

ALY KELLER, LCSW

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CHILD, ADOLESCENT & FAMILY THERAPIST

Trauma-Informed Care | Play-Based Interventions | Family Therapy | Youth Behavioral Health

Licensed Clinical Social Worker with experience helping children, adolescents, and families navigate trauma, anxiety, foster care, adoption, behavioral concerns, adoption, and complex family transitions. Quickly establishes trust with young people and caregivers via play-based, trauma-informed, and relationship-centered interventions that strengthen self-expression, emotional regulation, self-efficacy, and family connection. Brings additional leadership experience directing youth programming, coaching multidisciplinary teams, communicating with parents, and helping children move through fear, frustration, and setbacks.

Expertise: Child & Adolescent Therapy • Family Systems • Crisis Intervention • Assessment & Treatment Planning
Parent & Caregiver Partnership • Behavior Management • Case Management • Clinical Documentation
Staff Training & Supervision • Medicaid & Private-Pay Intake • Youth Program Leadership

PROFESSIONAL EXPERIENCE

PRIVATE GYMNASTICS ACADEMY – Denver, CO

Aug 2021 – Present

Recreational Gymnastics Director & Coach

Direct recreational gymnastics program serving ~1,100 students and lead team of 14 coaches. Oversee lesson planning, student progress, staff development, parent communication, scheduling, customer service, and day-to-day program quality.

- **Apply therapeutic training to build trust with children of varying ages, abilities, and emotional needs**, including athletes experiencing anxiety, behavioral concerns, low confidence, and mental-performance barriers.
- **Help young people develop resilience, emotional regulation, self-efficacy, and healthy responses** to fear, frustration, and setbacks.
- **Partner with parents to understand individual needs, communicate progress, address concerns**, and establish consistent strategies for supporting each child.
- **Train and mentor coaches in developmentally appropriate instruction, relationship building, safety**, behavior management, and constructive family communication.
- **Balance needs of students, parents, and staff while resolving sensitive concerns** and maintaining a safe, inclusive, and supportive program environment.
- **Coordinate community-support and fundraising initiatives** that connect families with needed resources during periods of crisis.

INDEPENDENT PRACTICE – Denver, CO

Jun 2020 – Jun 2021

Social Work Licensure Supervisor

Provided weekly individual supervision to a social work licensure candidate, supporting clinical judgment, ethical practice, documentation, professional development, and preparation for independent licensure. The candidate successfully earned licensure and transitioned into a school counseling role.

CHILD & FAMILY BEHAVIORAL HEALTH ORGANIZATION – Denver, CO

Oct 2015 – May 2019

In-Home Family Therapist & Intake Coordinator

Provided trauma-informed, in-home therapy and case management to children and families throughout the Denver metropolitan area. Earned expanded responsibility for program intake and intern supervision based on clinical judgment, relationship-building ability, and knowledge of community resources.

In-Home Family Therapist, cont'd

- **Used play-based interventions, the Neurosequential Model of Therapeutics, Family Systems Theory, and Attachment Theory** to support children experiencing complex trauma, ADHD, anxiety, aggression, adoption, foster care, and family disruption.
- **Conducted comprehensive assessments and developed individualized treatment plans aligned with client needs**, family dynamics, clinical goals, and available supports.
- **Completed accurate, timely case notes and maintained documentation** supporting continuity of care, ethical practice, and Medicaid and private-pay requirements.
- **Quickly established trust with children and caregivers, including families entering treatment** during stressful, resistant, or emotionally complex circumstances.
- **Managed program intake for Medicaid and private-pay clients**, assessing service needs, explaining the treatment process, and connecting families with appropriate clinicians.
- **Connected families with therapy providers, educational options, financial resources, mentoring programs**, and other community-based support.
- **Supervised graduate-level interns**, providing case consultation, feedback, and guidance on therapeutic relationships, documentation, and professional development.

EQUINE-ASSISTED THERAPY PRACTICE – Denver, CO

May 2014 – Sept 2015

Equine-Assisted Therapist

Selected for a permanent position after completing a clinical internship. Delivered individual and group equine-assisted therapy in residential and justice-system settings.

- **Facilitated experiential therapy sessions for groups of up to 10 participants**, using interactions with horses to support trust, communication, emotional awareness, confidence, and behavioral change.
- **Completed assessments, treatment plans, progress notes, and case documentation** following individual and group sessions.
- **Collaborated with program staff to adapt interventions to participant needs, treatment goals, behavioral concerns**, and safety considerations.

ADDITIONAL YOUTH & CLINICAL EXPERIENCE

Youth Outreach Coach Community Wellness Program • Denver, CO	2015 – 2016
MSW Intern Adoption Services Organization • Denver, CO	2013 – 2014
Youth Treatment Counselor Residential Youth Center • Denver, CO	2012 – 2013
Court Appointed Special Advocate Child Advocacy Organization • Denver Metro, CO	2011 – 2012

EDUCATION

Master of Social Work (MSW)	University of Denver, Denver, CO
Bachelor of Arts, Psychology	Colorado State University, Fort Collins, CO

CREDENTIALS

Licensed Clinical Social Worker (LCSW)	State of Colorado
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