





ALISHA GUTHERY

PHD, LMHC, CATP

CONTACT

-  206.372.6782
-  agutherycounseling@gmail.com
-  www.alishagutherycounseling.com
-  Suquamish, WA

EDUCATION

Ph.D. Counselor Education and Supervision

Antioch University, Seattle

2020-2023

Masters of Arts in Clinical Mental Health Counseling

Antioch University, Seattle

2013 - 2017

Bachelor of Arts in Music Performance

University of Nevada, Reno

1992 - 1997

PROFILE

Alisha is a trauma counselor, educator, and speaker. She is known for connecting with people by holding powerful healing spaces and creating collaborative learning environments. Her work examines trauma from a somatic perspective and integrates an anti-violence, anti-oppressive, and liberation-based framework.

TEACHING EXPERIENCE

Palo Alto University

Visiting Professor

2024 - Current

Primary Courses

- Trauma, Crisis, and Disaster
- Couples Counseling
- Community Mental Health
- Group Therapy
- Lifespan and Development

Primary Roles

- Classroom facilitation in a collaborative and trauma-informed way
- Evaluated students on participation and coursework

Antioch University Seattle

2021-Current

Adjunct Instructor

Primary Courses

- Domestic Violence Intervention Abusers
- Domestic Violence Intervention Survivors
- Somatic Theory and Oppression
- Neurobiology of Trauma
- Childhood Trauma
- Feminist Theory
- Family Systems Theory
- Trauma, Crisis, and Disaster

Primary Roles

- Curriculum design and implementation
- Classroom facilitation in a collaborative and trauma-informed way
- Evaluated students on participation and coursework
- Classroom facilitation in a collaborative and trauma-informed way

Antioch University Seattle

Teaching Assistant

2019 - 2023

- CES: Program Development and Evaluation, Dr. Colin Ward
 - Assisted instructor in facilitating discussion and learning.
 - Presented on how to develop programs and how to evaluate them.
- Ethics and Professional Issues, Johnny Spangler
 - Assisted instructor in classroom facilitation.
 - Supported students in the online forum.
- Communication and Counseling, Johnny Spangler
 - Assisted instructor in classroom facilitation.
 - Supported students in building counseling skills.

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Suquamish, WA

SKILLS

- Trauma Educator
- Educator on Somatic Theory and Polyvagal Theory
- Curriculum Development
- Learning methodology and implementation
- Domestic Violence researcher

PROGRAM DEVELOPMENT

- B.R.I.D.G.E.S (2022). A program designed to irradicate adolescent dating violence for King County Superior Court – Juvenile Court Services, Restoration programs.

COMMITTEES

- International Association for Resilience and Trauma Counseling, Diversity, Equity, Inclusion and Social Justice Committee 2022 - current
- Anti-Racism Committee at Antioch University, Seattle
- Anti-Racism Subcommittee to decolonize curriculum – Antioch University, Seattle

WORK EXPERIENCE

Director of Domestic Violence Intervention

Northwest Family Life

2023 - Current

- Provide supervision and oversight of the Domestic Violence Intervention Treatment program initiative as developed in collaboration with the City of Seattle for contract years 2023-2025.
- Provide mentorship and oversight supervision for all NWFL DVIT groups and group facilitators in compliance with WAC 388-60.
- Hold weekly meetings for treatment providers to gain learning, tools, and care for quality services.
- Work with partner organizations and participate in stakeholder meetings, including but not limited to meetings with King County, the City of Seattle, and Domestic Violence Intervention Treatment research groups.
- Create an increasingly inclusive intervention curriculum to provide quality services for BIPOC, LGBTQIA+, women, Spanish-speaking, and other underrepresented groups.
- Work with the Executive Director to create sustainable infrastructure and revenue-generating programs to sustain and fund victim and survivor services, including various groups.
- Work to integrate Domestic Violence Intervention content into the DV advocacy training for clinicians and the NWFL Learning Hub.

Counseling and Supervision

Alisha Guthery Counseling, LLC

2017 - Current

- Private practice that focuses on working with children, youth, and adults who have experienced domestic violence and sexual assault.
- Work with people who have experienced a severing of belonging.
- Work to re-engage the self with body-based practices that integrate interpersonal neuropsychology, somatic practice, and polyvagal theory.
- Provide somatic supervision to pre-licensed clinicians in Washington State.

School-Based WISE Mental Health Counselor

Center for Human Services

2017 - 2019

- As part of a multidisciplinary treatment team, I provided mental and behavioral health services to youth and their families with complex needs.
- Involved in multiple systems (criminal justice, mental health, substance abuse, etc.).
- Partnered with school staff to identify youth needing services and have a presence in the school to build rapport with youth.

Clinician II Child Advocacy Program

Compass Health - Dawson Place





2018

- Integrated behavioral health and medical health organization that supports clients and communities.
- Utilized Trauma-Focused Cognitive Behavioral Therapy
- Provided mental and behavioral health services to youth and their family.
- Specialized in working with youth ages 4-18 on issues of domestic violence and sexual assault.

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EXPERTISE

- Somatic Transformation
- Polyvagal Theory
- Domestic Violence
- Adolescent Dating Violence
- Domestic Violence Advocacy

PROFESSIONAL MEMBERSHIPS

- Northwest Family Life, Affiliate
- American Counseling Association, Member
- Association for Counselor Education and Supervision, Member
- Western Association for Counselor Education and Supervision
- International Association for Resilience and Trauma Counseling

AWARDS

- Social Justice Fellow, Antioch University Seattle 2021 - 2022

RESEARCH AND PUBLICATIONS

- Guthery, A. D. (2023). How cultural beliefs support and perpetuate relational violence: A Delphi study for violence prevention. [Doctoral dissertation, Antioch University]. OhioLINK Electronic Theses and Dissertations Center. http://rave.ohiolink.edu/etdc/view?acc_num=antioch1693947177490872
- Guthery, A. (Unpublished pilot study with King County in Washington State). Effectiveness of the B.R.I.D.G.E.S program on adolescent dating violence and King County adolescent court.
- Guthery, A. & Finley, M. (Special Topic, Antioch University). A Study of domestic violence curriculum in three Washington state high schools.
- Smestad L., Beall, N., Eugene, T., Guthery, A., & Hollomon., M. (In preparation – collecting data). Racial and ethnic disparities in the diagnosis and treatment of obsessive-compulsive disorder.
- Guthery, A., Smestad, L., & Hollomon, M. (In preparation – collecting data). Relationship satisfaction, perceived wellness, and dyadic coping of graduate counseling students.
- Guthery, A., Jeffrey, N., Crann, S.E., Schwab, E. (July, 2018). Using Transnational Feminist Theory to Expand Domestic Violence Understandings In L. H Collins, S. Machizawa, & J. K. Rice, From International to Transnational: Transforming the Psychology of Women. Book chapter in preparation. American Psychological Association.
- Collins, L.C., Mootz, J., Marecek, J, Guthery, A., Machizawa, S., Espin, O., Dottolo, A., Crann, S., Jeffrey, N., Schwab, E. (July, 2018). Transnational psychology in the classroom: a pluralistic approach. In L. H Collins, S. Machizawa, & J. K. Rice, From International to Transnational: Transforming the Psychology of Women. American Psychological Association.

CONFERENCES AND PRESENTATIONS

International Level

- Guthery, A. (2024). How Cultural Beliefs Support and Perpetuate Relational Violence: A Delphi Study for Violence Prevention. Chi Sigma Iota Social Justice Symposium, Virtual.
- Guthery, A. (2023). The Power of Nonjudgment in Mandated Treatment. Chi Sigma Iota Social Justice Symposium, Virtual.
- Guthery, A., Homavand, J., Pryzlicki, E., Sifferman, L. E. & Wilson, M. (2022) Examining the Intersections of Neuroscience and Social Justice and the Relevance to Counseling Identity. Chi Sigma Iota Social Justice Symposium, Virtual.
- Fort, K., Smestad, L., & Guthery, A. (2021). Decolonization of Syllabi: A Rubric for Counselor Education Programs and Courses. Chi Sigma Iota Social Justice Symposium, Virtual.
- Guthery, A. (2021). Body Stories and the Impact on Counseling Identity. Chi Sigma Iota Social Justice Symposium, Virtual.
- Guthery, A., Ward, L. & Murphy, N. (2015) From International to Transnational: Transforming the Psychology of Women, Proposed Policy Changes Regarding Domestic Violence Against Women. American Psychological Association, Division 35.

National Level

- Guthery, A., & Smestad, L. (2023). How to Create a Collaborative Classroom in a Trauma-Informed Way. Association of Counselor Education and Supervision.
- Guthery, A., & Ward, C. (2023). Deconstructing supervision: Multicultural responsiveness through solidarity and liberative justice. Association of Counselor Education and Supervision.

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REFERENCES

Dr. Colin Ward

cward@antioch.edu

Dr. Katherine Fort

kfort@antioch.edu

Dr. Stephanie Thorson-Olesen

sthorsonolesen@antioch.edu

Dr. Shawn Patrick

spatrick@antioch.edu

Dr. John Conteh

jconteh@antioch.edu

CONFERENCES AND PRESENTATIONS CONTINUED

National Level

- Hrustanovic, N., Guthery, A., & Ward, C. (2022). Deconstructing supervision: Multicultural responsiveness through solidarity and liberative justice.
- Guthery, A. Liu, P. (2022). Teaching trauma: Lessons learned from the classroom. Western Association of Counselor Education and Supervision.
- Liu, P. & Guthery, A. (2022). Embodied social justice in counselor education. Western Association of Counselor Education and Supervision.
- Liu, P. & Guthery, A. (2022). Embodied trauma-informed teaching: How do we teach trauma counseling class? Western Association of Counselor Education and Supervision.
- Guthery, A. (2022). Love and safety: A powerful response to children who have witnessed violence. Project Be Free, Domestic Violence Wellness.
- Ward, C., Fort, K., & Guthery, A. (2021). Decolonizing Resilience: Essential Features for Counselor Training. American Counseling Education and Supervision.
- Guthery, A., Jeffrey, N., & Crann, S. E. (2018). Addressing Definitional Challenges Associated with Domestic Violence using Transnational Feminist Concepts. Association for Women in Psychology
- Guthery, A. (2017). Treating Survivors of Domestic Violence Through the Intersections of Societal Systems. Pierce County Counselors Association.
- Guthery, A. (2017). Treating Survivors of Domestic Violence Through the Intersections of Societal Systems. Ball State University.
- Guthery, A. & Ward, L. (2016). Exploring Treatment Options for Survivors of Domestic Violence: Re-Conceptualizing the Survivor Experience Through the Intersections of Societal Systems and the Typologies of Violence. Washington Counseling Association.
- Guthery, A. (2015). Living Your Truth. Violence Reduction Forum, The Washington Correction Center for Women.

TALKS AND LECTURES

- Love is Respect
 - Youth Who Cause Harm: Integrating Strategies of Support Toward Anti-Violence
- Bastyr College
 - Facilitated a workshop on the clinical applications of polyvagal theory.
- Northwest Family Life
 - Facilitated a workshop on the clinical applications of polyvagal theory.
- Greenlake Wellness Group
 - Facilitated a workshop on domestic violence and clinical application.
- Northwest Family Life
 - Facilitated a workshop on the clinical applications of polyvagal theory.
- Antioch University, Seattle
 - Facilitated a workshop on the clinical applications of polyvagal theory.
- Center for Human Services
 - Facilitated a workshop for wraparound coordinators on developing safety plans for families with children with behavioral challenges.
- Center for Human Services
 - Facilitated a workshop for wraparound coordinators on regulating the self when working with dysregulated people.
- Henry M. Jackson High School
 - Facilitated five workshops for high school students (approx. 150 students) on teen dating violence for prevention.