

Catherine S. Peterson, MSW, LCSW

Psychotherapist

Brickel and Associates, LLC

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License

Commonwealth of Virginia: Licensed Clinical Social Worker (License No. 0904004587)

CLINICAL EXPERIENCE

Therapist

Brickel & Associates, LLC
Alexandria, Virginia
2016-current

Therapist

Step-Family Support Group
Arlington, Virginia
2007

Therapist

Department of Behavioral Health, Walter Reed Army Medical Center
Washington, D.C.
2001-2004

Therapist

Deployment Health Clinical Center, Walter Reed Army Medical Center
Washington, D.C.
2000-2001

Therapist

Mental Health Clinic, Veterans Affairs Puget Sound Health Care System
Seattle, Washington
1998-2000

Substance Abuse Social Work Fellow

Addictions Treatment Center, Veterans Affairs Puget Sound Health Care System
Seattle, Washington
1997-1998

Therapist and Research Assistant
Evergreen Addiction Treatment Center
Seattle, Washington
1998

Therapist
Outpatient Mental Health Clinic, Veterans Affairs Medical Center
Bedford, Massachusetts
1996-1997

Guardian Ad Litem
Marlborough Court
Marlborough, Massachusetts
1995-1996

Special Education Teacher
Teach for America, Welsh High School
Welsh, Louisiana
1993-1995

PRESENTATIONS AND HONORS

Fostering Trust and Rapport through Empathy and Validation for Veterans with Unexplained Physical Symptoms; Uniformed Social Work Conference, "2001: A Social Work Odyssey" San Diego, CA; January 2001.

The Veterans Integrated Service Network (VISN) Homeless Study; VISN 1 Homeless Conference, Bedford, MA; July 1997.

EDUCATION

Master of Social Work
Boston College, 1997

Bachelor of Science, Psychology
James Madison University, 1993

ADDITIONAL PROFESSIONAL TRAINING

Impasses and Challenges in EFT, Dr. Rebecca Jorgensen, Online, December 19, 2018

EMDR Basic Training, Mary L. Froning, Psy.D., Trauma Institute & Child Truma Institute, Washington D.C., September 22-23, Oct 6, 20-21, 27-28, November 17, December 15, 2018

Working with the Neurobiological Legacy of Trauma, Janina Fisher, Ph.D., Webinar, September 18, 2017-June 18, 2018

From Pornography to Intimacy: Changing the Triggers for Sexual Arousal, Dr. Mark Schwartz, Harmony Place Monterey, Livecast Webinar, May 4, 2018

The Missing Peace: Men and Trauma, Dan Griffin, MA, Meridien Behavioral Health, Annapolis, MD, March 16, 2018

EFT Stage 2-3: Deepening Engagement & Consolidation, Dr. Rebecca Jorgensen, Online, June 13, 2018.

EFT Stage 1: Reachign De-escalation, Dr. Rebecca Joregensen, October 5, 2017.

Core Concepts and Interventions in EFT, Dr. Rebecca Jorgensen, Online, August, 6, 2017.

Ethical Principles in the Practice of Virgnina Mental Health Professionals, Allan Tepper, J.D. Psy, D., Live Webcast-Fully Interactive, February 22, 2018.

Perinatal Depression and Anxiety Assessment, Treatment & Advanced Clinical Practice, Karen Kleiman, MSW, LCSW. The Post Partum Stress Center Post-Graduate Traning Program, Rosemont, PA. December 1 & 2, 2017

Treating Postpartum Depression, A Trauma-Informed Perspective, Robyn Brickel, MA, LMFT, The Ferentz Institute, Pikesville, MD. October 20, 2017

Sensorimotor Psychotherapy Webcast, Pat Ogden, PhD. Turf Valley Resort & Confernece Center, Ellicott City, MD. October 13, 2017

Mindful Self-Compassion Core Skills Workshop, Kristen Neff, PhD, & Chris Germer, PhD, American University Washington College of Law, Washington, DC. October 6-7, 2017

Narrative Sand Therapy: A Therapist's Emotinal Experience, The Ferentz Insitute, Pikesville, MD. June 6, 2017

Using Parts Work to Overcome Resistance, Calm the Inner Critic, and Help Trauma Survivors Self-Acutalize, The Ferentz Insitute, Pikesville, MD. May 1 & 2, 2017

Tools for Hearling the Heart that Hurst: The Therapeutic Use of the Puppets and Dolls Across the Life Span. The Ferentz Insititue. Pikesville, MD. April 19, 2017

A Three Stage Approach to Incorporating Expressive and Creative Therapies, The Ferentz Insitute, Pikesville, MD, February 28, March 8, March 28, 2017

The Challenge of Treating Complex PTSD, Mary Jo Barrett, MSW & Linda Stone Fish, MSW, PhD, Psychotherapy Networker, Washington DC, 2017.

The Vulnerablty and Courage in Psychotherapy, Brene Brown, PhD, LMSW, Psychotherapy Networker, Washington DC, 2017.

Rising Strong, Brende Brown, PhD, LMSW, Psychotherapy Networker, Washington DC 2017.

Enhancing Neuroplitiscity, Linda Graham, MFT, Psychotherapy Networker, Washington DC 2017.

Shame and the Disowned Self Janina Fisher, Ph.D. Psychotherapy Networker, Washington DC 2017.

Psychotherapy of the Heart, Joan Borysenko, PhD, Psychotherapy Networker, Washington DC 2017.
Diathesis Stress Model of Addiction: Etiology of Substance-Related and Addictive Disorders, Darryl Inaba, Pharm D, CATC-V, CADC III, February 2017

State-Dependent Memory, Perception, and Communication: How We All Get It Wrong, Stan Tatkin, PsyD, MFT, January 2017.

Advanced Level 1 Truama, Advanced Psychotherapy Training and Education, Lisa Ferentz, LCSW-C,

DAPA, Pikesville, MD Fall 2016

Treating Adolescent Substance Abuse and Trauma, Robyn Brickel, M.A., LMFT, & Denise Tordella, M.A., Pikesville, MD October 2016

Healing Affairs Using EFT, Rebecca Jorgensen and Dr. Scott Woolley, August 2016

Maternal Mental Health 101, Joy Burkhard, July 2016

Working Intensively with Complex Truma and Dissociation Clients, Dr. Maggie Phillips, June 2016

Ego-State Therapy: Working with Early Life Trauma Through the Body, Dr. Maggie Phillips, June 2016

Developing Inner Attachment to Heal Child Parts, Dr. Janina Fischer & Dr. Maggie Phillips, June 2016

Anxiety Disorders in Children & Adolescents, Recognizing & Treating the Emerging Epidemic, Paul Foxman, Ph.D., Bethesda, MD, May 2016

Cognitive Therapy for Dementia, Effective Evaluation & Therapeutic Interventions, Peter R. Johnson, Ph.D., CCC-SLP, Reston, VA 2016

Know thy Boundaries: Ethical Attunement in an Age of Informality, Mary Jo Barrett and Linda Stone Fish, Psychotherapy Networker, Washington, DC, March 2015

Ethics: Necessary and Essential Information for Mental Health and Related Healthcare Professionals, Lois A Fenner, R.N., M.S., Attorney at Law, Fairfax, VA 2016

Emergency Mental Health: Assessment & Treatment, Arlington, VA September, 2014

Healing Your Heart After Grieving, David Kessler Fairfax, VA 2014

Brainstorm, Daniel Siegel, MD, Psychotherapy Networker, Washington, D.C., March 2014

Brain Science and Psychotherapy, Rick Hanson, Ph.D., March 2014

The Power of Full Engagement, Diana Fosha, Ph.D., Psychotherapy Networker, Washington D.C. March 2014

Heal Your Heart After Grief: Help Your Clients Find Peace After Break-Ups, Divorce, Death and Other Losses, David Kessler, Fairfax, 2014.

DSM-5 in Plain English, Kenneth Carter, Ph.D., ABPP, Alexandria, VA 2013

Emergency Mental Health: Assessment and Treatment, Tim Webb, MAEd, LPC, Alexandria, VA 2013

Cognitive Behavioral Therapy and Mindfulness, Richard Sears, PSYD, MBA, ABPP, Alexandria, VA 2013

The Nuts & Bolts of Legal and Ethical Practice, Edward Zuckerman, Ph.D., Alexandria, VA, 2012

Attachment Theory in Clinical Practice, Daniel Siegel, M.D., Psychotherapy Networker, Washington, D.C., 2012

Trauma, PTSD, & Grief, Linda J. Schupp, Ph.D., Arlington, VA 2011

Beyond Pills, Effective Treatment of Depression, Michael Yapko, Ph.D., Psychotherapy Networker, March 2010

Tapping Spiritual Resources for Healing, Froma Walsh, Ph.D., MSW, Psychotherapy Networker, March 2010

Social Work Ethics & the Law: Complex Issues in Social Work Practice, March 2010

Yoga & Mindfulness, Judi Moolten, MSW, RYT, YC, Arlington, VA 2010

Energy Psychology in Disaster Relief, David Feinstein, Ph.D., Psychotherapy Networker Symposium, Washington, D.C., March 2009

Helping "Blended" Families Thrive- Patricia Papernow, Ed.D., Psychotherapy Networker, Washington, D.C., 2009

Treating Daughters of Narcissistic Mothers, Karyl McBride, Ph.D., LMFT, Psychotherapy Networker, Washington, D.C., 2009

A Family's First Year with Cancer, David Treadway, Ph.D., Psychotherapy Networker, Washington, D.C., 2009

Embracing Life in the Face of Death, Irvin Yalom, M.D., Psychotherapy Networker, March 2008

Healing Night: Treating Sleep & Dream Disorders, Rubin Naiman, Ph.D., Psychotherapy Networker, March 2008

Strategies for Positive Aging, Robert Hill, Ph.D., Psychotherapy Networker, Washington, D.C., March 2008

The I in the Storm, Richard Schwartz, Ph.D., Psychotherapy Networker, Washington, D.C., March 2008