

**Anna E. McClaugherty, LPC, SEP, CEDS**  
**Arizona License LPC- 18604**

**Professional Work Experience**

**Clinical Therapist/ Flagstaff Counseling Center, Flagstaff, AZ March 2020- Present**

- Provide individual and collaborative care to 25-30 individual clients.
- Offer Eating Disorder Assessments, and offer additional collaborative sessions for clients of colleagues who are diagnosed with Eating Disorders

**Somatic Psychotherapist/ Clinical Manager, NC Center for Resiliency, PLLC, Chapel Hill, NC Oct 2015- March 2020**

- Provide individual and collaborative care to 25 individual clients.
- Approximately 60-70% of individual clients were seen for eating disorders, usually transitioning to my care after being discharged from a residential setting
- Review clinical notes for medical necessity and provide clinical leadership and support for all clinicians.
- Provide individual and group supervision to provisionally licensed clinicians as well as new hires.
- Serve as direct Supervisor to Referral Coordinator, assisting in screening of all new referrals.
- Support Clinicians in responding to high level cases and discharge planning
- Serve as direct Supervisor to Clinical On-Boarding Specialist, overseeing training of new hires.
- Trained in the Embodied Recovery Model with Paula Scatoloni and Rachel Lewis Marlow (Somatically integrative model for working with Eating Disorders)
- Weekly CEDS group, followed by monthly CEDS Supervision with Tammy Holcomb

**Program Director/ Intensive In-Home Clinical Lead, B & D Behavioral Health Services, Durham, NC, Dec 2014- Oct 2015**

- Screen all new Child Referrals—to include in depth conversation between the referral source (including Outreach Coordinators) to determine whether the case is appropriate for the IIIH Division.
- Oversee and maintain a waitlist to determine admit order based on case activity.
- Perform Intakes in office and in the field to verify the clinical appropriateness of referrals for the Division.
- Manage discharge schema and weekly intake and referral flow to prevent unfilled team slots.
- Meet at least weekly with Clinical Director as well as Executive Director.
- Marketing the IIIH Program to schools, OPT therapists, hospitals, crisis centers, DSS, DJJ and other child agencies.
- Representing the Agency in meetings with MCO's as needed.

**Intensive in-Home Therapist, B & D Behavioral Health Services, Durham, NC, May 2014- Dec 2014**

- Provide individual and family therapy for each youth served by the team.
- Designating the appropriate team staff such that specialized clinical expertise is applied as clinically indicated for each child.
- Providing and coordinating the assessment and reassessment of the recipient's clinical needs.
- Providing clinical expertise and guidance to the IHH team members in the team's interventions with the recipient.
- Providing the clinical supervision of all members of the team.

**Clinical Mental Health/ Expressive Arts Therapist, Auldern Academy, Siler City, NC, May 2012- May 2014**

- Full time clinician for counseling department at Auldern Academy, a therapeutic boarding school for at-risk high school girls.
- Conduct weekly individual, family and group therapy sessions with adolescents, using a variety of modalities, including arts-based therapy and movement therapy.
- Develop and write treatment plans, process notes, and diagnostic summaries for caseload of 8-10 adolescents seen in individual treatment.
- Plan and participate in specialized retreats and educational trips for student body.
- Facilitate specialized groups in Expressive Arts Therapy, Body Centered Therapy, Mindfulness, and Body Image

**Education**

**Appalachian State University Boone, NC May 2012 Master of Arts, Clinical Mental Health Counseling**

- GPA: 4.0
- Member of Orchestis, Expressive Arts Honors Society
- Graduate Assistant to Dr. Sally Atkins, Teaching Assistant and Intern

**Mount Union College Alliance, OH May 2008 Bachelor of Arts, Summa Cum Laude**

- GPA in major: 4.0, Cumulative GPA: 3.954
- Named to Psi Kappa Omega, **All College Academic Honorary**, Spring 2007
- Named to Sigma Tau Delta, **The International English Honors Society**, Spring 2007
- Named to Alpha Mu Gamma, **The National Foreign Language Honorary**, Spring 2008
- Received the Jane Weston Chapman Award for distinction in addressing women's issues, Spring 2008

**Professional Trainings**

- Somatic Experiencing Trauma Institute, Beginning – Advanced Levels (2016-2018)
- International Association of Eating Disorders Conference, March 2018 (CEDS Certification in Process)
- Embodied Recovery (Level One, September 2016, Level 2 April 2018, and January 2019, November 2019)
- Trauma Focused Cognitive Behavioral Therapy, August 2016
- Registered Yoga Teacher (500 hour), Asheville Yoga Center, April 2015

## **Volunteer Experience**

- Teach for America Americorps Member 2008-2010
- Chair of the Communications and Media Committee. Licensed Professional Counselor Association of North Carolina, August 2015- August 2016: Monitor and Develop Social Media Platforms