

Laura Doughty, MS, LMHC
109 East Third Ave., Suite 7, Ellensburg, WA 98926
(509) 925-2258

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
Minor: American History

COUNSELING EXPERIENCE

Laura Doughty, MS, LMHC, Ellensburg, WA *January 2007 - Present*
Private Practitioner – Providing mental health consultations, assessment and treatment to individuals, couples and families from a strengthening and restorative perspective, based on the recovery model. Utilizing EMDR, CBT, brief solution-focused, interpersonal, and coaching modalities. Developed and lead "Parenting Support Series," fall 2007. Contracted with National Military Families Association as Mental Health Consultant for Operation Purple Camps, 2008.

Central Washington Comprehensive Mental Health, Yakima, WA *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, Ellensburg, WA **2000**
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.

ADDITIONAL TRAINING (See attached sheet for complete list of post-graduate trainings)

EMDR Institute, Inc., Watsonville, CA
EMDR Basic Training Part 1 & 2 **2002 - Present**
Completed two twenty hour trainings (2002, 2004) and started practice of using Eye Movement Desensitization Reprocessing to address symptoms related to trauma in children and adults.

Dispute Resolution Center of Yakima & Kittitas Counties, Yakima, WA
Basic Mediation Training **2002**
Completed the forty hour course in Basic Mediation Training, and started using mediation techniques in treatment with couples, and with individuals in conflict within the work setting.

PRIOR WORK EXPERIENCE

Worked in a variety of clerical, administrative and consulting positions, with an emphasis on bookkeeping, payroll and coordination of employee benefits. Membership in Society for Human Resource Management held from 1992 – 1996. **1984 - 1998**

LICENSURE

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

MEMBERSHIP

- American Counseling Association, since 2002
- National Board of Certified Counselors, since 2007