient Clinical Social Worker**

- Participation and leadership for daily team meetings for consumer treatment plan review
- Evaluation and revision of all written materials used for group
- Complete initial treatment plan development
- Partner with consumers and their natural supports to determine person-centered treatment planning
- Daily psychotherapy group facilitation and management, including: record keeping, planning, and determining intervention strategies
- Co-developed a Co-Occurring therapy group conducted daily
- Complete psychosocial assessments
- Facilitate case management services for assigned consumers
- Conduct family therapy sessions for diagnosis and medication review, determination of baseline functioning and improve communication
- Act as a liaison and advocate on behalf of the consumer with the treatment team, including inpatient psychiatrist and nursing staff
- Maintain a consumer caseload of up to 8 consumers on the psychiatric unit
- Mental health triage for emergent and non-emergent patients who present in the emergency department
- Complete mental health floor consults for emergent and non-emergent patients
- Supervise LMSWs

*Branch-Hillsdale-St. Joseph Community Health Agency (CHA)*

*Southern Michigan Diabetes Outreach Network (SODON)*

**2006 to 2007**

**Program Director**

- Hire, train and supervise four staff members and additional interns & contractual workers
- Oversee daily operation of program
- Prepare Strategic Plan documents
- Prepare Annual Implementation Plan
- Manage program budget, including grant-seeking
- Maintain all program records
- Oversee development of programming from inception to implementation
- Maintain programming evaluation process, including development of program Logic Models
- Perform research, planning and organization of major functions of program

- Coordinate and collaborate with external contacts in communities that SODON serves
- Accountable to CHA and Michigan Department of Community Health, Chronic Disease Section
- Service a ten-county region

*Prevention Partners, Jackson, Michigan*  
Substance Abuse Prevention Provider

**1998 to 2006**

**Executive Director**

(Formerly Community Prevention Services, The Student Assistance Program & The Peer Program)

- Coordinated, facilitated and managed consolidation of three separate non-profit organizations
- Hire, train and supervise seven staff members and additional interns & contractual workers
- Oversee daily operation of agency
- Prepare county Strategic Plan documents of county objectives for state funding
- Manage operating budget, including grant-seeking
- Maintain all agency records
- Oversee development of programming from inception to implementation
- Maintain programming evaluation process, including development of program Logic Models
- Maintain licensure from Michigan Department of Community Health
- Perform research, planning and organization of major functions of agency
- Coordinate and collaborate with external contacts in community
- Develop, build and maintain county substance abuse prevention coalitions in a two-county region
- Accountable to Governing Board of Directors and Mid-South Substance Abuse Commission of Michigan
- Service a two-county region

*Catholic Social Services of Washtenaw County, Ann Arbor, Michigan*  
*Families First of Michigan*

**May to July 1998**

**Therapist**

- Provided intensive, in-home based interventions with each family up to fifteen hours per week
- Accessible 24 hours a day, seven days per week for each client family
- Negotiated and developed personalized intervention goals, utilizing direct observation and client's own perceptions of the problem
- Empowered client family in order that they might access community resources or other family supports
- Facilitated improvement of daily living skills such as child and household management, problem solving, and assertiveness
- Taught cognitive strategies to modify family behaviors
- Advocated on behalf of client families with schools, creditors, landlords, and social service organizations
- Taught advocacy skills to clients

*Catholic Social Services of Washtenaw County, Ann Arbor, Michigan*  
*Alternatives to Domestic Aggression, Batterer Intervention Service Provider*

**1996 to 1998**

**Graduate Practicum**

- Group work facilitation and management, including: record keeping, planning and supervising intervention strategies
- Evaluated and revised all written materials used for group
- Conducted orientation sessions
- Conducted drug and alcohol and domestic violence history assessments
- Completed psychosocial assessments
- Participated in program budget planning
- Assisted in devising database (Microsoft Excel) for client evaluations
- Developed outcome data analysis of client evaluations
- Revised web site
- Counseled with lesbian clients
- Coordinated program planning and development for agency

*Domestic Harmony, Hillsdale, Michigan*  
Women's Shelter

**1992 to 1996**

**Counselor**

- Planned and facilitated weekly group meetings
- Provided individual counseling to residential and non-residential clients
- Counseled with lesbian and gay clients

- Wrote reports of all client interactions
- Maintained statistics
- Advocated on behalf of clients with various social agencies, including the criminal justice system

**(Further employment history upon request)**

**Contractual Work** *Saint Joseph Mercy Chelsea Hospital*  
*Chelsea, Michigan*  
*Outpatient Behavioral Health*  
*Ellen Fabes, Supervisor*  
**2010 to 2020**

**Therapist**

- Wide array of counseling services
- Assessment services
- Specializing in domestic violence issues, women's issues, traumatic events, grief and loss, survivors of sexual abuse, substance abuse treatment, aging issues and chronic and persistent mental health issues
- Specializing in Motivational Interviewing and Stage-Wise Treatment, Cognitive Behavioral Therapy and Mindfulness; utilize components of Dialectical Behavioral Therapy; use of metaphor as therapeutic tool

*Saint Joseph Mercy Chelsea Hospital*  
*Adrian, Michigan*  
*Dominican Life Center*  
*Ellen Fabes & Lissa Perrin, Supervisors*  
**2010 to 2011**

**Behavioral Health Social Worker**

- Provide adult therapy sessions for retired nuns of the Dominican Order
- Provide adult group sessions
- Collaborate with treatment teams throughout the facility, including independent, supported, assisted and skilled nursing levels of care

*Allegiance Substance Abuse Services*  
*Jackson, Michigan*  
*Barbara O'Connor, Former Director*  
**2010**

**Per Diem Substance Abuse Treatment Therapist**

- Complete Psychosocial Assessments
- Complete Master Treatment Plans
- Complete authorization process with managed care organization
- Conduct a Pre-Contemplation psycho-educational group weekly
- Monitor all reporting activities for probationers, including drug screens
- Complete any required reauthorizations with managed care organization as needed
- Complete discharge and aftercare plans
- Conduct 1:1 psychotherapy sessions as needed

*Relationship Center of Michigan*  
*Brighton, Michigan*  
*Dr. Joseph Dragan, Ph.D., LP*  
*Owner*

**2010 to 2012**

**Independent Contractor**

**Mental Health Private Practice**

- Complete Psychosocial Assessments
- Complete Master Treatment Plans
- Provide adolescent, adult, and family therapy sessions
- Provide Emotionally Focused Couples Therapy

*Lifeways Community Mental Health*  
*Jackson and Hillsdale Counties, Michigan*  
*Dan Fisher, Utilization Manager & Hospital Liaison*  
*Brian Bornefeld, Utilization Manager Inpatient/Crisis Services*  
**2010 to 2011**

**Independent Contractor**

**Mental Health Access Center**

- Emergency mental health triage services
- Assessment services

*Region 2 Area Agency on Aging  
Jackson, Hillsdale and Lenawee Counties, Michigan  
Barbara Stoy, Manager of Wavier Services  
2009 to 2016*

**Independent Contractor  
Medicaid Wavier Counselor**

- Complete psychosocial assessments
- Develop treatment plans
- Daily case facilitation and management, including: record keeping, planning, and determining intervention strategies
- Conduct therapy sessions, determine baseline functioning and improve communication
- Act as a liaison and advocate on behalf of the consumer with the Region 2 Area Agency on Aging treatment team
- Act as a liaison and advocate on behalf of the consumer with community resources

*Michigan Department of Human Services  
Susan Kangas, Director  
2009 to 2014*

**Independent Contractor  
Outpatient Therapist--STATE CONTRACT with current focus on Hillsdale, Branch, Lenawee,  
Jackson, Calhoun and Livingston Counties**

- Wide array of private counseling services including group and individual sessions
- Assessment services
- Specializing in domestic violence issues, women's issues, traumatic events, grief and loss, survivors of sexual abuse, aging issues and chronic and persistent mental health issues
- Specializing in Motivational Interviewing and Stage-Wise Treatment, Cognitive Behavioral Therapy and Mindfulness; utilize components of Dialectical Behavioral Therapy
- Complete guardianship assessments for older adults and Developmentally Disabled individuals

*Hillsdale Community Home Care  
Hillsdale Community Health Center  
Hillsdale, Michigan  
Lindsey Bryner, MSN  
Administrator  
2007 to 2017*

**Independent Contractor  
Medical Social Worker**

- Complete initial treatment plan development
- Daily case facilitation and management, including: record keeping, planning, and determining intervention strategies
- Conduct therapy sessions for diagnosis, determination of baseline functioning and improve communication
- Act as a liaison and advocate on behalf of the consumer with the treatment team, including doctors and nursing staff
- Act as a liaison and advocate on behalf of the consumer with community resources

*Hillsdale Community Health Center  
Hillsdale, Michigan  
Renee Batt, LMSW  
Director Behavioral Health Unit  
2007 to 2012*

**Independent Contractor  
Inpatient Social Worker**

- Part-time weekend inpatient social worker
- Complete initial treatment plan development
- Daily case facilitation and management, including: record keeping, planning, and determining intervention strategies
- Conduct psychotherapy group sessions
- Conduct family therapy sessions

*Hillsdale Community Health Center*  
*Hillsdale, Michigan*  
*Renee Batt, LMSW*  
*Director of Behavioral Health Unit*  
**2006 to 2010**

**Independent Contractor**  
**Mental Health Access Center**

- Emergency mental health triage services
- Assessment services

*Hillsdale Psychological Institute, PLLC*  
*Hillsdale, Michigan*  
*Dr. Marianne Osentoski, Ph.D., LP (owner)*  
**2004 to 2006**

**Independent Contractor**  
**Private Mental Health Therapy Practice**

- Wide array of private counseling services including group and individual
- Assessment services
- Specializing in domestic violence issues, women's issues, traumatic events, survivors of sexual abuse, aging issues

*Battered Women and Children's Memorial Garden, Ann Arbor, Michigan*  
*Ann Arbor, Michigan*  
*Dr. Elizabeth Shadigian, M.D. and Michael E. Jackson, MSW*  
**2004 to 2006**

**Independent Contractor**  
**Organizational Manager**

- Organizational consultant for development of a non-profit 501(c)3 organization located in Ann Arbor, Michigan

*Branch-Hillsdale-St. Joseph Community Health Agency, Coldwater, Michigan*  
*John Robertson, BA; Director of Health Promotions and Education*  
**2004 to 2005**

**Independent Contractor**  
**Grant Writer**

- Secured a total of 4% of total agency budget
- Return on Investment (ROI): \$22.95:\$1
- Grants secured:
  - Michigan Department of Community Health, "Community Booster Seat Intervention:" Grant Award: \$49,999 (2005)
  - Michigan Department of Community Health, "Southern Michigan Diabetes Outreach Network (SODON):" Grant Award: \$198,000.00 (2005)
  - Michigan Department of Community Health, "Tobacco Prevention and Control: Policy and Environmental Change:" Grant Award: \$15,000.00 (2005)

**Credentials**

- Licensed Master's Social Worker (LMSW), State of Michigan (current)—Clinical and Macro
- Stanford University Chronic Disease Self Management Program (CDSMP)—Personal Action Toward Health (PATH) in Michigan, Leader Training (September 2006)
- Certified Advanced Alcohol and Drug Counselor (CAADC) (January 2009-March 2018)
- Internationally Certified Advanced Alcohol and Drug Counselor (ICAADC) (January 2009-March 2018)
- Panel Provider, State of Michigan sponsored program to treat pathological gamblers and their families (June 2011-July 2012)
- Stanford University Chronic Disease Self Management Program (CDSMP)—Personal Action Toward Health (PATH) in Michigan, Master Trainer (June 2011)
- Stanford University Diabetes Self Management Program—Diabetes Personal Action Toward Health (Diabetes PATH) in Michigan, Leader Training (January 2012)
- National Acupuncture Detoxification Association's (NADA) Auricular Acupuncture Detoxification Training November 16 & 17, 2013; certified provider
- Facilitator, *Hungerwise: Ending the Struggle with Food and Weight*
- Sexual Health Certificate Program (SHCP)—Michigan Trained (Sex Therapy Track) (2016 Cohort)
- Certified Sex Therapist (CST), American Association of Sexuality Educators, Counselors and Therapists (AASECT) (June 2022)

### Trainings Provided

- Michigan Association of Community Mental Health Boards (MACMHB): “*Older Adults and Substance Abuse Prevention*,” collaborative training with The Gerontology Network/Network Leadership Council of Michigan; Lansing, Michigan; October 23, 2002.
- MACMHB: “*Older Adults and Substance Abuse Prevention*,” collaborative training with The Gerontology Network/Network Leadership Council of Michigan; Pontiac, Michigan; April 7, 2003.
- Michigan Association of Foster Grandparents/Senior Companion Program: “*Sweet Dreams: Older Adults and Changes in Sleeping Patterns*,” Frankenmuth, Michigan; 2003 State Conference.
- “*Breaking the Cycle of Violence: Building A Safe Family Environment*,” Michigan State University; May 20, 2003.
- “*Chronic Disease Self-Management Support*,” Integrated Health Partners (IHP) Learning Collaborative, Augusta, Michigan; May 23 & 24, 2007.
- *Joining People with Diabetes* Support Group Training, Western Michigan University faculty, Kalamazoo, Michigan; June 2007.
- *Joining People with Diabetes* Support Group Training, Springview Tower senior apartments, Battle Creek, Michigan; July 2007.
- Stanford University Chronic Disease Self-Management Program (Personal Action Toward Health--PATH--in Michigan), community workshop, Coldwater, Michigan; July-August 2007.
- PATH workshop, Dominican Life Center, Adrian, Michigan; 2 workshops winter and spring 2011
- PATH workshop, Saint Joseph Mercy Chelsea (SJMC) Hospital Behavioral Health Services Outpatient Clinic, Chelsea, Michigan; 2 workshops spring and summer 2012; fall workshop 2013
- Stanford University Diabetes Self Management Program—Diabetes Personal Action Toward Health (Diabetes PATH) in Michigan; facility workshop, Dexter Wellness Center, Dexter, Michigan summer 2013
- PATH workshop, SJMC Hospital Behavioral Health Services Outpatient Clinic, Chelsea, Michigan; fall 2014
- PATH workshop, Chelsea Wellness Center, Chelsea, Michigan; fall 2015

### Community Involvement

- 1993-1997: *Domestic Violence Awareness Month*
- Developed and coordinated a Candlelight Commemoration (1993)
  - Co-founder of the local Clothesline Project display (1994-1997)
  - Participated in the first National Clothesline Project display in Washington, D.C. (1995)
- 1995-2000: *Trinity Lutheran Church*, Hillsdale, Michigan
- Served two three-year terms on Congregational Council
  - Fulfilled positions of Council President (1998 & 1999) and Council Secretary (2000)
  - Oversaw call process of new church Pastor (1998 & 1999) as Council President
  - Member of church for over 20 years
- May 1997: *Habitat for Humanity*  
Ypsilanti, Michigan
- Assisted with local build
- March 1999: *Habitat for Humanity*  
Jimmy Carter Work Project  
General Santos City, Philippines
- Representative for home congregation and State of Michigan in Philippine Blitz Build
- 1999-2002: *Lutheran Brotherhood, Meridian Branch*  
Fraternal Benefit Society
- Healthy Communities/Healthy Youth officer for Lutheran Brotherhood Branch servicing a two-county region
- 2004-2006: *Hillsdale County Human Service Network (County Collaborative)*  
Executive Committee
- 2006-2010: *Michigan Partners on the PATH*  
Member
- Statewide coalition organized to build the capacity of implementation of the Stanford University Chronic Disease Self-Management Program (Personal Action Toward Health--PATH) throughout Michigan
- 2007: *Joining People with Diabetes*  
Executive Committee
- Statewide diabetes support group coalition

2007-2017

*Professional Advisory Committee*  
Hillsdale Community Home Care

- Advising committee member of local Home Care organization

2014-2017:

*Hillsdale County Vulnerable Adult Abuse Prevention*  
Member

- Committee tasked with developing a county-wide prevention protocol for preventing the abuse and neglect of vulnerable adults