

Laura Doughty, MS, LMHC
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COUNSELING EXPERIENCE

Laura Doughty, MS, LMHC, Ellensburg, WA *January 2007 - Present*

Private Practitioner – Providing mental health assessment, treatment and consultation to individuals aged 13 and up, utilizing EMDR, CBT, brief solution-focused, interpersonal, and other evidence-based modalities. Developed and lead “Parenting Support Series,” fall 2007. Acted as the Mental Health Consultant for Operation Purple Camps held at Lazy F Camp and Retreat Center during the summers of 2008-2012.

Central Washington Comprehensive Mental Health, *July 2000 – January 2007*

Therapist – Northwest Associates/CWCMH, Ellensburg, WA 2004-2006

As a Licensed Mental Health Counselor, provided a full range of therapy, case management, and crisis services within a community mental health out-patient setting. Worked with individuals, families and groups, ages 4 to 65.

Therapist – Northwest Associates, Yakima, WA 2000 - 2004

Provided counseling services to individuals and groups. Worked primarily within a brief, solution-focused model with individuals (ages 8 to 60) and couples coming in through their Employee Assistance Programs. *Children Coping With Divorce* workshop trainer.

Intern – Central Washington Comprehensive Mental Health, 2000
Ellensburg, WA

Shadowed mental health professionals in crisis, detention, case management, out-patient assessment and treatment of children, adults, geriatric, groups and families in a variety of programs. Provided case management services to chronically mentally ill in a day treatment setting. Provided counseling services to individuals and groups.

Central Washington University, Ellensburg, WA

Teaching Assistant – to Professor Susan Lonborg, PhD 1999/2000

Acted as student supervisor to first year graduate students in their initial practicum in which graduate students worked one-on-one in individual counseling sessions with student/volunteer clients.

LICENSURE

- Washington State Licensed Mental Health Counselor #LH00007852, since 2002

MEMBERSHIP

- American Counseling Association, since 2002

EDUCATION

Central Washington University, Ellensburg, WA

M.S. in Counseling Psychology 2000

Thesis: “Undergraduates’ Expectations For Combining Work and Family Roles”

Award: Outstanding Graduate Student, Psychology Dept., June 2000

University of Puget Sound, Tacoma, WA

B.A. in Asian Studies 1988

Participant: 1984/85 Pacific Rim Study/Travel Program

PRIOR WORK EXPERIENCE

Worked in a variety of clerical, administrative and consulting positions, 1984 - 1998

with an emphasis on bookkeeping, payroll and coordination of employee benefits. Membership in Society for Human Resource Management held from 1992 – 1996.

Laura Doughty, MS, LMHC

Post-Masters Degree Professional Development/Continuing Education

Date of Training	Credit Hours	Course Title and Description	Instructor
6/25/2000	1	Sexual Harassment	CD Rom
6/25/2000	1	Patient Confidentiality	CD Rom
8/17/2000	1	MMPI Training	Harry Kramer, PhD
8/23/2000	7	Advanced Diversity	C. Najar, S. Pratt
11/9/2000	0.5	Test of Variables of Attention	Craig Gilley, M.Ed.
12/7/2000	2	Leadership & Improving Organizations	Debbie Blaine, M.S.
Total 2000	12.5		
1/3/2001	1.5	Rights, Responsibilities & Ethics	CWCMH Staff
1/11/2001	2	Medical Procedures Treatment Plan	CWCMH Staff
1/30/2001	6.5	Ethics and the Law	P. Nagle-McNaughton
3/12/2001	2	Psychological Trauma Response	Robyn Light
3/15/2001	13.5	Solution Focused Therapy	Scott Miller, PhD
5/10/2001	1	Alternative Medicine	Matha Martin, PhD
5/17/2001	1	TOVA Interpretation & Analysis	Craig Gilley, M.Ed.
6/8/2001	13.5	Behavioral Health Conference various	various
6/13/2001	2	CISC	Matha Martin, PhD
8/17/2001	6	Families & Relationships	Paul Brenner, MD, PhD
10/25/2001	7	Solution Focused Therapy II	Scott Miller, PhD
12/4/2001	2	Native American Population	Karen Umtuch
Total 2001	58		
1/13/2002	17	EMDR Level I	Andrew Leeds
2/27/2002	3.5	Ensuring a Safe Work Environment	CWCMH Staff
4/11/2002	1	Mental Illness & Treatment - BiPolar	CWCMH Medical Staff
4/18/2002	0.75	Understanding Poverty	Doyle Hardy, M.Div.
5/9/2002	2	Mental Illness & Treatment - Anxiety	A. Ballasiotes, PharmD
6/13/2002	2	Understanding Violence	Amen Vid., Setter MSW
6/25/2002	1	EMDR Consultation/Supervision	
8/27/2002	1.5	Using EMDR with Children	Bob Cox, MA
9/16/2002	1	Treatment of Bipolar Disorder	Video Presentation
10/6/2002	40	Basic Mediation Training	DRC Yakima & Kittitas
10/29/2002	1.5	Tough Guise, Understanding Violent Men	Video Presentation
11/13/2002	4	Ethics and the Law	P. Nagle-McNaughton
Total 2002	75.25		
3/5/2003	1	Social Security Updates for Clients	State of WA
3/11/2003	2	HIPPA Basics/Clinical	Jack Maris, MS
3/27/2003	1	Adolescent Depression Research	Video
4/10/2003	0.75	QPR Avoiding Suicide Malpractice	Video
4/10/2003	0.7	QPR Mental Illness & Suicide	Video
4/10/2003	1	QPR Epidemiology of Suicide	Video
4/25/2003	6	Parental Empowerment	Douglas Ruben PhD
5/9/2003	6	Forgive For Good	Fred Luskin, PhD
5/15/2003	4	QPRT Final Training	Jim Pinell
9/24/2003	2	Mindfulness	Jon Kabat-Zinn
10/28/2003	2	Psychology of Sleep	Deshpande, MD
11/13/2003	3	Ethics and the Law	P. Nagle-McNaughton
Total 2003	29.45		
1/14/2004	1	Suicide Prevention/DBT	J.Schmidt/T.Moen MS
1/16/2004	6	Bipolar Disorder Clinical Course & Treatment	Bill Bond
1/22/2004	1	EMDR consultation/supervision	Team
1/29/2004	1	GAU/SSI	CWCMH Staff
2/11/2004	2	DBT Skills & Instructor Trng	Trish Bannon

2/26/2004	1	EMDR	consultation/supervision	team
3/28/2004	20	EMDR Part 2		Barbara Parrett, RN MSW
3/31/2004	1	ADHD - Clinical Perspectives		CWCMH Staff
3/31/2004	3.5	Ensuring Safe Work Environment		CWCMH Staff
4/14/2004	0.5	HUD Fair Housing		HUD Staff
5/19/2004	2	Working with Interpreters		CWCMH Staff
10/25/2004	7.5	Depression Pathways		L. Marcinko McFarr, PhD
10/26/2004	6	Anxiety Pathways		L. Marcinko McFarr, PhD
11/16/2004	3	Ethics 2004		Harry Kramer, PhD
11/18/2004	3	Grief	Processes, Style & Recovery	Blaine,MS & Hardy,MDiv
Total 2004	58.5			
3/11/2005	6	Self-Injurious Behavior	Assessment,Treatment, Rec	A. Levarder, MA MS
5/18/2005	2	Ensuring Safe Work Environment		J. Pinnell
9/9/2005	5	Understanding PTSD	Critical Info for 1st responders	D. Wertheimer, MS
9/21/2005	1.5	Disaster Behavioral Health	Tools & Resources in WA	CWCMH Staff
11/9/2005	3	Ethics 2005		CWCMH Staff
11/22/2005	0	Environment of Care	Comptency testing	
12/7/2005	0	Bloodborne Pathogen 2005	Comptency testing	
Total 2005	17.5			
1/27/2006	3	Gay 101 & Beyond	Expanding Knowledge	D. Goodman, MA LMHP
3/16/2006	14	Trauma Focused CBT for Children		L. Murry, PhD
5/17/2006	2	Ensuring Safe Work Environment		CWCMH Staff
7/14/2006	1	Seraquel	indications	Teresa Riddle
7/27/2006	7	Treatment Plans	Information Services	Brad Suhm/CWCMH Staff
9/28/2006	1	Campral Lexapro Discussion	Forrest Pharmaceuticals	Dan Buchanan
11/1/2006	3	Ethics 2006		CWCMH Staff
Total 2006	31			
4/27/2007	5	Emotional& Social Intelligence	Pathway to Full Recovery	John Bradshaw, MA
5/5/2007	6	Professional Ethics		JudyC.Roberts,MA,LMHC
6/28/2007	6	DBT: Making it Work in the Real World		Gregory Lester, PhD
11/9/2007	6.25	Obesity & Compulsive Eating: Strategies for Lifelong Change		Edward Abramson, PhD
Total 2007	23.25			
01/25/2008	1	Intro to Somatic Experiencing		Noah Rubenstein, PhD
03/27/2008	6	Mindfulness		Shelly Young, MA
07/11/2008	6	Ethical Pitfalls: Avoiding Prof Hazards		Steven Polovick,MS,LSW
08/21/2008	6.25	Nutritional & Complementary Tx for Mental Health D/O		Kristen Allot, ND, LAc
09/12/2008	6.25	Advanced CBT		John Ludgate, PhD
Total 2008	25.5			
05/01/2009	6	Professional Ethics, Not for the Faint of Heart		JudyC.Roberts,MA,LMHC
10/15-17 2009	18	Mindfulness Conference		Borstien, Sylvia et al
Total 2009	24			
05/21/2010	6	HIPAA 2.0 – The Law & Its Ethical Implications		RE Smith, atty & Bruce Spencer LMHC
09/17/2010	6.25	Buddha's Brain: Practical Neuroscience of Happiness		Rich Hanson, PhD
10/14/2010	6.25	Toxic Anger		W.Doyle Gentry PhD
11/09/2010	6.25	Unstuck: Effective Interventions for Resistant Cts		Bill O'Hanlon,MS,LMFT
Total 2010	24.75			
03/03/2011	6.0	Ethics		Samara C Kezele Fritchman,LMHC,PhD,JD
03/18/2011	6.0	Food Addictions, Overeating & Mood Swings		Beverly White, PhD, RD
09/19/2011	6.25	Life After Loss: New Models and Treatments ...		Jackson Rainer, PhD
11/18/2011	6.25	Compassion Fatigue: Prevention & Resilience		JE Gentry, PhD, LMHC
Total 2011	24.50			
08/06/2012	6.5	Reinventing Diversity/Diversity,Inclusion&Concealed Mind		Howard Ross
8/7-8/2012	11	Couples Therapy		John/Julie Gottman, PhD

12/14/2012	6	An Once of Prevention: Mental Health Ethics & The Law	Michael H Flynn,JD,PhD
Total 2012	23.5		
02/25/2013	6	Revolutionizing Diagnosis & Treatment – DSM-5	Susan Lewis PhD, JD
04/12/13	6.25	Effectively Treating the Authoritarian Client	John Robertson PhD
05/04/13	6	We Are The Tools of Our Trade	David J Wallin PhD
12/03/13	6	The Nuts & Bolts of Legal & Ethical Practice	Edward Zuckerman PhD
Total 2013	24.25		
03/21/14	6	Working with Suicidal Clients	Wellspring Counseling
04/25/14	6.25	Effectively Implement the New DSM-5 in Your Practice	Linda Barclay, MA PhD
09/11/14	6.25	Self-Regulation: Effective Strategies for Children	Laura Ehlert, Psy.D.
09/15/14	6	Ethics: Necessary & Essential Information	Samara C Kezele
Total 2014	24.5		
01/20/15	6.25	Brain-Based Self-Acceptance Strategies for Trauma ...	Tim Worden, PhD
05/15/15	6	Balancing Risk Management and Practice for Therapists	Wellspring Counseling
09/09/15	1	DSM-5/ICD-10	ACA
09/25/15	6	Ethics and the Law in Action	R.Smith&B.SpencerPhD
09/30/15	6.5	Mindfulness-Based Stress Reduction	E.Rosenbaum LICSW
11/13/15	6.25	Bipolar Spectrum: Bringing Evidence into Practice	James Phelps, MD
Total 2015	32		
07/11/16	6.25	EMDR & Mindfulness	C.A. Cherep-Carr MA,LCPC
07/28/16	6.25	Psychopharmacology: What You Need To Know About...	T.Smith, PhD,LMHC,NCP,FA
11/3-4/16	15	Clinical Supervision	Yvonne Owen, PhD
Total 2016	27.5		
02/24/17	6.5	Eating Recovery Center Professional Onsite Visit	Sarah Gilstrap, Various
3/15-19/17	13	ACA Conference & Education Sessions	Various
10/27/17	6	Balance Risk Mgmt & Practice for Therapists	Wellspreing Counseling
Total 2017	25.5		
01/19/18	6	Motivational Interviewing: Improving Client Outcome	Randi Jensen,MA,LMHC,CDC