

CASEY ANDERSON, LCPC, RPT

DBT-LINEHAN BOARD OF CERTIFICATION, CERTIFIED CLINICIAN



Equilibrium Mental Health, LLC
210 West Pennsylvania Avenue, Ste. 100
Towson, MD, 21204

EDUCATION

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| MS | Loyola University Maryland, Clinical Psychology: Practitioner Track | May 2011 |
| BS | Towson University, Honors Clinical Psychology
Thesis: <i>Household Division of Labor and Gender Attitudes</i>
Combined Psychology, Sociology, and Anthropology | May 2009 |

HONORS AND AWARDS

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| Psi Chi Psychology President
Honors Society in Psychology | 2009 |
| Department of Psychology Distinguished Student Award
Brief description | 2009 |
| Alpha Kappa Delta
Honors Society in Sociology | 2009 |
| Golden Key National Honors Society
Academic Honors Society | 2009 |

WORK EXPERIENCE

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| The Center for Child and Family Traumatic Stress
Licensed Clinical Professional Counselor III
The Kennedy Krieger Institute
Baltimore, MD, 21205 | 2015 to Present |
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- Conducted diagnostic intakes, biopsychosocial assessments, and individualized treatment plans and formulated corresponding DSM-5 diagnoses.
 - Provided direct supervision to beginning professional counselors, trainees, and other staff members. Responsibilities include but are not limited to recruiting, onboarding, training, providing support and feedback, scheduling, mentoring, and ensuring the adherence and compliance of workplace standards and policies.
 - Faculty member of the Training Academy at the Kennedy Krieger Institute. Responsibilities included providing educational trainings related to childhood traumatic stress and risk management.

- Provided crisis management services to other clinicians as a member of the on-call crisis intervention “Beeper Team.”
- Developed program-wide safety plan to address child/adolescent high-risk behaviors related to suicide, self-injury, and homicide.
- Implemented Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and Safety, Mentoring, Advocacy, Recovery, and Treatment (SMART)
- Provided trauma-informed therapy services to specialized populations (Children with developmental delays and Deaf/hard of hearing consumers).
- Implemented fully comprehensive Dialectical Behavior Therapy (DBT) for Adolescents and Families
- Implemented Dialectical Behavior Therapy for Children (DBT-C) in conjunction with Core Problem Analysis (CPA)
- Designed and implemented cognitive behavioral group therapy protocol to address LGBTQ+ related stressors (Helping Adolescents Voice Equality Now- HAVEN)
- Collaborated with Psychiatrists, Social Workers, Professional Counselors, School Personnel, Partial Rehabilitation Programs, and Community Agencies (DSS, DJS, Target Case Management, PRP services, Foster Care) in ongoing patient evaluation, treatment, discharge planning, and referral

Key Point Health Services

2013 to 2015

School-based Child and Adolescent Psychotherapist
Aberdeen, MD, 21001

- Provided short and long term evidenced-based psychotherapy (Individual, Family, and Group) to children, adolescents, and families both at selected Harford County Public Schools and outpatient mental health clinic
- Conducted diagnostic intakes, biopsychosocial assessments, and individualized treatment plans and formulated corresponding DSM-5 diagnoses
- Collaborated with Psychiatrists, Social Workers, Professional Counselors, School Personnel, Partial Rehabilitation Programs, and Community Agencies (DSS, DJS, Target Case Management, PRP services, Foster Care) in ongoing patient evaluation, treatment, discharge planning, and referral
- Served as a school-based member of Harford County Multidisciplinary team
- Implemented Outcome Measure Surveys (OMS) for renewal of service authorization
- Managed a caseload of 65 patients with Medical Assistance
- Served as collaborator with Harford County Public Schools (HCPS) creation of special education services via 504 plans/Individualized Education Program (IEP)
- Performed emergency petitions and crisis interventions as needed

The Kennedy Krieger Institute Schools Program

2010 to 2011

Professional Title: Psychology Extern
Baltimore, MD, 21205

- Provided group counseling for children ages 5-21 with DSM-IV diagnoses
- Completed three clinical rotations at Kennedy Krieger Fairmount Campus, Baltimore City Public School partnership/Lois T. Murray Elementary School, and Kennedy

- Krieger Greenspring Campus/Life skills and Education for Students with Autism and other Pervasive Behavioral challenges
- Administered Psychoeducational assessments to determine appropriate educational/behavioral programming
 - Constructed Functional Behavior Assessments using Applied Behavior Analysis (ABA) for classroom behavior management of children with neurodevelopmental disorders
 - Engaged in weekly clinical staff meetings and treatment team meetings
 - Functioned as a member of student Individualized Educational Program (IEP) Teams in Baltimore City Public Schools

Sheppard Pratt Health System

2008 to 2013

Educational Assistant

Glyndon, MD, 21071

- Created positive behavior intervention strategies and reinforcement schedules for student target behaviors
- Member of the school-wide multidisciplinary team for children with emotional and intellectual disabilities
- Implemented crisis intervention strategies for aggressive children and adolescents
- Assisted in classroom lesson planning and educational programming with other members of the multidisciplinary team

International Critical Incident Stress Foundation

2008 to 2009

Honors Clinical Psychology Intern

Ellicott City, MD, 21041

- Administered psychological first aid strategies for emergency service professionals
- Implemented psychoeducational sessions to emergency service workers
- Researched crisis intervention strategies for potential shootings within school systems

Union Memorial Hospital Counseling Center

2008 to 2009

Honors Clinical Psychology Intern

Baltimore, MD, 21041

- Co-led group counseling for adults with chronic and persistent mental illness
- Supported treatment plans for Partial Hospitalization Program for adults

LICENSURE, CERTIFICATIONS, CREDENTIALS, AND PROFESSIONAL MEMBERSHIPS

- Licensed Clinical Professional Counselor (LCPC)-MD License number LC592
- DBT-Linehan Board of Certification, Certified Clinician #2458
- National Certified Counselor (NCC)
- Telehealth Micro Certification Level I via Telebehavioral Health Institute
- American Counseling Association (ACA) membership
- Academy of Cognitive and Behavioral Therapies Diplomate and Certified CBT Therapist
- Approved Licensed Clinical Professional Counselor Supervisor- Reference # 1325
- Registered Play Therapist (RPT) Credential, Registration Number: T3337
- Certified Trauma Focused-Cognitive Behavior Therapy (TF-CBT) therapist

NOTEWORTHY TRAININGS ATTENDED

- 10 Day Dialectical Behavior Therapy for Children (DBT-C) and Core Problem Analysis (F. Perepletchikova)
- DBT Skills for Adolescents and Families via Psychwire (A. Miller, J. Rathus, & M. Linehan)
- Attended 5 Day Prolonged Exposure (PE) at the Center for Treatment and Study of Anxiety
- Crisis Prevention Institute (CPI): Nonviolent Crisis Intervention Certification
- 5 Day DBT Foundational Training via Behavioral Tech (A. Payne, F. Perepletchikova)
- DBT Skills two day training via Behavioral Tech (L. Ritschel)
- Play Therapy Applications for TF-CBT (A. Drewes)
- Cognitive Behavioral Therapy 3 Day Certification (J. Ludgate)
- Two Day TF-CBT Training (A. Mannarino and J. Cohen)

RESEARCH EXPERIENCE

The Center for Child and Family Traumatic Stress

- Adapted DBT-C focused parenting group for caregivers. The group focused on bolstering caregivers' ability to engage in acceptance-based and change-oriented parenting strategies. Results of intervention indicated decreased parental distress.

Towson University Undergraduate Research

- Assisted in a preliminary investigation of Baltimore City teacher burnout rate
- Interviewed urban schoolteachers about stress-related factors which potentially influenced burnout
- Created transcriptions of interviews for the purposes of qualitative research

SELECT PRESENTATIONS PROVIDED

Management Strategies for Caregivers: Effective Ways to Address Lethal Means

The 32nd Maryland Annual Suicide Prevention Conference
October 2020

Core Concepts of Traumatic Stress: The Impact of Medical Trauma

Johns Hopkins Hospital
September 2020

Trauma Informed Care: Core Concepts

Baltimore County CASA Convention
March 2019

Healing the Impact of Trauma Through Play

Co-presented w. Beth Campbell, LCPC, RPT
6th Biennial Trauma Conference at the Kennedy Krieger Institute
October 2017

Understanding and Responding to Trauma: Critical Factors to Consider
YWCA
November 2016

MEDIA APPEARANCE

Back to School News Segment: Anti-Bullying
Televised on Baltimore Fox 45
August 2019