

Curriculum Vitae

Ruthie Bantel, LAC

ruthie@bantelmhc.com

EDUCATION

Master of Science, Clinical Mental Health Counseling
Grand Canyon University, Phoenix, AZ - 2024

Master of Education, Special Education (Cross-Category)
Grand Canyon University, Phoenix, AZ - 2013

Bachelor of Science, Administration of Justice Studies
University of Phoenix - 2006

Associates of Applied Science, Child and Family Studies
Phoenix College, Phoenix, AZ - 1998

LICENSURE & CERTIFICATIONS

Licensed Associate Counselor - LAC-24034

Expires Feb 2028

Arizona Department of Education Teacher Certification (K–12 Special Education,
Cross-Categorical)

Expires Jun 2035

Arizona Fingerprint Clearance Card

Expires Mar 2028

AMHCA Clinical Mental Health Credential

EMDR Level 1 Certified

Brainspotting Phase 1 & 2 Certified

DBT, ACT, CBT, IFS, and Gestalt Therapy Trained

CLINICAL EXPERIENCE

Trauma Healing Therapist

La Frontera EMPACT, Phoenix, AZ

Jan 2024–Present

Provide trauma-informed individual and group therapy for individuals experiencing acute crisis, including survivors of violence and individuals at risk of harm to self or others. Conduct comprehensive biopsychosocial and risk assessments, establish diagnoses, and maintain an active caseload of approximately 20–35 clients weekly.

Deliver services in both in-person and telehealth settings while ensuring timely documentation, treatment planning, and continuity of care.

Extensive experience in crisis assessment, safety planning, and real-time de-escalation across community, telehealth, and field-based settings.

Collaborate with multiple law enforcement agencies to support victims of crime and provide training to officers on responding to individuals in mental health distress.

Participate in ongoing clinical consultation and supervision, incorporating feedback to support clinical decision-making, ethical practice, and treatment planning.

Crisis Therapist – Special Projects

La Frontera EMPACT

Jan 2024–Present

Deliver community-based crisis intervention services across home, school, and community settings, including work with university students and tribal communities. Provide stabilization, de-escalation, behavioral support, and coordination of care, including linkage to appropriate community resources and follow-up services.

Hotline Specialist

La Frontera EMPACT

Jan 2024–Present

Provide crisis intervention and support across multiple hotline platforms, including national and specialized lines. Conduct structured risk and needs assessments, coordinate dispatch of response teams, and document services in accordance with clinical and agency standards.

Crisis Specialist

La Frontera EMPACT

Mar 2022–Jan 2024

Provided direct crisis response services across in-home, school-based, and community settings. Delivered de-escalation, stabilization, and case management services while coordinating care across behavioral health systems and community providers.

CLINICAL TRAINING & CRISIS RESPONSE EXPERIENCE

Extensive experience delivering crisis intervention across multiple levels of care, including hotline response, in-home stabilization, and community-based crisis services. Trained in trauma-informed care and de-escalation, with experience

supporting diverse populations including college students, survivors of violence, and individuals experiencing acute psychiatric distress.

Collaborates with law enforcement agencies including Glendale, Scottsdale, Tempe, Gilbert, Chandler, and Phoenix Police Departments to support victims of crime and provide training on mental health response and crisis intervention.

Experience working with diverse populations including college students, survivors of trauma and violence, individuals experiencing acute psychiatric distress, and individuals with complex behavioral and cognitive needs.

CLINICAL COMPETENCIES

Trauma-Informed Care

Crisis Intervention and De-escalation

Suicide Assessment and Intervention

Biopsychosocial Assessment and Diagnosis

Treatment Planning and Documentation

Individual and Group Therapy

Case Management and Care Coordination

Behavioral and Cognitive Disabilities

Multidisciplinary Collaboration

Virtual and In-Person Service Delivery

Evidence-Based Modalities: Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Internal Family Systems (IFS), Gestalt, Brainspotting, and EMDR-informed interventions

EDUCATION & BEHAVIORAL HEALTH EXPERIENCE

Provided over 20 years of behavioral and educational support within public and charter school systems, working with individuals with cognitive, developmental, and behavioral health needs. Developed and implemented individualized intervention plans (IEPs), conducted structured assessments, and coordinated care with multidisciplinary teams including families, case managers, and community providers.

Extensive experience supporting individuals with emotional and behavioral disorders, crisis behaviors, and complex psychosocial needs, with a strong foundation in regulatory compliance (IDEA) and coordinated care planning.

PROFESSIONAL AFFILIATIONS

American Mental Health Counselors Association (AMHCA)

American Counseling Association (ACA)

American Association of Suicidology

TECHNOLOGY

Electronic health record systems (SimplePractice, TherapyNotes, NextGen, iCarol), telehealth platforms, and standard productivity software including Microsoft Office, Zoom, and Google Workspace.

HONORS & PROFESSIONAL RECOGNITION

Arizona 12 News Teacher of the Week - 2023

IXL Elite 100 Teacher - 2021–2022