

EDUCATION

- 2008 Master of Social Work, Smith College School for Social Work, Northampton, Massachusetts
Thesis: Self Psychology at Work in Trauma Theory
- 1997 Bachelor of Arts, double major: English and Literature, Science and the Arts, University of Iowa, Iowa City, Iowa

LICENSURE

- 2022 Mental Health Professional, State of Washington
- 2013-Present Licensed Independent Clinical Social Worker, State of Washington
- 2009-2013 Agency Affiliated Counselor, State of Washington

TRAINING & FIELD INSTRUCTION

- 2023 Language as Culture, Working with our clients and interpreters, Therapeutic Health Services
- 2023 Mental Health benefits' continuations training for MH team staff, Therapeutic Health Services
- 2023 Supporting clients to have difficult conversations across political differences, Therapeutic Health Services
- 2022 Working with clients of pagan faith, Therapeutic Health Services
- 2020-22 Off-Site Field Instruction, University of Washington
- 2018-22 Care Coordination trainings, Therapeutic Health Services
- 2018-19 Field Instruction, University of Washington
- 2019 Treatment Plan training, Therapeutic Health Services
- 2017-18 Field Instruction, Boston College
- 2016-17 Field Seminar, Smith College
- 2009-16 Field Instruction, Smith College, University of Washington

CLINICAL & COMMUNITY-BASED EXPERIENCE

- 2020-2022 Off-site Field Instructor, UW School of Social Work
- 2017-Present Clinical Supervisor, Therapeutic Health Services
- 2015-2016 Therapist in private practice
- ~2013-2014 Worker Support group facilitator, Companis, Seattle WA
- 2011-2016 Therapist, Sound Mental Health
- 2008-2011 Case Manager, Sound Mental Health
- 2007-2008 Social Work Intern, Veteran's Administration Hospital
- 2006-2007 Social Work Intern, Sound Mental Health
- 2004-2006 Operations Manager, Boomtown Café, Seattle, WA/Companis, Seattle, WA
- 2004 Office Manager, Boomtown Café
- 2002-2003 Summer Camp Director, YMCA Camp Orkila
- 2000-2002 Paraeducator, Bellevue Public Schools
- 1999-2000 Preschool teacher, Children's House
- 1997-2001 Outdoor Environmental Educator, YMCA Camp Orkila and Moran State Park

COMMUNITY SERVICE

- 2023 Aki Kurose Middle School PTSA Co-Vice President
- 2022-present Southeast Seattle Schools Fundraising Alliance, Equity and Advocacy workgroup, Moveathon committee
- 2022 Behavioral Health Panel, University of Washington
- 2022 Aki Kurose Middle School PTSA
- 2021 Crisis Mental Health support, Seattle Parks and Recreation
- 2020-present Graham Hill Elementary PTA secretary, board member-at-large
- 2011-2020 Graham Hill Elementary PTA
- 1995-1997 Housing Co-op treasurer

TRAININGS

- 2023 "Trauma-informed Supervision and Resilience" Rebekah Demirel through MHTTC
- 2023 "Understanding Chronic Trauma: Working with Borderline Clients" Michael Lillie, LMFT
- 2023 "Understanding Chronic Trauma: Working with Narcissistic Clients" Michael Lillie, LMFT
- 2023 "Understanding Chronic Trauma: Attachment and Dissociation" Michael Lillie, LMFT
- 2023 "The Trauma of Racism" National Institute for the Clinical Application of Behavioral Medicine
- 2022 "Ethics of Simple Self Care" Dr. Brenda Butterfield
- 2022 "Trauma-Informed Care" Dr. Susan Caverly and Kara Key
- 2021 "UW TeleBehavioral Health and Policy Overview"
- 2021 "THS Mental Health Documentation training" Alana Honigman, MSW, LICSW, MHP
- 2021 "De-escalation Tips for Interacting with Irate Clients" Fabian Brooks
- 2021 "Working More Effectively with the LGBTQ+ Community"
- 2020 "Grief Treatment Certification" Joy Samuels, D-Min
- 2018 "A Culture-Centered Approach to Recovery"
- 2017 "2017 Child Development Online Conference" multiple presenters
- 2017 "Trauma-focused CBT" Shannon Dorsey, Ph.D.
- 2014 "De-escalation Techniques" Jenn Brown