



JAKE ROSTOVSKY

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Areas of Specialization

Cultural Competency

- Recognizing your own privilege and oppression
- Using your privilege as a clinician to help oppressed communities
- Intersectionality and mental health considerations

LGBTQ+

- Transgender 101
- Transgender mental health disparities
- LGBTQ+ employment disparities (emphasis on TGNB)
- Transgender youth mental health considerations
- Working with families who have transgender youth
- Letter writing for transgender related medical procedures
- Working with the transgender community throughout the lifespan
- LGBTQ+ 101
- LGBTQ+ mental health disparities
- Working with the LGBTQ+ community throughout the lifespan
- LGBTQ+ affirmative treatment for substance usage
- LGBTQ+ elder mental health considerations
- LGBTQ+ youth mental health considerations
- How LGBTQ+ history impacts current mental health disparities
- LGBTQ+ Domestic Violence

Activism

- Using activism as a coping skill
- Activism 101

Workplace

- Transgender and LGB affirmative diversity and inclusion 101
- Making your environment safe and inclusive for transgender employees
- How to assist an employee who is transitioning
- Using effective communication as managers
- Developing manager skills (leadership, boundaries, delegating, etc.)
- Non-management employee skill building (communication styles, boundary setting, multi-tasking, etc.)
- Addressing burnout in the workplace

Individual Clinicians

- Fighting imposter syndrome
- Recognizing and combatting burnout within self
- Resume building and interview skills



JAKE ROSTOVSKY

Transgender/Non-Binary Diversity and Inclusion “TGNB Immersive Diversity Training”

Audience Employees, Management and HR Staff

Objectives

1. Training and Development

- Be able to understand and define; key terminology in relation to transgender and non-binary individuals, statistics involving unemployment rates and safety, laws that require the protection and inclusion of trans/non-binary individuals in housing and employment
- Be able to identify unique needs of clients (i.e., housing needs, bathroom inclusion, employment opportunities)

2. Workplace Diversity

- Be able to identify areas of business that needs improvement, creation and implementation of transgender/non-binary safety and inclusion practices
- Have created an action plan based on prior objective that will include changes that can be implemented in order to provide safety and inclusion to transgender/non-binary clients and staff
- Walk away with one-sheet guides to provide company-wide for reference and future training
- Receive a certificate of completion acknowledging this training and efforts to be a safe and inclusive environment for the trans/non-binary population

Each Training Program Will Receive:

- Pre-training assessment which aims to discover competency, needs, and development areas of team/department/division
- 2, 2-hour training modules
- One-sheet and refence guides to use post training
- Certification of completion
- Post-training survey to assess success of implementation of new practices
- 1:1 coaching and development post training if required



Consultant Bio

Jake Rostovsky, MA, LMFT

Jake Rostovsky is a licensed psychotherapist, Point Foundation alumni, noted advocate and consultant. Openly transgender since he was thirteen — Jake uses his personal experience and professional background as a mental health clinician to educate and facilitate deep and meaningful learning experiences for individuals centered around topics facing his community. Through appearances on Oprah, BuzzFeed, Dr. Phil and global news sources he has brought a unique and dynamic voice to an often ignore cause.

Currently sitting as Chair of the West Hollywood Transgender Advisory Board, Jake takes an active role in influencing legislation both locally and nationally, as well as promoting awareness to political problems the

Transgender community faces on a daily basis. Jake is honored to have served as a mental health clinician for Gateways Hospital, Being Alive Los Angeles and the LA LGBT Center, and to have made progress towards eliminating the mental health disparities facing the LGBT community.

In his free time, Jake is a true crime junkie and loves everything Disney. He tries to bring an element of fun and whimsy to every experience he creates.

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See my video at: <https://tinyurl.com/jakertraining>

JACOB ROSTOVSKY, MA, LMFT

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PROFESSIONAL SUMMARY

Licensed Marriage and Family Therapist with over 10 years of working in the in the mental health and LGBT+ activism field. Vast experience in training and development, peer counseling, and education. Compassionate, solutions-oriented and dedicated to providing exceptional care for clients. Passionate about current and future clinician development.

SKILLS

- Expert in training, facilitation and content development
- Culturally sensitive
- Progress Reporting
- Continuing education
- Group and individual instruction
- Online learning tools
- Lesson Planning
- Interpersonal Communication
- Curriculum Creation
- Expert in LGBTQ+ identity and development models

WORK HISTORY

Diversity and Inclusion Consultant, 05/2018 to Current

Self-Employed – Los Angeles, CA

- Consults with organization management to assess needs and plan improvements focused around LGBT+ inclusion and safety in the workplace, home life and academic institutions.
- Record videos and write curriculum to facilitate online and remote training programs.
- Develops and provides training courses, lesson plans, instructional materials and written practice tests for business and academic institutions.
- Consults with businesses on creation and implementation of diversity policies and structure of ERG's.

Forensic Clinician, 03/2019 to 03/2020

Gateways Mental Health Hospital – Los Angeles, CA

- Conducted weekly anger management and coping skills groups with up to 20 patients at a time.
- Delivered mental health support for patients in a forensic clinical setting.
- Completed full mental health assessments to determine treatment plans and goals.
- Maintained patient records, including change in service plans, treatment reports and progress.
- Assisted clients to better understand their mental health symptoms and how it relates to their trouble with the law.

Clinical Therapist, 10/2017 to 07/2019

Being Alive – West Hollywood, CA

- Conduct one-on-one counseling sessions with clients.
- Encourage clients to get involved in social, recreational and other therapeutic activities to enhance interpersonal skills and develop social relationships.
- Help to process feelings and emotions with clients around recent HIV diagnosis, issues associated with long term HIV survival and everything in between.
- Developed and implemented treatment plans and modified when needed.
- Created and executed workshops and trainings around HIV/STD prevention and treatment.

Talent Development Coordinator, 09/2014 to 10/2016

NBCUniversal – Universal City, CA

- Increased the number of classes held in our learning center per year by revising the policies and procedures for booking our space.
- Ensured our employee's understood the content of our courses by developing collateral and tools that could be understood by individuals of all different learning styles.
- Ensured the success of new employee's first 90 days at NBCUniversal by facilitating and designing our new hire orientation.
- Delivered impactful learning opportunities to our employee's by planning and executing different experiences, labs and events throughout our courses.

EDUCATION

Master of Arts: Clinical Psychology, Magna Cum Laude, 2018

Antioch University - Los Angeles

LGBTQ+ Specialization

Bachelor of Arts: Psychology, Cum Laude, 2014

American Jewish University

Founder and President of the LGBTQ+ Student Organization

OTHER EXPERIENCE

Relevant Information

- Training for pre-licensed clinicians on human sexuality which includes emphasis on LGBTQ+ identity and development.
- Guest lecturing in human sexuality and abnormal psychology courses at UCSD, CSUN, Antioch, Cal State LA and UCLA.
- Providing training and development for licensed clinicians at facilities such as Gateways Hospital, Airport Marina, The Maple Center and the Department of Mental Health.
- Peer counseling and peer support for current higher education students.