

Patrik Strate

CLINICAL MENTAL HEALTH COUNSELING GRADUATE STUDENT | INDEPENDENT RESEARCHER | HOSPITALITY LEADER

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PROFESSIONAL PROFILE

Clinical Mental Health Counseling graduate student preparing for supervised practicum, with more than 20 years of progressive hospitality leadership. Brings extensive experience in coaching, crisis response, conflict resolution, difficult conversations, leadership development, and employee wellbeing. Independent research centers on occupational mental health, career development, professional identity, and the conditions that help people flourish.

CLINICAL PREPARATION

- Graduate coursework in counseling ethics, helping relationships, counseling theories, human development, career development, assessment, multicultural counseling, and research methods.
- Practice with biopsychosocial interviews, mental status examinations, case conceptualization, evidence-based literature review, and professional documentation; developing a counseling identity grounded in empathy, ethics, cultural humility, collaboration, and supervision.

EDUCATION

Master of Science, Clinical Mental Health Counseling Degree in progress	Expected 2027
Bachelor of Science, Business Management	Completed

RESEARCH & SCHOLARSHIP

Founder and Independent Researcher Hospitality Mental Health Project / HOMSM	Ongoing
• Developing a scholarly initiative on occupational mental health in hospitality, including adaptation, recovery, protective resources, organizational conditions, and psychological wellbeing. • Maintain a multidisciplinary research archive, conduct structured evidence synthesis, and translate scholarship into conceptual models and future publications across occupational mental health, career development, assessment, trauma recovery, and professional identity.	

PROFESSIONAL EXPERIENCE

General Manager 5280 Burger Bar — Westminster, Colorado	Nov 2025–Present
• Lead daily operations and supervise 35+ employees, emphasizing coaching, feedback, communication, accountability, and team development.	
General Manager Skyport Hospitality — Denver International Airport	Mar 2022–Nov 2024
• Led 50+ employees in a complex airport hospitality setting while developing emerging leaders, strengthening retention, and improving team engagement.	
Director of Operations All Together Hospitality	Aug 2020–Jan 2022
Multi-Unit General Manager TAG Restaurant Group	May 2018–Jun 2020
General Manager Yard House / Darden Restaurants	May 2010–Jun 2018

CLINICAL, CRISIS & HUMANITARIAN TRAINING

American Red Cross: CPR, First Aid, AED, and Opioid Overdose Response • Johns Hopkins University: Psychological First Aid • University of Colorado System: EMT Foundations

HarvardX: Humanitarian Response to Conflict and Disaster; Global Health Case Studies • The Open University: Panic Attacks • ServSafe • TIPS

PROFESSIONAL MEMBERSHIPS

American Counseling Association — Student Member • American Psychological Association — Student Member