

Nicole Kazanjian

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SUMMARY

I am a mental health counselor dedicated to creating a compassionate, supportive, and collaborative space where clients feel heard, understood, and empowered to make meaningful change. I work with individuals navigating OCD, anxiety, depression, stress, substance use concerns, and relationship challenges with specialized experience in OCD, anxiety, depression, and couples counseling.

My approach is tailored to each client's unique needs and goals, with an emphasis on building trust and developing practical skills for lasting growth. I utilize evidence-based approaches including Exposure and Response Prevention, (ERP), Acceptance and Commitment Therapy, (ACT), Cognitive Behavioral Therapy, (CBT), Dialectical Behavior Therapy, (DBT), and motivational interviewing.

EDUCATION

Master of Arts in Clinical Mental Health Counseling
Southern New Hampshire University

December 2024

CERTIFICATIONS

- Integrative Couple's Training Certified
- Integrative CBT and Exposure Prevention for treatment of GAD, Panic Disorder, OCD and Social Anxiety and phobias

PROFESSIONAL EXPERIENCE

Clearview Horizons

August 2026 – Current

Therapist

- Specialization in exposure and response prevention (ERP) for OCD, anxiety, and perfectionism.
- Provide individual therapy for children, adolescents and adults.
- Ongoing education and support for parents helping their child work through ERP for OCD/anxiety.
- Collaborate with clients' school and/or healthcare professionals, when helpful and with prior consent.
- Couples counseling to help resolve conflicts and strengthen relationships.

Nova Initia Counseling Inc.

January 2025-August 2026

Therapist

- Provided telehealth psychotherapy to individuals and couples experiencing anxiety, OCD, depression, trauma, relational conflict, and life transitions.
- Provided individual and couples therapy for a range of therapeutic needs.
- Utilized evidence-based modalities including CBT, EFT, Gottman Method, solution-focused therapy and motivational interviewing.
- Facilitated couples counseling sessions focused on communication skills, conflict resolution, attachment dynamics, and trust repair.
- Met clients where they were at, and navigated problem-solving techniques when applicable.

New Freedom Academy via Granite State Recovery

July 2024- December 2024

Clinical Internship

- Provided individual and group counseling to clients experiencing a range of conditions including: substance use disorders, depression, OCD, anxiety, schizophrenia, eating disorders, and suicide ideation.
- Conducted intake assessments and developed client-centered treatment goals.
- Assisted clients in identifying coping strategies, relapse prevention techniques, and community support resources.

- Collaborated with case managers and multidisciplinary teams to coordinate care for clients facing homelessness and other significant concerns.
- Utilized trauma-informed and evidence based approaches such as CBT, DBT, ACT, and motivational interviewing to support client progress.
- Monitored client safety and implemented crisis intervention strategies for individuals expressing suicidal thoughts.

Northeast Men's Health

April 2022-June 2026

Patient Care Liaison

- Served as a primary point of contact between patients, providers, and clinical staff to ensure seamless communication and continuity of care.
- Supported patients undergoing treatment for testosterone, peptides, and weight management, addressing questions and concerns with empathy and professionalism.
- Collaborated with medical providers to resolve patient issues, coordinate medical refills, and manage treatment plans via peptides and hormone therapies.
- Maintained accurate patient records and notes, monitored progress, and ensured compliance with clinical standards.
- Trained employees to ensure high quality of care for patients.

Melmark New England

February 2019-April 2021

Autistic and Disabled Day Program Coordinator

- Implemented Individual Education Plans (IEPs) and observed students to provide ABA therapists with feedback regarding learning obstacles and opportunities for client support.
- Recorded data hourly for IEP plans for monthly reports to monitor client behavior.
- Met with parents weekly to discuss in program concerns or learning interruptions to discuss solutions.
- Developed therapeutic rapport with clients by learning their behavior through observation and daily contact.
- Provided one on one care to help with ADLs.
- Applied positive behavior reinforcement for exercise programs and job duties to encourage client participation.