

Cal Poly Humboldt

Counseling and Psychological Services

Year I Practicum Trainees

Jenalyssa Cruces



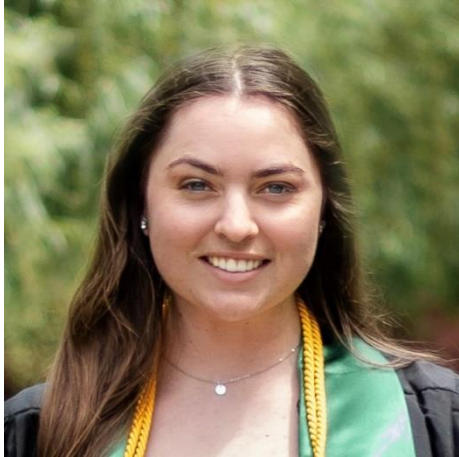
Hi! My name is Jena and I use she/her pronouns. I am a UC Santa Barbara alum, originally from Azusa, California. After taking some time off of school to travel and work abroad, I am now working towards a master's in counseling here at Cal Poly Humboldt. I am passionate about addressing the stigma of mental health and breaking down barriers to therapy services in minority communities. I believe that you can grow through life's toughest moments and cultivate a life filled with joy. I aim to create a safe and calm space to support students through difficult times. My own experiences with mindfulness, yoga, routine crafting, and intuitive eating inform my therapeutic approach. Throughout my training, I look forward to learning more about the mind-body connection and mindfulness-based therapy techniques. When I'm not studying, I enjoy arts and crafts, caring for my plants, going out for a nature walk, or cooking up something delicious to enjoy with friends.

I hope to chat with you soon!

Erick Carrera



My name is Erick, my pronouns are he, him, his, and I'm a Mexican-American graduate student here at Cal Poly Humboldt. I am originally from Southern California, and I completed my undergraduate education at Cal State San Bernardino. A large portion of my professional experiences have included, working with at-risk youth of color and volunteering as an advocate for survivors of sexual assault and human trafficking. I take an eclectic approach to therapy, however I tend to incorporate multicultural and strength based approaches. Some of my personal values and interests include family-time, civic engagement, bingeing a good series and playing board games with friends. I wish you the best during this and upcoming semesters!



Caitlin Sansone

Hi! My name is Caitlin (she/her). Over the past few years, I have had the opportunity to attend Cal Poly Humboldt and learn from the amazing students here. As an undergrad, I was involved with the Y.E.S. program QMAP (Queer Mentoring and Advocacy) where I was able to participate in conversations focusing on LGBTQIA+ and intersectional identity. I am interested in learning more about gender and sexuality-affirming care, mindfulness, and cognitive behavioral therapy (CBT). I value holding an affirming, genuine, creatively oriented space where we can work together toward your goals. When not in school or working, I enjoy reading, listening to music,

and photography.

Claire Matulis



Hi! My name is Claire Matulis and my pronouns are she/her. I hope to offer clients a safe and non-judgmental space where they can explore their goals and any challenges they may have. I work from a client-centered and integrative perspective, taking techniques from various evidence-based therapies to best serve my clients. I am here to understand your story as you tell it to me. I am interested in learning more about trauma-informed care as well as helping clients find peace and love in their relationships with their bodies, food, and self. I have been in Humboldt County since 2018 and appreciate the beautiful nature and kind community that it has to offer. I look forward to making positive and genuine connections with the campus community here at Cal Poly Humboldt.

Sophie Effa



Hi, my name is Sophie and I use they/she pronouns. I am passionate about working with folks who have taken the brave step to start therapy! My specific areas of interest include working with Queer folks, managing stress, and helping to foster vulnerability. I am currently a part of the on-campus CHECK IT organization and am incredibly passionate about social justice and activism. I also enjoy crafts, reading, and playing video games!

May Reuther



I have lived in Humboldt County for nearly twenty years. I obtained my bachelor's degree in Child Development from HSU in 2007. Since graduating, I have been working in early childhood education, supporting children and families in our community. Throughout my career, I have learned about the effects of trauma on mental health. I began taking trauma informed care workshops and became drawn to the field of Psychology. I am honored to be a part of the Counseling Psychology Graduate program here at Cal Poly Humboldt. Some of my favorite activities include walking in the forest, gardening, practicing yoga and meditation.

Maria Castillo



Hi everyone! My name is Maria, and I use she/her/hers pronouns. I am originally from Southern California, and I moved up here to pursue my bachelor's and ended up staying here for my master's. My passion for counseling stems from my experiences working with youth. Through those experiences, I learned that there is still a stigma toward therapy, and I want to normalize it. We all deserve someone to hear us out in every aspect of our life, good or bad. I enjoy being creative with photography, painting, embroidery, gaming, and baking. I am excited to experience CAPS from a different perspective and learn from this opportunity. I strive to provide a safe, welcoming, and non-judgmental environment for everyone I work for in my time here. Best wishes!

Joelene Card



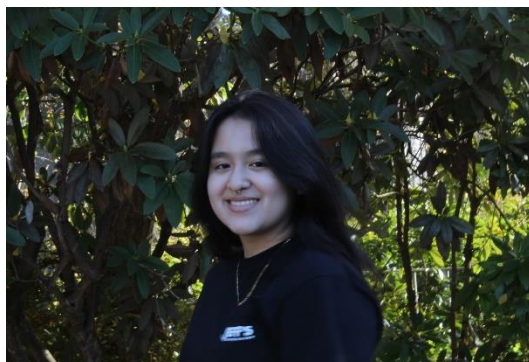
I got my bachelor's in psychology with CalPoly Humboldt 2022. I have a background in Child Development and experience working with children. In my free time I enjoy walking in our many local forests and beaches. I also enjoy arts and crafts. Looking forward to working at CAPS to serve the Cal Poly Community.

Karina Herrera-Hurley



Hi, my name is Karina Herrera-Hurley (she/her/ella). I am bilingual (English/Español) and certified in Youth and Adult Mental Health First Aid. I am interested in trauma-informed and culturally sensitive mental health care. I strongly believe that you matter and deserve to feel heard and supported. With that said, I strive to offer a safe space to hear your voice, your needs, concerns, or challenges. I meet you where you are to instill hope, support, resilience, and personal growth during our journey together. I look forward to meeting you until then!

Jamie Gutierrez



Hello, my name is Jamie Gutierrez. I earned my bachelor's degree at Cal Poly Humboldt and currently working on obtaining my master's. I chose to continue my education at Cal Poly Humboldt because I love the small community and the beautiful scenery we are surrounded by. I volunteered for Crisis Text Line and worked with different ages. I value every shared experience with me. During my free time, I enjoy being outdoors and creating art.