

JOHNNY STANMAN

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Los Angeles, CA

Summary

Mental health professional with 3 years of experience supporting high-acuity adolescents, adults, and underserved communities across residential and outpatient settings. Used Claude Code to design and deploy Triangles, a journaling app based on Cognitive Behavioral Therapy (CBT). Looking to combine my experience providing and studying mental health services with emerging tech and AI to help organizations extend their reach and make tailored support more accessible.

Experience

Ascend Healthcare

Mentor / February 2026 – Current

Mentored a caseload of 6 high-acuity adolescents in residential treatment. Ensured adherence to Dialectical Behavioral Therapy (DBT) programming and documented their progress and behaviors. Flagged critical issues as needed to clinical staff.

Community Counseling Services

MFT Trainee / August 2023 – August 2025

Worked under a supervisor for 2 years, providing tailored therapy to individuals, children, and couples. Employed CBT with clients to create progress toward treatment goals and adapted treatment as needed.

Polaris Teen Center

Program Aide / December 2021 – April 2022

Supervised a caseload of 6 adolescents in residential treatment across 3 shifts weekly. Took detailed notes on their daily activities and monitored client safety.

Bridge to a Brighter Future

Volunteer Tutor / August 2015 – August 2017

Worked with a supervisor and peers twice a week to provide tailored tutoring to underprivileged children. Specifically, taught grade-school children how to read and do basic math.

Projects

Triangles <https://trianglesjournal.netlify.app>

Designed and built a self-guided journaling tool using Claude Code and deployed it using Netlify. Users navigate a journal entry through the cognitive triangle, mapping their thoughts, feelings, and behaviors in relation to a situation. The app was designed to be as simple as possible to motivate users to engage with it and promote the generalization of this process.

Education

California Lutheran University, 2023-2025

Graduate coursework in Counseling Psychology (MFT)

San Francisco State University, Fall 2020

BA in Psychology, Summa Cum Laude

Certifications and Skills

- Completed [Claude 101](#) and [AI Fluency: Frameworks and Foundations](#)
- Designed and shipped an app using Claude Code
- Clinical training in CBT, DBT, and Family Systems work that aids decision making in related projects