

Lauren Ivy Sieja, LCSW-S

laurenivysiejalcsw@gmail.com

EDUCATION

Stephen F Austin State University, Nacogdoches, Texas 1/23 - Present
Doctorate in Social Work

The University of Texas at Austin, Austin, Texas 8/14
Master of Science in Social Work
Concentration: Community and Administrative Leadership
Non-Profit Portfolio Program, RGK Center for Philanthropy and Community Service

Texas A&M University 5/09
Bachelor of Arts in Sociology, Minor Spanish,
Concentration: Race and Ethnicity

LICENSURE AND CREDENTIALS

Licensed Clinical Social Worker TX License No: 59857
Board Approved Supervisor
Texas State Board of Social Work Examiners

PROFESSIONAL EXPERIENCE

Current Experience

Adjunct Professor 08/22 - Present

Stephen F Austin State University, Nacogdoches, TX

- Develop and deliver lectures, experiential activities, assignments, and guest speakers in accordance with Council on Social Work Education Educational Policy and Accreditation Standards
- Evaluate student coursework, assignments, and papers in accordance with school policy and provided feedback to students
- Courses Taught:
 - SOCW 5305: Introduction to the Social Work Profession
 - SOCW 5300: Social Work Research Methods

Therapist in Private Practice 05/21 - Present

- Provide individual and group therapy for children, adolescents, and adults.
 - Acceptance and Commitment Therapy
 - Emotionally Focused Therapy
 - Trauma Focused Cognitive Behavioral Therapy
- Conduct psychosocial assessments and clinical evaluations, create treatment plans, and set goals
- Crisis intervention
- Case management
- Forensic social work evaluations for individuals in immigration and criminal proceedings
- Contracts
 - Pineywoods Psychological Services: 05/2021 – Present
 - Nacogdoches ISD: 08/2021 – Present
 - Brown Family Health Services: 07/2021 – Present
 - Nacogdoches County Juvenile Probation: 09/2021 – August 2022

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Previous Experience

School Social Worker Nacogdoches Independent School District, Nacogdoches, TX	8/16 – 06/21
Middle School Matters Program Coordinator, Decker Middle School Communities in Schools of Central Texas, Austin, TX	9/14 – 5/16
Macro Social Work Intern Austin Child Guidance Center, Austin, TX	2/14 – 8/14
Graduate Assistant Austin Independent School District Refugee Family Support Services, Austin, TX	6/13 – 8/13
School Social Work Intern John H. Reagan Early College High School, Family Resource Center, Austin, TX	8/12 – 5/13

SERVICE: PROFESSIONAL LEADERSHIP ROLES AND SERVICE

Strategic Planning Work Group, Texas Prenatal-to-Three Collaborative	03/23 - Present
Abstract Reviewer, National Association of Social Workers, Texas	02/23 - Present
Board of Directors, National Association of Social Workers, Texas	7/19-7/22
Trainer, Mental Health First Aid	7/18-7/22
Advisory Board, Burke Systems of Care	5/18 – 5/21
IRT Grant Reviewer, Texas Homeless Network	01/18 – 05/20
Board Member, Lone Star Victims Advocacy Project	12/16 – 5/18
DACA Clinic Volunteer, Texas Civil Rights Project	12/12 – 2/13

SCHOLARSHIP: PRESENTATIONS, PANELS, AND WORKSHOPS

- Ivy Sieja, L., Tarver, T., Youngblood, A. (2023) *Becoming a professional social worker*. NASW Deep East Texas Branch, Nacogdoches, Texas
- Ivy Sieja, L. (2022) *Coping with Stress and Anxiety*. Faculty In-Service, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2022) *Neurodevelopmental disorders*. SOCW 5328: Social Work in Mental Health. School of Social Work, Stephen F Austin State University, Nacogdoches, Texas
- Ivy Sieja, L. (2021) *Dealing with stress and anxiety*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2021) *How to advocate for policy change*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2021) *How to effectively communicate with decision makers*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2021) *Nacogdoches ISD social work services*. Board Meeting, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2021) *Organizing around a common cause*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2021) *Self-worth*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2021) *Social work in schools panel discussion*. School of Social Work, University of Texas Arlington, Arlington, Texas

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- Ivy Sieja, L. (2021) *Using your voice*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Being aware of what you share*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Comparison and reframing thoughts*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Crisis response in schools*. Faculty In-Service. McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Dealing with digital drama*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Digital media and the brain*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Emotional Regulation and the Teenage Brain*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Gratitude*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Gratitude and joy*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *How to write a thank you note*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Macro practice in school social work*. SOCW 3315: Social Welfare Policy and Legislation. School of Social Work, Stephen F Austin State University, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Mental health and wellness initiatives*. Board Meeting, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *My social media life*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Name it to tame it: naming our feelings to calm our brain*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Neuroscience 101*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Responsible decision making and the teenage brain*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. & Ramon, R. (2020) *School social work as a career*. Expanding Your Horizons Conference, Stephen F Austin State University, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Self-awareness and the teenage brain*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Self-talk*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Teaching and self-care in a new normal*. New Teacher Orientation Nacogdoches TX. Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Teenage brain development*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2020) *Who are you online*. SELL, McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. (2019) *Crisis response in schools*. Faculty In-service. McMichael Middle School, Nacogdoches ISD, Nacogdoches, Texas

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- Ivy Sieja, L. & Ramon, R. (2019) *Neurodevelopmental disorders*. SOCW 528: Social Work in Mental Health. School of Social Work, Stephen F Austin State University, Nacogdoches, Texas
- Ivy Sieja, L. & Ramon, R. (2019) *School social work as a career*. Expanding Your Horizons Conference, Stephen F Austin State University, Nacogdoches, Texas
- Ivy Sieja, L. (2019) *Social work in schools*. SWK 331: Human Behavior in the Social Environment II, School of Social Work, Franciscan University of Steubenville, Steubenville, Ohio
- Ivy Sieja, L. & Ramon, R. (2019) *Social work in schools*. SWK 325: Human Behavior in the Social Environment II, School of Social Work, Stephen F Austin State University, Nacogdoches, Texas
- Munguia, C & Ivy Sieja, L. (2018) *Nacogdoches ISD social work services*. Board Meeting, Nacogdoches ISD, Nacogdoches, Texas
- Ivy Sieja, L. & Ramon, R. (2018) *Neurodevelopmental disorders*. SOCW 528: Social Work in Mental Health. School of Social Work, Stephen F Austin State University, Nacogdoches, Texas
- Ivy Sieja, L. (2018) *Trauma informed classrooms*, Faculty In-service. Carpenter Elementary, Nacogdoches Texas
- Ivy Sieja, L. & Ramon, R. (2018) *Social work in schools*. SWK 425: Multicultural Social Work, School of Social Work, Stephen F Austin State University, Nacogdoches, Texas
- Ivy Sieja, L. & Ramon, R. (2017) *Social work in schools*. SWK 325: Human Behavior in the Social Environment II, School of Social Work, Stephen F Austin State University, Nacogdoches, Texas
- Ivy Sieja, L. (2017) *Homelessness in schools*. Family Crisis Center of East Texas. Nacogdoches Texas
- Ivy Sieja, L. (2017) *Technology in Social Work Panel*. School of Social Work, Stephen F Austin State University, Nacogdoches, Texas

MEMBERSHIPS

National Association of Social Workers, Texas, Member
Council on Social Work Education, Member

7/13 – Present
01/23 - Present