

Nate Gruen

BACHELOR OF SOCIAL WORK GRADUATE

EDUCATION

Southern Illinois University Edwardsville
Edwardsville, IL
Graduated with a Bachelor of Social Work
GPA 3.298
Currently enrolled as an MSW student at Southern
Illinois University Edwardsville
Edwardsville, IL

OBJECTIVE

As a graduate with a bachelor's in social work with a strong interest in mental health therapy, I am seeking employment and a practicum to gain hands-on experience supporting individuals facing emotional and psychological challenges. Passionate about providing empathetic, evidence-informed care to clients of all ages, I aim to develop foundational therapeutic skills under the guidance of experienced professionals. I am currently pursuing my MSW at SIUE.

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UNIVERSITY COURSEWORK

- Diversity and Issues in the Social and Economic Environment: Examined backgrounds/needs of diverse populations, oppression, social and economic justice issues, values and ethics
- Mental Health: Explored DSM, diagnosis of mental illness, ethics and values in social work practice. Completed a psychopathology course in which I was able to practice using the DSM as a tool to guide me in diagnosing clients in several simulations.
- Human Behavior in the Social Environment I: Explored human functioning from a range of theories with social work application to individuals, families, and groups; emphasis on developmental perspectives and human diversity.
- Human Behavior in the Social Environment II: Explored human functioning from a range of theories with social work application to neighborhoods, organizations, and communities; emphasis on developmental perspectives and human diversity
- Group Practice: I had the opportunity to engage in simulations, where I was able to role-play as a facilitator

and a client in multiple sessions. I learned core values and ethics as they pertain to providing group therapy. During my practicum, I spent months preparing for a men's ADHD support group in which I would provide psychoeducation and ask open-ended questions.

- Individuals and Families: generalist social work practice with weekly lab with client-therapist simulations.
- Intro to Social Work: Overview of vulnerable populations, interventions, professional behaviors, NASW Code of Ethics, strengths perspective, Systems Theory, and empowerment
- Fundamentals of Social Work Practice: Basic counseling skills like empathy, paraphrasing, weekly 1:1 counseling sessions with an AI personality
- Intro to Social Welfare Policy: Explored how policies affect Individuals, families, groups, and communities; presented on The Older Americans Act of 1965

PRACTICUM

Aug 25th, 2025 – May 5th, 2026

Intern • Madison County Catholic Charities

Alton, IL

Food Pantry Responsibilities

- Food Pickups
- Food Handling
- Direct Client Service
- Intake Assistance
- Survey Production

Office Responsibilities

- Shadowing Therapist
- Planning and Coordinating a Men's ADHD Support Group
- Client File Reviews
- Client Supervision Involvement
- Planning and Aiding in Fundraising
- Intake for Donations
- Directing Clients with Specific Needs

EMPLOYMENT EXPERIENCE

June 2022 - Present

Shift Lead • Jersey Mike's

Edwardsville, IL

October 2021 - June 2022
Dishwasher • Edley's Bar-B-Que
Glen Carbon, IL

SOCIAL/COMMUNITY

Kappa Sigma Fraternity
2023 - present
Mental Health Chair - elected May 2025
I created a website: <https://ks-wellbrotherhood.org/resources/>
listing mental health and crisis resources local to the campus
and areas I know where brothers are close to.
Philanthropy Events - fundraising for the Military Heroes
Campaign
Volunteered and raised funds for the Metro East Humane
Society

Jersey Mike's Philanthropy
Saved money for church
Sold Special Olympics gift cards

Special Olympics
April 2026
I assisted with sporting events for athletes with intellectual or
physical disabilities. I interacted with athletes, providing
confidence boosts and encouragement.

Cookson Hills Mission Trip
August 2018
I volunteered with a group of people from a local church to
help build a deck at a children's home in Oklahoma. I
volunteered at their thrift shop for a day and was also able to
connect with the children and learn from the therapists and
technicians on site.

Paws in the Park
Bond County Humane Society
2013-2018
Assisted with set-up/tear-down