

Sydney Frymire, LCSW-C & Associates
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Highly Skilled Life Coach, Consultant and Psychotherapist with over 20 years of experience providing clinical and coaching service to individuals, families and small businesses.

President, Greater Washington Society of Clinical Social Work 2010-2012
 • Oversaw-the educational, legislative and community programs for 834 members-24%growth
 • Co-chair of the Professional Development Committee and Co-chair of Leadership Committee 2012-present

Therapist: Intercultural Counseling Project, Silver Spring, Maryland; providing counseling for refugees 2014-present

Expert Interviewer, Military Kids Connect, CACI, Chantilly, Virginia 2012-2013

Psychotherapist, Bethesda, Maryland 1992-present
 • Developed an ongoing successful clinical psychotherapy practice in a highly competitive business market
 • Provided life coaching and psychotherapy to individuals, families, and groups, conducted parenting classes focused on integration of mind, body and spirit.
 • Supervised the clinical practice of social work interns

Military Family Life Consultant, Mental Health Network-Provided critical support to children, individuals, and group related to:
 2008-2012
 • Deployment and returning
 • Grief and loss
 • Communication

Therapist, Consultant, Montgomery County Government, Rockville, Maryland 1988-2010
 Consultant, Early Childhood Development Program 2001-2007
 Therapist/Clinical Case manager with Child and Adolescent Mental Health Clinic 2007-2010
 Contract Monitor and Coordinator for the Community Alternatives to Hospitalizations 1998-2001
 Substance Abuse Screening for Children and Adolescents 1997-1998
 Family Therapist/Single Point of Entry 1993-1998
 Family Therapist, Child and Adolescent Clinic 1988-1993

- Provided consultation and coaching to small businesses, groups and individuals
- Presented workshops and training to small groups of business owners, employees and parents
- Liaison with Montgomery County Public school staff, hospitals, and the finance department
- Lead worker for consultant group
- Assisted in identifying needs and implementing programs
- Developed operational systems
- Co-created the program to serve multi-ethnic, multi-cultural clients
- Guided and supported new management through several transitions
- Coordinated services with Youth Service Division and Montgomery County Police Department

• **Montgomery County Government Employee's Organization, United Food and Commercial Workers International Union Local 1994, AFL-CIO** 1989-2005

Vice President 1994-2005

Shop Steward 1989-2005

- Represented and advanced the interest of union members
- Assisted in determining and setting policies for the union
- Provided oversight of the Union budget
- Served on the bargaining team to negotiate the contract for the 1999-2002 budget.
- Created voice mails and email system to communicate with members regularly
- Led meetings with union members to give information and resolve issues with management
- Supported and teamed with the President of the Union to resolve conflicts with members

Education

Master of Social Work, Catholic University of America, Washington, D.C., 1985

Bachelor of Science in Journalism, minor in Elementary Education,
Ohio University of Athens, Ohio. 1974

Certifications

Certified Life Coach, Institute for Life Coaching
Advanced Clinical Social Work Licenses, District of Columbia, Maryland, and Virginia
Registered Polarity Practitioner

Awards

Critical Support Award, Citizen Sailor, Mid-Atlantic Region, 2011

Montgomery's Best Honor Award Early Childhood Mental Health Consultation
and Training Project, 2006

National Association of Counties Award for Excellence, Early Childhood
Consultation Services, 2006

Montgomery's Best Honor Award for working in Partnership with other community
Partners, 2005

National Associations of Counties Award for Excellence, Award for Early Childhood
Consultation Service, Children's Resource Center Partnership Award, 2005

Montgomery County Employee Representative of the Year – elected by
approximately 5,000 union members, 2004