

ALISHA

**GUTHERY**

MA, LMHC, CATP

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LICENSES AND CERTIFICATIONS

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Licensed Mental Health Counselor (LMHC), State of Washington: LH60965204

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EDUCATION

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<b>Doctor of Philosophy in Counselor Education and Supervision</b>	Expected Graduation: May 2023
Antioch University, Seattle	
<b>Masters of Arts in Clinical Mental Health Counseling</b>	September 2017
Antioch University, Seattle	
<b>Bachelor of Arts in Music Performance</b>	May 1997
University of Nevada, Reno	

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TRAINING SKILLS AND PROFESSIONAL DEVELOPMENT

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2022 Engaging the Rhythm of Regulation: Foundations of Polyvagal Informed Practice Part I  
2021 Embodied Social Justice Certificate, The Embody Lab  
2019 Essentials of Co-Parent Coaching - Karen Bonnell  
2020 Somatic Transformation – Sharon Stanley, Ph.D.  
2018 Child and Adolescent Trauma Professional – International Trauma Training Institute  
2018 Advanced Parenting Issues in Divorce – King County Collaborative Law  
2018 Compassionate Listening Training  
2017 Therapist Core Training for Sexual Assault – Washington Coalition of Sexual Assault Programs  
2016 Relationship Violence Assessment and Response Specialist Certificate  
2016 Narrative Therapy – Vancouver School of Narrative Therapy  
2015 Economic Abuse – Washington State Coalition Against Domestic Violence  
2015 Legal Advocacy Essentials - Washington State Coalition Against Domestic Violence  
2014 Child Support and Domestic Violence - Washington State Coalition Against Domestic Violence  
2014 Advocacy Training – Washington State Coalition Against Domestic Violence  
2013 Washington State Domestic Violence Perpetrator Treatment – Northwest Family Life  
2013 Domestic Violence Victim – Nancy Murphy, The Seattle School

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## CLINICAL EXPERIENCE

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**Alisha Guthery Counseling, LLC – Mental Health Counselor** 2017 to present  
*Private practice that focuses on working with children, youth, and adults who have experienced domestic violence and sexual assault.*

In my private practice, I work with people who have experienced a severing of belonging. I work to re-engage the self with body-based practices that integrate interpersonal neuropsychology and somatic practice.

**Northwest Family Life, Learning and Counseling Center - Domestic Violence Advocate and Educator**  
2013 to present

*A learning and counseling center with a focus on trauma, domestic violence, and advocacy. On Behalf of Northwest Family Life, I facilitated domestic violence education groups and provided one on one advocacy at the Washington Correction Center for Women (between 2013 and 2017). Currently, I assist in providing supervision for domestic violence treatment clinicians. I am at "supervisor" status with the state of Washington for domestic violence treatment.*

**Center for Human Services, School-Based WISE Mental Health Counselor** 2017 to 2019  
*A community-based nonprofit youth and family services agency that has been a resource to children, youth, adults, and families since 1970.*

As part of a multidisciplinary treatment team, I am responsible for providing mental and behavioral health services to youth and their families who have complex needs and who are involved in multiple systems (criminal justice, mental health, substance abuse, etc.). I partner with school staff to identify youth in need of services and have a presence in the school to build rapport with youth.

**Compass Health (Dawson Place – Clinician II Child Advocacy Program)** 2018  
*Integrated behavioral health and medical health organization who provides services to support clients and communities where there is a need.*

Utilizing Trauma-Focused Cognitive Behavioral Therapy, I was responsible for providing mental and behavioral health services to youth and their family. I specialized in working with youth ages 4-18 on issues of domestic violence and sexual assault.

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## TEACHING EXPERIENCE

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**Instructor, Antioch University: Systems perspective in family therapy** Spring 2022

- Generated and facilitated all lectures
- Worked directly with students to assist them in their understanding of somatic theory and oppression and its application
- Evaluated students on participation and coursework

**Instructor, Antioch University: Advanced Trauma Counseling** Spring 2022

- Generated and facilitated all lectures
- Worked directly with students to assist them in their understanding of somatic theory and oppression and its application
- Evaluated students on participation and coursework

**Instructor, Antioch University: Neurobiology of trauma** Winter 2022

- Designed Curriculum
- Generated and facilitated all lectures
- Worked directly with students to assist them in their understanding of somatic theory and oppression and its application
- Evaluated students on participation and coursework

**Instructor, Antioch University: Neurobiology of childhood trauma** Fall 2022

- Designed Curriculum
- Generated and facilitated all lectures
- Worked directly with students to assist them in their understanding of somatic theory and oppression and its application
- Evaluated students on participation and coursework

**Instructor**, Antioch University: Advanced Theories: Somatic Theory and Oppression 2021-current

- Designed Curriculum
- Generated and facilitated all lectures
- Worked directly with students to assist them in their understanding of somatic theory and oppression and its application
- Evaluated students on participation and coursework

**Instructor**, Antioch University: Special Topics: Somatic Theory and Oppression Spring 2021

- Designed Curriculum
- Generated and facilitated all lectures
- Worked directly with students to assist them in their understanding of somatic theory and oppression and its application
- Evaluated students on participation and coursework

**Teaching Assistant**, Antioch University: Ethics and Professional Issues Winter 2019  
Course Instructor: Johnny Spangler

- Assisted instructor
- Assisted students with an online forum.

**Teaching Assistant**, Antioch University: Communication and Counseling Spring 2019  
Course Instructor: Johnny Spangler

- Assisted instructor
- Assisted students in developing counseling skills.

#### ADDITIONAL TEACHING EXPERIENCE

**Workshop**, Bastyr College 2022

- Facilitated a workshop on the clinical applications of polyvagal theory.

**Workshop**, Northwest Family Life 2022

- Facilitated a workshop on the clinical applications of polyvagal theory.

**Workshop**, Northwest Family Life 2021

- Facilitated a workshop on the clinical applications of polyvagal theory.

**Workshop**, Antioch University, Seattle 2020

- Facilitated a workshop on the clinical applications of polyvagal theory.

**Workshop**, Center for Human Services 2019

- Facilitated workshop for wraparound coordinators on how to develop safety plans with families with children who have behavioral challenges.

**Workshop**, Center for Human Services 2018

- Facilitated workshop for wraparound coordinators on how to regulate the self when working with dysregulated people.

**Workshop**, Henry M. Jackson High School 2018

- Facilitated five workshops for high school students (approx. 150 students) on teen dating violence for the purpose of prevention.

#### RESEARCH AND PUBLICATION

**Guthery, A.** (Current 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.

## CONFERENCE AND PRESENTATIONS

### International Level

- 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

- 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.

## AWARDS

Social Justice Fellowship Recipient, Antioch University 2021-2022

## COMMITTEES

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International Association for Resilience and Trauma Counseling, Diversity, Equity, Inclusion and Social Justice Committee 2022- current

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PROFESSIONAL MEMBERSHIPS

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Northwest Family Life, Affiliate  
American Counseling Association, Member  
Association for Counselor Education and Supervision, Member  
Western Association for Counselor Education and Supervision