

Holly A. Tomasello, MS, LMHC-D (016612)

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PROFILE

Multifaceted, creative, integrated licensed mental health counselor with diverse experience working with clients in human services, educational, private practice, and community settings. Possess working knowledge of Managed-Medicaid System; skilled in providing crisis intervention with person-centered planning, strengths-based, trauma-informed approach to treatment design and implementation. Highly dedicated and skilled advocate for individuals with complex health conditions including their circle of support. Informed in Evidence-based treatment modalities including cognitive techniques, Internal Family Systems (IFS), and Eye Movement Desensitization and Reprocessing (EMDR).

EDUCATION

Canisius University (formerly College), Buffalo, NY

Master of Science: Clinical Mental Health Counseling

2021

August

GPA: 3.92/4.00

Daemen University (formerly College), Amherst, NY

Post Baccalaureate coursework in Counseling and Interviewing and Special Education

Bachelor of Arts, Individualized Studies in Human Development and Educational Advocacy

Bachelor of Arts, Psychology

May 2013

Cum Laude

GPA: 3.43/4.00

- Paiten J. Meyers-Brogan Scholarship (\$500 annual scholarship)
 - Completion of QPR Gate Keeper Training for Suicide Prevention Canisius College 10/2017
 - Daemen College Alumni Grant (\$3,000 per year for academic achievement)
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Clinical Mental Health Counseling Internship (300 hours)

June

2021

Crisis Text Line, remote

- Provided peer-supported, paraprofessional crisis counseling to texters following a data-driven, 5-stage conversation model including information and referral
 - Provide crisis intervention strategies that emphasize self-empowerment and strength-based approaches
 - Engage in ongoing supervision to review conversations, receive constructive feedback to improve skills, and discuss implementation of techniques
 - Attend professional development training and provide peer-to-peer feedback
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Clinical School Counseling Internship (300 hours)

Clarence High School, Clarence NY

September 2019 – January 2020

- Collaborated with educational professionals and parents/guardians regarding students' academic, career development, and social-emotional needs
 - Conducted individual counseling sessions that encompassed techniques and strategies to enhance educational success
 - Met with students to discuss scheduling, college planning, academic performance, and social-emotional well-being including crisis intervention
 - Attended administrative meetings including department, Response to Intervention (RTI), and Committee on Special Education (CSE)
 - Engaged in supervision and professional development training to enhance skill level and knowledge base including discussion of constructive feedback and learning experiences
 - Developed a post-secondary needs assessment for distribution to designated faculty within the Clarence Central School District and created a hypothetical action plan based on previous research and current survey data
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Clinical Mental Health Practicum (100 hours)

Kenton Family Support Center, Kenmore, NY

February 2019 – May 2019

- Direct observation of live family counseling sessions utilizing a team-oriented, solution-focused approach.
 - Engaged in consultation with team members to collaboratively develop appropriate treatment strategies.
 - Conducted individual therapy sessions under clinical supervision.
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PROFESSIONAL AND CLINICAL EXPERIENCE

Inner Voice Reflections Mental Health Counseling, owner

April 2026- present

- NYS. Lic. No. 016612; date issued July 31, 2025
- Established April 14, 2026; EIN 42-2087032; NPI 1174292718
- NYS Diagnostic Privilege issued 7/16/26
- Provide comprehensive case management and mental health treatment to individuals in private practice using behavioral approaches and trauma-informed interventions. Experience in providing crisis-intervention and wraparound services to address psychosocial barriers.
- Use of Simple Practice Electronic Health Record (EHR) for provision of services and record-keeping.

Mental Health Counselor, Counseling Solutions

June

2023 – April 2026

- Provided comprehensive case management and mental health treatment to individuals in private practice using behavioral approaches and trauma-informed interventions. Experienced in providing crisis-intervention and wraparound services to address psychosocial barriers.
- Familiarity with Simple Practice Electronic Health Record (EHR) for provision of services and record-keeping.

Certified Independent Support Broker, People, Inc., Buffalo, NY

March 2019 –

May 2022

- Authorization number: 10596
- Developed and maintained self-directed plans in alignment with person-centered Life Plans and individual needs.
- Familiarity with various software and documentation systems implemented by care coordination organizations and partnering agencies.
- Twelve hours of annual professional development training; certificates of completions/attendance available upon request.

Peer Facilitator, Center for Self-Advocacy, Inc., Buffalo, NY

April

2017-December 2017

- Facilitated workshops on self-advocacy and related topics for people with developmental disabilities in an effort to foster empowerment and self-determination.

Student Disability Advocate/Consultant, Daemen College, Amherst, NY

November 2013 -

April 2015

- Assisted in the identification of academic, social, and management deficits by providing strategies to increase and build self-advocacy skills
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COMMUNITY INVOLVEMENT

Special Incident Review Committee

May 2025-present

- Representative as a community participant receiving services from Aspire oy Western New York
- Review special incidents brought to Quality Assurance and provide feedback on investigatory recommendations , final reports, and identified incident trends

Crisis Text Line, New York, NY

March 2019-present

- Provide peer-supported, paraprofessional crisis counseling to texters by following a data-driven, 5-stage conversation model

People Incorporated, Amherst, NY, Generating Alternative Possibilities (GAP)

August 2014-May

2021

- Served as a committee representative advocating for people with developmental disabilities in an effort to improve quality of life

Compeer of Greater Buffalo, Buffalo, NY

July 2014- February 2016

- Provided one on one mentorship, socialization, and support to individuals with mental health diagnoses

Community Services for Every 1: Project COACH, Buffalo, NY

August 2011 -

December 2011

- Provided after-hours assistance to individuals with developmental disabilities in the areas of community outreach and crisis intervention
- Helped individuals with developmental disabilities build the skills necessary to live independently and integrate into society

RESEARCH, PRESENTATIONS AND ACKNOWLEDGEMENTS

Guest Lecture

- PT 530, Psychosocial Aspects of Health and Disability, Daemen College, Amherst, NY March 2020-present
Living with Cerebral Palsy: Holly's Story
 - Guest Speaker in OTAP230: Pediatric Development Interventions, Bryant & Stratton College, Greece, NY March 2020 - present
 - Guest Speaker in OT 120, Human Occupation Across the Life Span, Erie Community College, Williamsville, NY April 2012-April 2014
Effectiveness of Transition Services and Support for Students in the Special Education System
 - Developmental Disabilities Awareness Day, Niagara Falls Conference & Events Center, Niagara Falls, NY May 23, 2013
 - Presented undergraduate thesis titled, Effectiveness of transition planning and support for students in the special education system
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CONTINUING EDUCATION

The Integrated EMDR & IFS Model: Phase 4 Deep Dive: EMDR Training Group, on demand completed July 2026
EMDR for Grief, Loss, & Mourning: Honoring the Past, Healing the Present, Creating Neuropathways Forward: Trauma Therapist Institute, October 2025

The Integrated EMDR & IFS Model: Level 2 Training: EMDR Training Group, November 2024

The Integrated EMDR + IFS Model: Level 1 Training: EMDR Training Group, August 2024

EMDR Basic Training: EMDR Training Group, February 2024

Transgender & Gender Non-Binary (TGNB) Clients: Clinical Issues and Treatment Strategies, Pesi, Inc., February 2023

Supporting Clients in Psychologically Abusive Relationships, NYS Mental Health Counseling Association, January 2023

Dialectical Behavior Therapy Certification Training, PESI, Inc., May 2022

Social Emotional & Sensorimotor Regulation Strategies: Holistic Approaches for Anxiety, Autism, Sensory Disorders, ADHD, Developmental Disorders, Down Syndrome and Cerebral Palsy (Online Course), Psychotherapy Networker, June 2021

Staff Development Day, the 7 Habits of Highly Effective People, Clarence Central School District, November 2019

Annual Counseling Seminar by Department of Counseling and Human Services, Coping with Grief and Loss: the New Normal, Canisius College, November 2019

American School Counselors Association Conference, Revolutionary Ideas, Boston MA, June-July 2019

*Workshops attended upon request

New York State School Counselors Association Conference, School Counselors: Prepared to Lead the Way, Syracuse NY, November 2017

*Workshops attended upon request

POMs Administrator, People Incorporated, Amherst, NY
Certified May 2015

- Assess the quality of life for individuals with developmental disabilities and determine areas of satisfaction and needs for improvement
 - Offer recommendations based on outcome measures and individual needs
Autism Society, Western New York Chapter and Autism Services, Sensory, Emotional, and Behavioral Regulation in Individuals with ASD, D'Youville College, September 2014
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PROFESSIONAL MEMBERSHIPS AND CERTIFICATIONS

New York State Certified Self-Directed Broker, May 2018 – May 2021

- Certified by Western New York Regional Office for People with Developmental Disabilities
- Trained and certified to develop self-directed plans and provide budgetary support to individuals with developmental disabilities to maintain services

Current Member, American Counseling Association, Member since April 15, 2016 (#6449902)

- Affiliated Institution, Canisius College

Current Member, The American Mental Health Counselors Association, Member since September 3, 2018 (#55494072)

- Affiliated Institution, Canisius College
- ***NYS Mental Health Counselor Association Buffalo/Niagara Chapter***, Member since September 2022 (11393)
- ***Current Member, American School Counselor Association***, Member since September 3, 2018 – 2020 (#264304)
- Affiliated Institution, Canisius College
- ***Current Member, New York State School Counselor Association***, Internal Member from September, 2017-September, 2020 (#469712)

- Affiliated Institution, Canisius College