

Caroline (Carrie) R. Sheppard, M.Ed.

Licensed Mental Health Counselor

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WORK HISTORY

- 1998-Present ***Private Psychotherapy Practice*** Covington, WA
Treating adults, adolescents, and children. Specialty in treating individuals and families affected by autism spectrum disorders.
- 2001-2004 ***Valley Medical Center*** Renton, WA
Staff psychotherapist. Provided services to adults in outpatient counseling center.
- 1996-1998 ***Family Services*** Renton, WA
Psychotherapist. Provided services to children, adults, adolescents, families and couples.
- 1991-1995 ***Auburn Youth Resources*** Auburn, WA
Child and Family Therapist. Provided psychotherapy services to children, adolescents, and families.
- 1991-1992 ***Valley Counseling Associates*** Renton, WA
Psychotherapist. Worked with adults in a private practice setting. Participated in an advanced clinical training program for one year as a resident.
- 1989-1991 ***Health and Education Services*** Ipswich, MA
Psychotherapist. Treated children, adolescents, and adults in an Outpatient mental health clinic setting. Led children's therapy groups, promoted clinic services to the professional community.
- 1987-1989 ***Center for Family Development*** Beverly, MA
Held two concurrent positions. *Psychotherapist*, half time. Provided individual, group, couple, and family psychotherapy services in a private mental health clinic setting.
Psychotherapist/Family Resource Worker: Young Parent Program. Provided counseling services to pregnant and parenting adolescents, led support groups for young mothers.
- 1986-1987 ***Massachusetts Department of Social Services*** Cambridge, MA
Social Worker. Managed a large caseload in the child protective unit. Responsible for assessments, service planning, monitoring progress among families, initiating and following through with court action when needed, and crisis intervention.
- 1984-1985 ***DOVE Shelter for Battered Women*** Quincy, MA

Counseling Intern. 1984-1985 academic year. Counseled women individually and in groups, provided hotline and crisis coverage. Case Manager/Child Advocate, post graduation position.

EDUCATION

1990	Boston Institute for Psychotherapy	Boston, MA
	Completed one year postgraduate Clinical Fellowship Program which included course work, clinical training, and 120 hours of supervision in psychodynamic psychotherapy.	
1985	Boston University	Boston, MA
	Master's degree in Counseling Psychology; specialization in counseling women.	
1982	University of Minnesota	Minneapolis, MN
	B.A. degree in Psychology, minor in Women's Studies.	

CERTIFICATIONS

Washington State Licensed Mental Health Counselor
Washington State Child Mental Health Specialist
RDI® Program Certified Consultant, 2004-present

PANEL AFFILIATIONS

- Premera Blue Cross
- Magellan
- United Behavioral Health
- Value Options
- One Health
- Group Health
- First Choice
- Managed Health Network
- Uniform Medical
- Regence Blue Shield

ADDITIONAL TRAINING AND EXPERIENCES

- Completed certification program in Relationship Development Intervention®, Connections Center, Houston, Texas, 2004. Program is specifically designed to remediate core deficits of autism. Maintaining annual re-certification.
- Attended a variety of autism related workshops and trainings, totaling over 350 clock hours of CEU's.
- Presented to parent and professional groups on autism related topics, 80+ hours of public speaking experience.
- Parent of a child with an autism spectrum disorder.
- Currently consulting with parents from the Pacific Northwest, Canada, the United Kingdom and North Africa; to structure and implement appropriate home programs designed to remediate their children's autism related deficits.
- Owner of the MindSource Center, a therapy clinic in Covington, WA that strives to meet the needs of its community, particularly families affected by autism spectrum disorders.
- Have traveled, worked or lived in over 40 countries.

