

Laura Doughty, MS, LMHC
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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
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MEMBERSHIP

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

Laura Doughty, MS, LMHC

Post-Masters Degree Professional Development/Continuing Education

Date of Training	Credit Hours	Course	Class	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. Najjar, 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 Brad Suhm/CWCMH Staff
7/27/2006	7	Treatment Plans	Information Services	
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			
1/25/2008	1	Intro to Somatic Experiencing		Noah Rubenstein,LMFT,LMHC
3/27/2008	6	Mindfulness		Shelly Young, MA, LPC,CACIII
7/11/2008	6	Ethical Pitfalls: Avoiding Professional Hazards		Steve Polovick, MS, LSW
08/21/08	6.25	Nutritional & Complementary Treatments for Mental Health Disorders: Non-Pharm Strategies that Work		Kristen Allott, ND, LAc
09/12/08	6.25	Advanced Cognitive Behavioral Therapy		John Ludgate, PhD
YTD 2008	25.5			