



TRISTANA R. HARVEY

CAREER PLANNING & CONSULTING

ABOUT HCPC :

Providing resilience, leadership development and crisis intervention training for groups and organizations since 2010. Our workshops and trainings center on three goals: to create awareness, to increase education and to produce behavior change.

OUR MISSION:

We help organizations enhance individual and team thinking, behavior and resiliency to perform above and beyond their abilities for a lifetime through education and training.

BUSINESS CERTIFICATIONS:

- SBA CERTIFIED 8A (EXIT JULY 2025)
- SBA CERTIFIED HUBZONE (52353)
- WOSB AND EDWOSB

TRISTANA R. HARVEY, PHD, NCC, LPC

Dr. Harvey has over 20 years' experience in education and mental health helping clients meet their goals. In her prevention work, she utilizes evidence-based programs to teach clients the skills to manage their behaviors that reflect hidden emotions.

She has designed and delivered education programs for Affirmative Action, military branches and employee assistance plans in local, state and federal agencies. She previously worked across military branches with service members and their families within the U.S. and overseas.



Resilience Training

- Personal Resiliency Retreat
- Employee Assistance Program
- PREP 8.0: Relationship Education
- Survival Skills for Healthy Families

Leadership Development

- Myers-Briggs Type Indicator
- TKI Conflict Mode Assessment
- FIRO: Individual and Organization
- Winning the Workplace Challenge

Crisis Intervention Training

- Mental Health First Aid
- safeTALK: Suicide Prevention
- ASIST: Suicide Intervention
- Question, Persuade, Refer: Suicide Prevention
- Customized Programs

CONTRACTS AWARDED

Prime:

Ft. Polk Army: Family Advocacy Program Services (8a)
Ft. Polk Army: Information & Referral with Mobilization and Deployment (8a)
New Mexico Cooperative Educational Services: Professional Development and Training
Ysleta Independent School District: Staff Development
Illinois Housing Development: Leadership Development
Air Force: Holloman Chapel Team Communication (GSA)
U.S. Dept of Labor: OSHA DTE Team Building (FedBid)
Texas Allied States Cooperative: Consulting & Staff Development
Air Force: Holloman Chapel Team Development (GSA)
U.S. Dept of State: Job Search Program Counselor
Navy: CREDO Northwest Resilience Program Facilitator
Navy: Administrative Assistant Air War College
Army: Family Advocacy Program Education Specialist
Army: Relocation Assistant & Administrative Support
Pennsylvania State System of Higher Education: Consulting

Subcontractor:

Military and Family Life Counselor (Adult, School & Child)



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PERSONAL RESILIENCY RETREATS

Personal resiliency retreats will help participants to develop individual and/or group ability to recover from difficulties in their personal life or professional work. Participants will complete mental and emotional challenges that create awareness of their strengths, increase education on resilience techniques and produce behavior change to overcome adverse situations. Customized for agency.

EMPLOYEE ASSISTANCE WORKSHOPS

The team conducts one hour to full day EAP workshops to facilitate employee work/life balance. Our programs educate participants on resilience, in response to a workplace incident as well as professional development. Customized for agency.

CRISIS INTERVENTION TRAINING

The team conducts Mental Health First Aid, safeTALK and ASIST training programs to facilitate an individual's ability to recognize and respond to warning signs of mental health, substance abuse or suicide thoughts. All programs utilize role playing and simulations for skill development and demonstration.

MBTI STEP III COACHING

MBTI Step III is only for use by licensed clinicians as coaching involves deliberately changing the client's judgment and decision making to influence their behavior. FIRO and TKI programs may be included in assessments, workshops and coaching. She has been certified in MBTI Step III since 2016.

PARTIAL LISTING OF EAP WORKSHOPS

- **Suicide Awareness**
- **Domestic Violence Identification & Prevention**
- **Exploring Decision Making Styles**
- **Coping and Working with Difficult People**
- **Managing Anger at Work**
- **Appreciating Differences**
- **Transforming Feedback**
- **Team Effectiveness**
- **Handling Group Conflict**
- **Preventing Sexual Harassment in the Workplace**

CERTIFICATION/LICENSURE

- EAP Critical Incident Responder/Trainer
- NACP Certified Victim Advocate (until 2018)
- PREP 8.0: Relationship Enhancement Program
- Survival Skills for Healthy Families (8 module)
- Army Master Resilience Trainer – Level 1
- Mental Health First Aid (Adult & Child)
- ASIST Master Trainer
- safeTALK Trainer
- Myers-Briggs Type Indicator Step I, II, & III
- Licensed Professional Counselor
- National Certified Counselor