

Elaine H. Cavazos, LCSW

VITA

Education and Licenses:

Licensed Master Social Worker -- Licensed Clinical Social Worker, State of Texas
Our Lady of the Lake University, San Antonio, Texas
Masters of Social Work, December 1991
Midwestern State University, Wichita Falls, Texas
Bachelor of Arts in Sociology, (minor: Social Work), May 1990

Professional Memberships:

Pregnancy and Postpartum Health Alliance of Texas, (PPHA), Board Member, Clinical Director and President-Elect, December 2014-present
National Association of Social Workers (NASW), September 2003 to present
NASW Texas Women's Issues Committee, June 2011-October 2014
Council on Social Work Education, May 2007-September 2008
Postpartum Support International-September 2012 to present

Professional Experience:

University of Texas at Austin Steve Hicks School of Social Work, Austin, Texas

Chair, UT Maternal Mental Health and Wellness Conference 2017

Organized and led a program planning team of mental health and medical professionals to organize and implement a multidisciplinary conference. Worked in coordination with the University of Texas School of Social Work's Professional Development Department, Dell Medical School, Seton Hospital Network, and several community organizations to develop content and plan networking events and opportunities for conference attendees. Promoted the conference to various news media organizations including KXAN and KEYE.

Elaine H Cavazos, LLC

Private Practice, Therapist, May 2016-present

Provide individual therapy to clients ages 18 and up. Interview clients individually to determine what services will best address their needs. Utilize strong assessment skills to determine necessary client care and treatment plans. Advise clients on community resources, make referrals and devise realistic treatment plans. Evaluate and address individual client needs and concerns. Practice cognitive behavioral, mindfulness, and feminist relational-cultural techniques. Consult with other professionals regarding the treatment of specific clients. Educate clients and their families regarding other community resources. Responsible for developing all clinical procedures and maintaining professional and confidential records. Responsible for all billing and communication with insurance companies. Provide treatment within scope of practice as defined by state law. Ensure HIPAA compliance.

University of Texas at Austin Steve Hicks School of Social Work, Austin, Texas

Lecturer, March 2015-present

Substituted for Professor Cossy Hough in her Practice II and Field II courses in the Spring of 2015. Currently teaching in the BSW program, courses as assigned.

My Healing Place, Austin, Texas

Field Instructor/Therapist, August 2012 to present

Supervising Social Work students in a grief and loss setting. Managing the students educational needs as well as coordinating with the University of Texas at Austin School of Social Work. Providing therapy for individuals who are coping with a significant loss. Utilizing Grief and Loss therapy as well as Mindfulness practice with these individuals. Engage in community education by providing grief and loss information to employers who have experienced a loss in the workplace.

University of Texas at Austin Steve Hicks School of Social Work, Austin, Texas

Clinical Assistant Professor, September 2007 to August 2010

Lecturer, September 2004 to September 2007

Taught a generalist practice course for graduate students in the MSSW program; course covered the values, ethics, and practice techniques for first year MSSW students. Also facilitated Integrative Seminar for students who were enrolled in Field I and II and served as the faculty liaison between the university, students, and participating community agencies. Also served as a member on the Field Education Committee planning for student opportunities in field agencies and developing curriculum and the MSSW committee reviewing proposed courses for students. Advised students on field placement opportunities and future employment possibilities. Particular focus was working with students who are interested in the field of Gerontology. Also served as the Program Manager for the UT Hartford Partnership Program for Aging Education and responsible for recruiting students for the grant, placing students in aging related field placements, monitoring those placements and developing relationships with our field instructors/community partners, and responsible for the planning and implementation of an annual continuing education meeting for students and field instructors that focuses on the HPPAE program and older adults. Developed and implemented the Gerontology Resources and the Aging Community in Education (GRACE) Program. Applied for and was awarded grant funds from the Mitte Foundation to support the GRACE Program, May 2010.

Seton Hospital Network, Austin, Texas

PRN Social Worker, June 2003-January 2004

Provided Social Work coverage at Brackenridge Hospital, Children's Hospital of Austin, and Seton Hospital as needed. Provided social work services primarily to the Labor and Delivery unit at Brackenridge hospital. Assisted with financial aid, resources, referrals, and psychosocial support. Also evaluated adult patients for mental health services and facilitated transfers, when necessary, to local in-patient psychiatric units.

Junior League Hispanic Mother-Daughter Program, Austin, Texas

Field Instructor, October 2003 to May 2004

Provided field instruction for first year Master's of Social Work candidates at the University of Texas School of Social Work who were placed at the agency. Responsibilities include providing feedback and assessment of the graduate students' counseling activities. The JL-HMD program's goals include: supporting the aspirations of daughters and mothers to seek higher education; increasing participants' educational success by improving academic skills and enhancing their self-esteem; and educating participants about college test preparation, applications, admissions requirements, and scholarship information.

Texas Children's Hospital, Houston, Texas

Social Worker, December 1992 to July 1996

Provided social services to patients and families for the departments of Pediatric Cardiology and Allergy and Immunology. Assisted families by providing counseling and advocating on patient's behalf with community agencies. Performed psychosocial evaluations on both patients and families as part of assessing candidacy for cardiac transplantation. Involved with addressing the ongoing practical and emotional needs of patients and families as part of multi-disciplinary healthcare team. Addressed families' urgent financial needs by locating funds to assist them in payment of electricity, phone bill, and rent through charity funds in the hospital. Supervised the Heart Guild Society volunteers participation in activities related to the outpatient Cardiology Clinic. Developed bereavement information package for use with families of deceased patients. Supervised a full time social work student from the University of Texas for the duration of her internship at Texas Children's Hospital.

University of Texas M.D. Anderson Cancer Center, Houston, Texas

Social Worker II, January 1992 to December 1992

Provided social services to patients receiving treatment for cancer in both outpatient and in-patient settings. Co-facilitated support groups for prostate cancer patients and end-stage cancer patients. Worked as part of multi-disciplinary team in providing emotional support for patients and families.

Teaching Assignments:

- ◆ 2018 Practice II-Post BSW (summer)
- ◆ 2018 Loss and Grief (BSW)
- ◆ 2017 Grief and Loss Counseling
- ◆ 2017 Practice II-Post BSW (Summer)
- ◆ 2017 General Social Work (Spring)
- ◆ 2017 Loss and Grief (Spring)
- ◆ 2016 General Social Work (2 sections-Fall)
- ◆ 2016 Final Field Practicum (549R/494S)

- ◆ 2016 Social Work in Groups (Spring)
- ◆ 2015 General Social Work (Fall)
- ◆ 2015 Human Behavior and the Social Environment (Fall)
- ◆ 2015 Practice II
Integrative Seminar (Field II)
- ◆ 2010 Practice I
Integrative Seminar (Field I)
Practice II
Final Field Practicum (594R/494S)
- ◆ 2009 Practice I
Integrative Seminar (Field I)
Practice II
Final Field Practicum (594R/494S)
- ◆ 2008 Practice I (65460)
Integrative Seminar (Field I)
Practice II (64895)
Integrative Seminar (Field II)
Final Field Practicum (594R/494S)
- ◆ 2007 Practice I (66285)
Integrative Seminar (Field I)
Practice II
Final Field Practicum (594R/494S)
- ◆ 2006 Practice I (65965)
Integrative Seminar (Field I)
Practice II (64075)
Practice II (64070)
Integrative Seminar (Field II)
Final Field Practicum (594R/494S)
- ◆ 2005 Practice I
Integrative Seminar (Field I)
Practice II
Integrative Seminar (Field II)
Final Field Practicum (594R/494S)
- ◆ 2004 Practice II
Integrative Seminar (Field II)
Final Field Practicum (594R/494S)
- ◆ 2003 Integrative Seminar (Field I)

Professional Presentations:

- ◆ Cavazos, E, "The Nuts and Bolts of Field Instruction", invited speaker, The University of Texas School of Social Work Field Instructor Workshop, August 2007
- ◆ Cavazos, E. and Linseisen, T. "Life Stage Diversity: a Challenge of Teaching Social Work Practice Courses", invited speaker, Council on Social Work Education's Annual Program Meeting, San Francisco, California October 29, 2007
- ◆ Cavazos, E. and Holieday, K. "The Nuts and Bolts of Field Instruction," invited speaker, The University of Texas School of Social Work Field Instructor Workshop, August 2008
- ◆ Cavazos, E. and Streeter, C. "Professional Expectations for UT School of Social Work MSSW Students," invited speaker, University of Texas School of Social Work MSSW Orientation, August 2007, January 2008 and August 2008
- ◆ Cavazos, E, "UT Hartford Partnership Program for Aging Education Educational Seminar for Field Instructors and Students," Spring 2008

- ◆ Cavazos, E, Armenta, K, and O' Toole, L. "The Implications of Social Networking on Social Work Practice: Strategies and Tools," invited speaker, NASW-Texas Annual Conference, October 2009
- ◆ Cavazos, E and Kunkel, R, "Got Students? Now What." invited speaker, University of Texas at Austin School of Social Work --School Social Work Conference, February 2011
- ◆ Cavazos, E, and Hough, C. "The Emerging Social Worker: Getting Through The Early Years," invited speaker, NASW-TX Annual Conference, October 2011
- ◆ Women's Issue's Committee, "The State of Women in Texas," invited speaker, NASW-TX Annual Conference, October 2012
- ◆ Cavazos, E. "The Emerging Social Worker: Getting Through The Early Years," guest lecturer, UTSSW Practice II Class, February 2012
- ◆ Cavazos, E, and Hough, C. "The Emerging Social Worker: Getting Through The Early Years," guest lecturer, UTSSW Practice II Class, January 2012
- ◆ Cavazos, E. "The Art of Providing Feedback through Ongoing and Ethical Supervision in the Field Setting," invited speaker, University of Texas At Austin School of Social Work Field Department, October 2011.
- ◆ Cavazos, E. "The Art of Providing Feedback through Ongoing and Ethical Supervision in the Field Setting," invited speaker, University of Texas At Austin School of Social Work Field Department, March 2012.
- ◆ Cavazos, E, and Hough, C. "The Emerging Social Worker: Getting Through the Early Years," invited speaker, NASW-TX Annual Conference, September 2012
- ◆ Women's Issues Committee, "The State of Women in Social Work," invited speaker, NASW-TX Annual Conference, September 2012
- ◆ Cavazos, E. "The Emerging Social Worker: Getting Through the Early Years," guest lecturer, UTSSW Practice I Class, September 2012
- ◆ Cavazos, E. "Mindfulness and Self-Care for the Social Work Practitioner," guest lecturer, UTSSW Practice I Class, September and November 2013
- ◆ Women's Issue Committee, "Review of the 2013 Legislative Session in Texas," invited speaker, NASW-TX Annual Conference, September 2013
- ◆ Cavazos, E and Dickerson, J, "Perinatal Mood Disorders and Grief and Loss," invited speaker, My Healing Place, November 2014
- ◆ Cavazos, E. "Mindfulness Practice and the Ethics of Self-Care," guest lecturer, UTSSW Practice I Class, September and November 2014
- ◆ Cavazos, E. "Mindfulness Practice and the Ethics of Self-Care," invited speaker, My Healing Place, March 2015
- ◆ Cavazos, E. "Mindfulness Practice and the Ethics of Self-Care," guest lecturer, UTSSW Practice II Class, June 2015
- ◆ Cavazos, E. "The Art of Effective Feedback in the Field Setting," keynote speaker, UTSSW Field Instructor's Workshop, September 2015
- ◆ Cavazos, E and Thomas, B. "Perinatal Mood Disorders: An Overview," invited speaker, St. David's ER South, March 2016.
- ◆ Cavazos, E and Thomas, B. "Perinatal Mood Disorders 101: Therapeutic Interventions and Community Engagement," invited speaker, HOPES Grant, August 2016.
- ◆ Cavazos, E, "Maternal Mental Health for Parents," invited speaker, Mothers of Multiples, October 2016

- ◆ Cavazos, E, "Perinatal Mood and Anxiety Disorders," invited speaker, UTSSW Integrative Behavioral Health Class, October 2017
- ◆ Cavazos, E, "Perinatal Mental Health of Adolescent Mothers," with The Ann Richards School for Young Leaders Believe Team, invited speaker, 5th Annual Child Welfare Conference, Austin, Texas, November 2017
- ◆ Cavazos, E, "Perinatal Mood and Anxiety Disorders," invited speaker and training chair, Austin, Texas, January 2018
- ◆ Cavazos, E, "Perinatal Mood and Anxiety Disorders: Identification, Treatment, and Community Outreach," invited speaker, Open Moms Group, Wichita Falls, Texas, April 2018

Grants/Contracts:

Member of the team implementing the UT SSW's Gero Innovations Grant, Master's Advanced Curriculum Project on Substance Use Problems and Older Adults from the Council on Social Work Education and funded by the John A. Hartford Foundation. Assisted in developing cases on Mexican American older adults with substance use problems and assisted with workshop attended by approximately 140 field instructors.

Applied for and received grant funding from the Mitte Foundation for the GRACE program, May 2010.

Awards and Recognitions:

- ◆ Leadership Award in Honor of Completing Training for the Hartford Partnership Program for Aging Education at The New York Academy of Medicine, February 2008
- ◆ Field Instructor of the Year, UTSSW, January 2016

University and School of Social Work Committees:

- ◆ Field Education Committee, September 2003-August 2010
- ◆ MSSW Committee, September 2008-August 2010
- ◆ Faculty Advising to UT-SSW students entering Final Field Practicum, Fall 2004-August 2010
- ◆ Community Partnership and Development Committee, August 2010-present
- ◆ School of Social Work Advisory Board, October 2011-present

Community Activities/Volunteerism:

Austin Center for Grief and Loss, Board Member, September 2017-present
 National Charity League, Member, Grade Level Advisor, April 2012-May 2013 and May 2014-May 2018
 Chi Omega Austin Alumae Chapter, Board Member, Secretary, June 2015-April 2016
 National Charity League, TT VP (Board Position), May 2013-May 2014
 Junior League of Austin, Sustainer, January 2012-2017
 Impact Austin, Member, Environmental Focus Committee, January 2011-December 2014
 Field Instructor, University of Texas Austin School of Social Work, September 2010-present
 Red Cross Volunteer, September 2008, assisted victims from Hurricane Ike who were evacuated to Austin, Texas.
 Hands On Central Texas Volunteer, assisted with the 211 line answering calls and providing referrals for Hurricane Ike victims, September 2008
 Member of the Boots and Laces Ball Steering Committee, fundraiser for the YWCA of Austin, August 2008-October 2008