

# holden dillman

he/him | they/them

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## Profile

Certified Social Worker (CSW) and Certified Yoga Teacher (CYT-200) specializing in mind-body centered approaches, integrative mental health, and critical social work. With an academic background rooted in understanding how human behavior is affected by various environments and systems, I am committed to supporting others as they tend to their relationship with themselves, others around them, and their circumstances.

## Experience

Therapist, Bridge Counseling & Wellness, Louisville, KY – 2020 - Present

Practices psychotherapy specializing in trauma-sensitive mindfulness and primarily serves children, adolescents, and adults healing from torture, trauma, and sexual-based violence.

Content Writer, GreenHouse17, Lexington, KY – 2019 - 2020

Developed print and digital content that reflected the organization's services, the mission, and values. Researched material needed to write website, print, and blog copy. Collaborated closely with the External Relations Director and with clients to write according to the organization's editorial style.

Student Mental Health Associate, Kentucky Refugee Ministries; Louisville, KY – 2019 - 2020

Served as the advanced year clinical practicum student facilitating intensive and culturally adapted trauma-sensitive therapeutic interventions with individuals and groups. Conducted one-year evidence-based program evaluation and intervention proposal for the agency.

Field Organizer, Define American, Los Angeles, CA / Louisville, KY – 2019

Acted as community consultant to organize local collaboration for national summit that brought together media makers, activists, students, religious leaders, and creative influencers from across the political spectrum to reimagine a new and more accurate narrative on American identity.

## Education

University of Louisville - Kent School of Social Work, Louisville, KY – MSSW, 2020 | GPA 3.94

Berea College, Berea, KY – BA Sustainable Community Development, 2018 | GPA 3.55

The OM Place, Winchester, KY – CYT-200, 2018

SIT International Honors Program - Sao Paulo, BR | Cape Town, SA | Ahmedabad, IN - 2017

## Awards

MSSW Dean's Citation | Russell Loudon Scholar | Ruth Malcolm Scholar | Bonner Scholar

## Presentations

Owens, J., & Dillman, H. (2020, September). *Healing Trauma with Ecotherapy Practices* [Webinar]. 2nd International Forest Therapy and Wellbeing Summit, Hosted by the Forest Therapy Institute.

## Academic Courses

### *Relevant Courses Completed:*

#### **BA Sustainable Community Development**

PSC 100 Intro to the Study of Political Science  
SENS 100 Intro to Sustainability  
ECO 102 Principles of Microeconomics  
MAT 108 Environmental Issues: Mathematical Approach  
PSJ 205 Peace and Social Justice: Theory and Practice  
SENS 225 Environmental Justice  
PSC 235 Research Methods  
APS 235 Humans & Nature in Southern Appalachia  
SENS 286 Energy, Security, and Society  
BIO 310 Ecology  
ANR 318 Food Policy  
ECO 370 Environmental Issues in Public Policy  
SENS 386 Contemporary Urban Issues  
COM 395 Non-profit Communication  
SENS 460 Sustainability Capstone  
SENS 486 Culture and Society of World Cities  
COM 498 Communication of the Built Environment

#### **MS Social Work**

SW 601 Human Behavior in the Social Environment I SW 602 Social Welfare and Institutional Policy  
SW 603 Social Justice Practice  
SW 604 Social Work Practice I  
SW 605 Social Work Practice II  
SW 619 Human Behavior in the Social Environment II  
SW 622 Issues Policy and Service Delivery  
SW 626 Research Methodology and Design  
SW 636 Death and Grief  
SW 640 EBP Individuals, Families, & Groups  
SW 641 Social Justice Policy  
SW 642 Psychopathology  
SW 663 Social Work and Human Sexuality  
SW 668 Advanced Research Practice I  
SW 669 Advanced Research Practice II  
SW 670 Foundation SW Practicum I  
SW 671 Foundation SW Practicum II  
SW 672 Advanced SW Practicum I  
SW 673 Advanced SW Practicum