

Casey L. Anderson, LCPC

Pronouns: He/Him/His

Education

Loyola University Maryland, Baltimore, MD May 2011
Master of Science in Clinical Psychology
Practitioner Track

Towson University, Baltimore, MD May 2009
Bachelor of Science, Combined Psychology, Sociology, & Anthropology,
Honors Clinical Psychology Program, Thesis: *Household Division of Labor and Gender Attitudes*, Psi Chi (National Honor Society in Psychology) President 2009, Department of Psychology Distinguished Student Award 2009, Alpha Kappa Delta (Honors Society in Sociology), Golden Key National Honors Society (Honors Society in Academics)

Work and Related Experience

Clinical Associate

The Maryland Anxiety Center

Sept. 2024 to Present

1122 Kenilworth Dr. #211, Towson, MD, 21024

- Performed professional counseling activities including assessment, clinical intervention, treatment planning, and relapse prevention.
- Provide cognitive behavioral therapy to a diverse client population with anxiety disorders

Psychotherapist

Oct. 2020- Sept. 2024

Equilibrium Mental Health, LLC

1301 York Road, Suite 706, Timonium MD 21093

- Co-owner and outpatient mental health provider in a mental health private practice setting.
- Delivered comprehensive DBT for Adolescents and Families, in addition to DBT for Children (DBT-C), including 24/7 phone coaching (to adolescents, and parents respectively).
- Conducted DBT skills training for adolescent and family populations.
- Developed crisis management and suicide prevention protocols.

Presenter

Aug. 2021 – Present

The Behavioral Tech Institute

- Co-led foundational Dialectical Behavior Therapy (DBT) training for mental health professionals.
- Provided didactics, skills training, and consultation related to comprehensive DBT services.
- Provided consultation services, as needed.

Trainer

Fall 2023 – Present

DBT-C/CPA Trainer

- Provided educational training related to comprehensive Dialectical Behavior Therapy for Children (DBT-C) to various licensed mental health professionals.
- Provided consultation, as needed.
- Aided in curriculum development and implementation.

Johns Hopkins School of Education – Adjunct Faculty

Aug. 2023 – Present

2800 N. Charles St., Baltimore MD 21218

- Adjunct faculty member teaching Cognitive Behavioral Therapy

Licensed Clinical Professional Counselor III

The Center for Child and Family Traumatic Stress at the Kennedy Krieger Institute

1741 Ashland Avenue, 3rd Floor, Baltimore, MD, 2120

Feb. 2015- Present

- 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.
- Provided crisis management services to other clinicians as a member of the on-call crisis intervention “Beeper Team.”
- Practiced trauma-informed empirically based practices including 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)
- 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
- Served as collaborator with public school systems for creation of special education services via 504 plans/Individualized Education Program (IEP).
- Participated as a member of the Training Academy, providing trauma-informed education/seminars to a range of community agencies.

Child/Adolescent Psychotherapist Key Point Health Services Aberdeen, MD, Feb. 2013- Jan. 2015

- 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.

Educational Assistant Sheppard Pratt Health System Glyndon, MD, Jun. 2008- Jan. 2013

- 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

Psychology Extern The Kennedy Krieger Institute Baltimore, MD, Aug. 2010-Aug. 2011

- 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/Lifeskills 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

Psych Intern International Critical Incident Stress Foundation, Ellicott City, MD Aug. 2008-May 2009

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

Psych Intern Union Memorial Hospital, Counseling Center Baltimore, MD Jan. 2008-May2008

- Co-led group counseling for adults with chronic and persistent mental illness
- Designed treatment plans focused on symptom reduction for drug and alcohol addiction.

Research Assistant Towson University, Baltimore, MD Sept. 2007-May 2009

- 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
- Administered experimental protocols to participants regarding memory retrieval and false memory implantation.
- Examined the relationship between visual stimulation and memory recall.

Professional Trainings Provided

- BTECH Foundational Training May 2024
- Child DBT : Foundational Dialectical Behavior Therapy for Children (DBT-C) Mar 2024

- NAMI-MD Chapter – Presenter: Core Concepts of Traumatic Stress Oct. 2023
- DBT Foundational Training (featured presenter) with Behavioral Tech Institute March 2023
- Dialectical Behavior Therapy for Children (DBT-C) co-presented via Behavioral Tech Aug. 2021
- Presented *Risk Management Strategies for Caregivers: Effective Ways to Address Lethal Means* At the 32nd Maryland Annual Suicide Prevention Conference Oct. 2020
- Presented *Core Concepts of Traumatic Stress: The Impact of Medical Trauma* to JH Hospital Sept. 2020
- Presented: *Trauma Informed Care: Core Concepts* at Baltimore Co. CASA Convention March 2019
- Co-Presented, *Healing the Impact of Trauma Through Play* at 6th Biennial Trauma Conference at KKI Oct. 2017
- Co-Presented, *Fusing Pop Culture and Technology in Clinical Practice* at 6th Biennial Trauma Conference at KKI Oct. 2017
- Presented *Childhood Traumatic Stress: Core Concepts* to Heart and Homes May 2017
- Presented *Understanding and Responding to Trauma: Critical Factors to Consider*, to the YWCA Nov. 2016

Noteworthy Trainings Attended

- Antiracism and DBT, by Faria Kamal, PhD and Marcus Rodriguez, PhD June 2023
- DBT with Parents, Couples, and Families by Alan Fruzzetti, PhD June 2023
- Supportive Parenting for Anxious Childhood Emotions (SPACE) by Yale Child Study Center May 2022
- DBT for Substance Abusers by Portland DBT Institute (Linda Dimeff, PhD) May 2022
- 10 Day Dialectical Behavior Therapy for Children (DBT-C) and Core Problem Analysis (CPA) training with developer Francheska Perepletchikova, PhD July 2019-2020
- Attended 5 Day Prolonged Exposure (PE) training via the Center for Treatment and Study Of Anxiety (CTSA) Sept. 2019
- Crisis Prevention Institute (CPI): Nonviolent Crisis Intervention Certification May 2019
- 5 Day DBT Foundational Training via Behavioral Tech, Adam Payne, PhD and Francheska Perepletchikova, PhD Dec. 2018
- DBT Skills Two Day Training via Behavioral Tech, Lorie Ritschel, PhD Nov. 2017
- Dialectical Behavior Therapy Intensive Certificate Course via PESI May 2017
- Play Therapy Based Applications for Trauma Focused CBT with Children, Athena Drewes July 2016
- Cognitive Behavioral Therapy Certificate presented by PESI, Trainer: Dr. John Ludgate Jan. 2016
- Two-Day TF-CBT Training, Trainers: Anthony Mannarino, Ph.D. and Judith Cohen, M.D. Mar. 2016
- Leadership Education in Neurodevelopmental and other Related Disabilities (LEND) Aug. 2011

License, Certifications, Credentials, and Memberships

- Licensed Clinical Professional Counselor (LCPC)-MD License number LC5921 Renewed: Jan. 2024
- DBT-Linehan Board of Certification, Certified Clinician #2458 March 2021
- Telehealth Micro Certification Level I via Telebehavioral Health Institute March 2020
- Academy of Cognitive and Behavioral Therapies Diplomate and Certified CBT Therapist Oct. 2018
- Approved Licensed Clinical Professional Counselor Supervisor- Reference # 1325 Dec. 2017
- Certified Trauma Focused-Cognitive Behavior Therapy (TF-CBT) therapist Fall 2016

Media

- Back to School News Segment: Anti-Bullying televised on Fox 45 Aug 2019

