

CATHERINE LOUNSBURY
clounsbury@antioch.edu

EDUCATION

University of Maine, Orono, ME
Ed.D. in Counselor Education 2006
Dissertation: Risk and Protective Factors of Secondary Traumatic Stress in Crisis Clinicians

Bridgewater State College, Bridgewater, MA
M.Ed. in Counseling, Graduated with honors 1988

Fairfield University
B. A. in Psychology, Cum Laude 1985

PROFESSIONAL LICENSE

Licensed Clinical Professional Counselor, 1992- present
STATE OF MAINE, LICENSE NUMBER: CC 245

ACADEMIC TEACHING / LEADERSHIP EXPERIENCE

ANTIOCH UNIVERSITY, CORE FACULTY, Professor 2012 – present
Clinical Mental Health Counseling Program
Teaching in campus-based, hybrid, and online modalities
Counseling Division Dean, 7/2023 - present
CMHC Department Chair, 2020 - 7/2023
Applied Psychology Department Chair, 2014 - 2017
Director of Clinical Training, Director of Practica and Internships 2012 – 2014, 2017-2018

Current University service projects:

- **University Affiliation Steering Committee (9/20 - present)**
-appointed by Vice Chancellor of Academic Affairs, faculty representative to the Affiliation Committee and University Board of Directors focused on the exploration and implementation of Affiliation Agreement
- **Social Justice Andragogy Committee (9/20-present)**
-focused on the development and implementation of anti-racist and decolonized curricula in the CMHC program
- **International Cohort Task Force (1/22 - present)**
-AUS initiative to explore development of international CES program
- **Latinx Mental Health and Social Justice Institute Executive Board (10/21 - present)**
-focused on elevating culturally responsive mental healthcare for Latinx/e communities.
- **Behavioral Health Workforce, Education, and Training grant, co-PI (1/21 - present)**, 4 year grant award through HRSA focused on Integrated Behavioral Health in Primary Care settings; collaboration with AUNE Couples and Family Therapy and Clinical Psychology programs
- **CACREP report committee, 2021 - present**
-development and submission of the 2021 interim report and subsequent planning for next accreditation cycle
- **Higher Education Learning Council University Committee (C-4), 2022 - present**
- **Antioch Wellness Institute, Founder and Director (2014 - present)**

CURRICULUM AND PROGRAM DEVELOPMENT:

- *Development of Art Therapy and CMHC Program- (supportive role)
- *Development of Weekend Low Residency program
- *Development of CMHC online program, growing from 3 students in 2014 to 450 in 2023
- *Development of Postmaster Certificate in Clinical Mental Health Counseling
- *Development of Addictions Counseling Certificate (supportive role)
- *Development of Trauma Certificate
- *Development of Certificate in Counseling Military Personnel and their Families
- *Course development and online/hybrid course transition including Advanced Group Facilitation, Adventure-based Counseling, Treatment Modalities, Foundational Counseling Skills, Trauma and Resiliency
- *Development of INTERNATIONAL TRAUMA EXPERIENCE course for second-year students- semester-long study in experiential trauma-informed interventions and two-week experiential work with trauma survivors in Cusco, Peru

DEPARTMENT AND UNIVERSITY INITIATIVES:

- *Development of Department's Social Justice Plan and integration of social justice curriculum audit
- *Participation in interdisciplinary team addressing psychological trauma of Inuit climate refugees in Nunatsivut, Labrador; member of interdisciplinary team invited to Labrador Institute Research Consortium
- *Department-wide professional development initiative on Gender Justice- integration of curriculum and practices

Project Director, HRSA Behavioral Health Workforce and Training Program, 2016 - 2018**Co-PI, HRSA Behavioral Health Workforce and Training Grant, 2021 - present**

Federal Initiative focused on the provision of educational and clinical experiences for Clinical Mental Health Counseling students and clinicians at their internship sites to address the Opiate Crisis in New Hampshire. Supervision and consultation provided to 20 CMHC students at 18 clinical sites.

COURSES TAUGHT:

- *Courses in the Clinical Mental Health Counseling program: Treatment Modalities: Creative Approaches of trauma, Crisis and Trauma-informed interventions; Group Counseling; Advanced Group Facilitation; Counseling Theories, Internship I, Internship II, and Internship III Seminar; Counseling Skills Intensive; Fundamentals of Therapeutic Interaction, Adventure-based Counseling, Crisis Counseling, Diagnosis and Treatment, Research, Trauma and Resiliency

Institute on Counselor Wellness, Founder and Co-Director**2014 - present**

The mission of the Institute on Counselor Wellness is to serve as a resource to counseling students, educators, and professionals, developing awareness of the risk and protective factors of Secondary Traumatic Stress and promoting strategies to support wellness.

- *Coordinated launch of institute bringing together 65 professionals across sectors to develop standards of practice for counselor wellness
- *Provide training to counseling organizations to promote individual, organizational, and policy changes to support counselor wellness (over 500 professionals trained)
- *Webinar training to students, faculty, supervisors- "Maintaining Wellness in Chaotic Times"

Counselors for Social Justice, Faculty Advisor**2018 - 2019**

Development of Antioch Chapter of Counselors for Social Justice

Faculty and Provost Search Committees, 2013, 2014, 2015, 2018, 2021, 2022, 2023**Center for Academic Innovations Award, 2014**

RELEVANT CLINICAL EXPERIENCE

PRIVATE COUNSELING PRACTICE, Kennebunk, ME	1996 -- present
HEALTH AFFILIATES MAINE, Auburn ME Clinical Counselor, New England Cancer Specialists * Individual and family counseling for oncology patients	2017 – 2021
GLOBAL TRAUMA RESEARCH, Croix-des-Bouquets, Haiti *NBCC International Mental Health Facilitator Training Program *Provided training to youth and community leaders following 2010 earthquake	2016 - 2018
MAINE PSYCHOLOGICAL TRAUMA INSTITUTE, Saco, ME Founding Member and Clinical Director * Provided counseling, supervision, training and consultation on trauma-informed care	2003 - 2007
CENTER FOR TRAUMA PSYCHOLOGY, Beverly Farms, MA National Responder *Worked as member of International Trauma Response Team providing interventions for children following natural disasters and traumatic events (including September 11 th Terrorist Attack, Hurricane Katrina, and the 2004 Tsunami) <ul style="list-style-type: none"> ● Training of Youth Workers in local communities on the support of children following traumatic events ● Support of clinical responders and clinical team ● Implementation of community-based, community-developed initiatives in partnership with local team 	2001 – 2012
COUNSELING SERVICES, INCORPORATED, Biddeford, ME Clinical Supervisor, Crisis Response Services, Clinical supervision of 35+ clinicians in 24 hour crisis program Founder and Team Coordinator, IMPACT Team, School and Community-based Critical Incident Stress (CISM) Team	1997 - 2003
PERSONAL GROWTH AND DEVELOPMENT CENTER, Orono, ME	1990 - 1992
RUTGERS UNIVERSITY, Rutgers Scholars Program New Brunswick, NJ	1988 – 1990
BRIDGEWATER STATE COLLEGE, Academic Advising Center Bridgewater, MA	1988
MASSACHUSETTS DEPARTMENT OF SOCIAL SERVICES, Brockton, MA	1985 - 1987

COMMUNITY LEADERSHIP EXPERIENCE

TOWN OF SANFORD, ME: COMMUNITY ORGANIZER, PROJECT DIRECTOR, COORDINATOR OF FEDERAL GRANT FUNDING	2007 – 2012
*Directed all aspects of school and community initiative to reduce youth violence and substance abuse through application and implementation of the Strategic Prevention Framework *Provided oversight of \$7.5 million budget including coordination of contracts and federal funds *Developed and coordinated community coalition including school administrators, town officials, mental health providers, law enforcement, and business owners to work collaboratively on challenges in the town	
MAINE SCHOOL ADMINISTRATIVE DISTRICT 55 SAFE SCHOOLS HEALTH STUDENTS INITIATIVE Coordinator, consultant	2005 – 2006
PROJECT SMARRRT	2003 – 2006
EMERGENCY RESPONSE AND CRISIS MANAGEMENT INITIATIVE York County Consortium September 2003 – June 2005	

Cumberland County Consortium September 2004 – December 2006

IMPACT TEAM, County-wide Community Trauma Response Team
Founder and Coordinator

2001 - 2003

SCHOLARSHIP: GRANTS

LEAD AUTHOR:

GUSKIN CENTER FOR DEMOCRACY AND THE COMMON GOOD **2021, 2022**

Award of \$10,000 to CMHC for social justice pedagogy, training, and research
 Award of \$25,000 to Latinx Mental Health and Social Justice Institute

HEALTH RESOURCES AND SERVICES ADMINISTRATION **2016**

Behavioral Health Workforce And Training Program
 \$283,000 awarded to Antioch University for Practice-based Youth Cooccurring Disorders Initiative

NELLIE MAE FOUNDATION **2011**

Lead Community Partner for District Level Systems Change
 \$20,000 awarded to Safe and Healthy Sanford Coalition

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION **2010**

Drug Free Communities Support Program
 \$125,000 per year X 5 years = \$625,000 awarded to Town of Sanford

DEPARTMENT OF EDUCATION:

Grants to Reduce Alcohol Abuse **2010**

\$385,000 per year X 3 years = \$1,155,0090 awarded to Sanford School Department

Elementary and Secondary Counseling Grant **2009, 2010**

\$800,000 per year X 3 years = \$2,400,000 awarded to Sanford School Department

Readiness and Emergency Management for Schools **2004**

\$180,000 awarded to Cumberland County School Consortium

LEARN AND SERVE AMERICA

Summer of Service Grant **2010**

\$65,000 awarded to Sanford School Department

DEPARTMENTS OF EDUCATION, HEALTH AND HUMAN SERVICES, AND JUSTICE

Safe Schools Healthy Students Grant **2007**

\$750,000 per year X 4 years = \$3,000,000 awarded to Sanford School Department

GRANT WRITING COMMITTEE:

HEALTH RESOURCES AND SERVICES ADMINISTRATION **2021**

Behavioral Health Workforce And Training Program
 \$480,000 awarded to Antioch University for **The Antioch University of New England Integrative Behavioral Health Initiative (AIBHI)**

GUSKIN CENTER FOR DEMOCRACY AND THE COMMON GOOD**2021**

Award of \$15,000 to AUS and AÚNE CMHC for the development of the Latinx Institute
Award of \$10,000 to CMHC for anti-racist pedagogy development

PEER REVIEWER:**SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION****2006 – present**

Various grant programs

SCHOLARSHIP: PUBLICATIONS

Stalnaker-Shofner, D. M., **Lounsbury, C.**, Collagan, S., Keck, S., & Roberts, R. (2021). Perceived stress and self-care in graduate students amidst the COVID-19 Pandemic. *Journal of Wellness*, 3(2), p 1 - 8.

Scott, B., **Lounsbury, C.**, & Novella, J. (under review). Maintaining and promoting personal and student wellness. In D. Stalnaker Shofner (Ed.) *A Comprehensive Guide for Counselor Educators: Training Students and New Educators for the Counselor Education Field*.

Stalnaker-Shofner, D. M., **Lounsbury, C.**, Collagan, S., Keck, S., & Roberts, R. (under review). Professional quality of life and career-sustaining behaviors among counseling interns: Developing strategies for mitigating the effects of secondary traumatic stress.

Campbell, M., **Lounsbury, C.**, Maltz, A. (2018). Bedouin Textiles and the Architecture of Climate Change Resilience. *Feverish World Symposium*. Burlington, VT. [Focus on psychological resilience of Bedouin women.]

Lounsbury, C.J. (2006). Risk and Protective Factors of Secondary Traumatic Stress in Crisis Clinicians. (Doctoral Dissertation)

In progress:

Title of Study: Developmental Perspectives on Multiculturalism and Social Justice Advocacy Competence in Counselor Education

Description of Study: This study explores the relationship between Multicultural Knowledge and Awareness and Perceived Advocacy Competence among counseling students. Advocacy competence (anti-racist, individual, community, and policy) are explored from a developmental lens.

Status: Manuscript Development

SCHOLARSHIP: PRESENTATIONS

Local, Regional, National Presentations:

Lounsbury, C. (2022). Ethical Guidelines for Telemental Health. Keynote speaker for Maine Clinical Mental Health Counseling Association. June 2022.

Stalnaker-Shofner, D.M., Dietz, S. S., **Lounsbury, C.** (2022). Social Justice Advocacy: Are Counselor Educators doing enough? American Association for Humanistic Counseling Annual Conference.

Dietz, S. S., **Lounsbury, C.**, Morrison, A., Smith, D., & Stalnaker-Shofner, D. M., (2021). A social justice pedagogy task force: Our journey towards decolonization. Online Social Justice Symposium. May 2021.

Lounsbury, C. (2021). Wellness for Counselors: Supporting Social Engagement in Challenging Times. Antioch University Lunch and Learn.

Lounsbury, C. (2021). Sustaining Ourselves in Challenging Times: social engagement through a polyvagal lens. ACES 2021 Conference.

Stalnaker-Shofner, D. M., Dietz, S. S., **Lounsbury, C.**, Smith, D., & Morrison, A. (2021). A social justice pedagogy committee: Informing counselor education curricula with anti-racism philosophy and practices. ACES 2021 Conference.

Lounsbury, C., Morrison, A., Smith, D., Dietz, S. S., & Stalnaker-Shofner, D. M. (2021). A Social Justice Pedagogy Committee: Our Journey Towards Decolonization and Anti-Racism Learning. AHC's 2021 Annual Conference.

Stalnaker-Shofner, D. M., Dietz, S. S., **Lounsbury, C.**, Smith, D., & Morrison, A. (2021). A social justice pedagogy committee: Informing counselor education curricula with anti-racism philosophy and practices. ACES 2021 Conference.

Lounsbury, C. J. And Stalnaker-Shofner, D. Wellness For Helping Professionals: Maintaining Hope And Optimism In Chaotic Times. *Antioch University Institute On Counselor Wellness*. Keene, Nh. September 27 – 28, 2018.

Lounsbury, C. J. Counseling from A Social Justice Lens: Making A Difference In Challenging Times. *Antioch University, Keene, NH*. June 19, 2018

Lounsbury, C. J. Exploring the Psychological Implications of Climate Impacts *Center for Tropical Ecology & Conservation*. March 29, 2018.

Lounsbury, C. J. Ethics of Self Care: Wellness Strategies for Counselors. *Catholic Charities Counseling Center, San Antonio, TX*. April 7, 2018.

Lounsbury, C. J. Conference Organizer. Building a Better World Conference. Three day event at Antioch University focusing on Mindfulness-based Advocacy practices. June 6, 7, 8, 2017

Lounsbury, C. J. Engaging in Difficult Discussions, Counselor Advocacy in Chaotic Times. *Building a Better World Conference, Keene, NH*. June 7, 2017

Lounsbury, C. J. Youth Mental Health First Aid. *Keene School Department*. Keene, NH. January 30 – February 1, 2017.

Lounsbury, C. J. The Ethics of Self Care: Wellness Strategies for Counselors. Site Supervisor Day, *Antioch University, Keene, NH*. November 15, 2016.

Lounsbury, C. J., Careers in Clinical Mental Health Counseling. Psychology Career Day. *University of New Hampshire*. November 4, 2016.

Lounsbury, C. J. Psychological Implications of Climate Impacts. Central for Climate Preparedness. Baltimore, MD. April 2, 2016.

Lounsbury, C. J. Mitigating the Effects of Secondary Traumatic Stress. *Counseling Services of Addison County, Middlebury, VT*. April 22 – 23, 2016.

Andrews, B. and **Lounsbury, C. J.** Clinical Supervision Intensive Workshop: training for counselors . Antioch University. April 28-29, 2016.

Lounsbury, C. J. The Ethics of Self Care: Wellness Strategies for Counselors. Kennedy Donovan Center, Plymouth, MA. May 12, 2016.

Lounsbury, C. J. The Ethics of Self Care: Wellness Strategies for Counselors. *Brien Community Mental Health Center*. Pittsfield, MA. November 20, 2015.

Lounsbury, C. J. The Ethics of Self Care: Wellness Strategies for Counselors. *Rutland Community Mental Health Center*. Rutland, VT. November 11, 2015.

Lounsbury, C. J. The Ethics of Self Care: Wellness Strategies for Counselors. *Monadnock Family Services*. Keene, NH. November 4, 2015

Lounsbury, C. J. Psychological First Aid for Disaster Response. Webinar for the *Center for Climate Preparedness*. Antioch University. October 5, 2015

Lounsbury, C. J. Organizer and Moderator. Trauma Speaker Series. September 2, 2015, October 20, 2015, November 7, 2015.

Andrews, B., Daniels, E. **Lounsbury, C. J.** Conference Organizers and Presenters. Institute on Counselor Wellness. May 21 – 22, 2014. Antioch University, Keene, NH

Lounsbury, C. J. (2012). *Sustainable Strategies to Address Youth Violence*. Presented at National Center for Violence Prevention Annual Conference.

Lounsbury, C. J. & Kingston, B. (2009). *Developing Partnerships: Who needs to be at the table for lasting community change?* Presented at National Center for Violence Prevention Annual Conference.

Lounsbury, C. J. (2010). *Developing Meaningful Opportunities for Youth Involvement in Community*. Presented at the Annual Conference of the Office of Safe and Drug-free Schools.'

Lounsbury, C. J. And Pinette, P. (2008). *Bullying and the One Victim Myth*. Presented at Maine Counseling Association Annual Conference.

Lounsbury, C. J. (2007). *Psychological First Aid*. Presented at Maine Counseling Association Annual Conference.

Lounsbury, C. J. (2006). *Creating a Safe School Environment for All Children*. Presented at Maine Counseling Association Annual Conference

Presentations and workshops provided to schools and community agencies throughout Maine and New England, (2003 – 2012):

Lounsbury, C. J., Pinette, P., Tourangeau, P. *Post-Traumatic Stress Management: School and Community Response to Traumatic Events*.

Lounsbury, C. J. and Pinette, P. *Social and Emotional Learning: What is it and why do we care?*

Lounsbury, C. J. *The Resilient Child: Effective Strategies to Foster Resilience in Children*.

Lounsbury, C. J. *Creating a Positive School Climate for ALL Children*.

Lounsbury, C. J. *Suicide Awareness: Prevention Strategies and Postvention Protocols*.

Lounsbury, C.J. *Culture Change: Building a Positive School Environment*

Lounsbury, C. J. *Social-Emotional Learning for School (or Community) Leaders*

Macy, R. D., Lounsbury, C. J. *Post-Traumatic Stress Management for First Responders*.

PROFESSIONAL AFFILIATIONS

American Counseling Association (ACA)

Association for Counselor Education and Supervision (ACES)

North Atlantic Regional Association for Counselor Education and Supervision (NARACES)

Association for Specialists In Group Work (ASGW)

Association for Humanistic Counseling
Maine Clinical Mental Health Counseling Association (President of The Southern Maine Division)

SERVICE

UNIVERSITY:

Social Justice Leadership Council: Advocacy and Policy Change (2018 - 2019)
Development of Adventure-Based Counseling Concentration
Provost Search Committee
Academic Dean Search Committee
Director, Antioch University Institute for Counselor Wellness
Building a Better World Conference organizing and planning committee

PROFESSIONAL:

Counselors for Social Justice, Antioch University Chapter Founder and Advisor (2018 - 2019)
NH Alcohol and Drug Abuse Counselors Association- Antioch training coordinator
NARACES Wellness Committee

COMMUNITY:

Equality Maine: Advocacy and Consultation Work
Global Trauma Research: Haiti Mental Health Facilitator Supervision Project
NH Disaster Behavioral Health Response Team, Responder and Antioch training coordinator
ME Disaster Behavioral Health Response Team