

Stephanie Woodrow, LCPC, NCC

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Summary of Qualifications

Recently named by the Anxiety and Depression Association of America as an “Emerging Leader,” I am a Licensed Clinical Professional Counselor in Maryland and a National Certified Counselor. Currently specializing in the treatment of adults with anxiety, obsessive-compulsive, and related disorders from a cognitive behavioral perspective, I have experience working with adolescents and adults with severe and chronic mental illnesses including psychosis, mood disorders, and personality disorders.

Education

Master of Science in Counseling, Clinical Mental Health, Johns Hopkins University

Chi Sigma Iota – Honor Society for Professional Counselors

Council for Accreditation of Counseling and Related Educational Programs – Approved

Master of Arts in Government, Cum Laude, Johns Hopkins University

Thesis: “Why Campaign Finance Reform Needs Small Changes to Improve the System Rather Than a Large Overhaul”

Bachelor of Arts in Print Journalism, Hofstra University

Minor in Public Affairs, Legal Issues

Lambda Pi Eta – Honor Society for Communication Studies

Accrediting Council on Education in Journalism and Mass Communications – Approved

Professional Experience

Solo Private Practice – Washington, D.C. and the Greater Baltimore Region

Owner and Practicing Clinician, January 2019 – Present

- Provide adults with anxiety, obsessive-compulsive, and related disorders with therapy from a cognitive behavioral perspective, including but not limited to Acceptance and Commitment Therapy, Dialectical Behavior Therapy, Motivational Interviewing, and Mindfulness

The Maryland Anxiety Center – Towson, Maryland

Clinical Associate and Internship Program Coordinator, March 2016 – January 2019

- Provided individuals with anxiety, obsessive-compulsive, and related disorders with therapy from a cognitive behavioral perspective, including Acceptance and Commitment Therapy, Dialectical Behavior Therapy, Motivational Interviewing, and Mindfulness

- Co-presented and assisted with research for psychoeducational presentations on anxiety and related disorders for clinicians, students, professionals, sufferers and loved ones
- Coordinated undergraduate and graduate internship training program, including psychoeducation on anxiety and related disorders, treatment protocols, evidence-based theoretical orientations, and guidance for graduate interns on Exposure and Response Prevention (ERP) exercises

Adventist Behavioral Health, Adult Partial Hospitalization Program – Rockville, Maryland
Counseling Intern, January 2015 – March 2016

- Conducted psychosocial intake assessments, wrote treatment plans with patients
- Led and co-led process group therapy, cognitive behavioral therapy, and individual therapy
- Participated in family meetings, treatment planning, and discharge planning

Steven B. Israel, MD – Rockville, Maryland

Office Manager, October 2011 – July 2015

- Responsible for handling phone calls, scheduling, emergencies, and patient records
- Fulfilled record requests including drafting letters and completing prior authorizations
- Worked with billing company on insurance matters including authorizations, payments, and claims
- Converted the office's filing system and paper records to electronic medical records
- Rewrote and designed website and handled all communication with graphic design firm

Main Justice – Washington, D.C.

Web Editor, August 2009 – July 2010, November 2010 – May 2011

- Wrote original and aggregated items for a Justice Department-centered website
- Managed e-newsletter (HTML coding) and social media
- Created graphics and charts, took and edited photos

AIS Health – Washington, D.C.

Associate Editor, July 2010 – November 2010

- Reported on health care business issues for several newsletters specialized for the insurance industry
- Produced webinars on accountable care organizations and special-needs plans
- Designed and created newsletters on government and health business news using Dreamweaver

Advisory Board Company, Health Line Group – Washington, D.C.

Staff Writer, July 2007 – July 2009

- Covered health care policy for five publications, including four daily reports
- Beats included the 2008 presidential election, the Obama administration, and military health care
- Completed multiple assignments on a two-and-one-half-hour deadline on a daily basis

Affiliations

- **American Counseling Association (ACA)**
- **Anxiety and Depression Association of America (ADAA)**
 - Early Career Professionals and Students Special Interest Group, *Co-Vice Chair*, June 2017 – June 2018; *Chair*, June 2018 – June 2019
 - Inaugural recipient of the “Emerging Leader Award,” March 2019
- **International OCD Foundation (IOCDF)** and its regional affiliate **OCD Mid-Atlantic**
- **National Board for Certified Counselors (NBCC)**

Professional Development

- **Anxiety and Depression Association’s OCD & Related Disorders Special Interest Group and Social Anxiety Special Interest Group** **Ongoing**
 - Participate in online peer-consultation groups with other anxiety and OCD therapists, including presenting cases and providing other clinicians with suggestions on their cases
- **Anxiety and Depression Association of America Annual Conference** **March 2019**
 - Attended the conference and chaired the organizing of the annual luncheon for early career professionals and students, which included coordinating three speakers and 40 table hosts for upwards of 300 attendees
- **Advanced Forum Behavior Therapy Training Institute** **October 2018**
 - Was accepted into and attended the International OCD Foundation’s advanced training program aimed at “Promoting Treatment Engagement in OCD-Related Disorders” at McLean Hospital
- **Mental Health Advocacy Capital Walk** **October 2018**
 - Assisted with the IOCDF and OCD Mid-Atlantic’s second annual walk on the National Mall to raise awareness and advocate for the OCD community
- **International OCD Foundation Annual Conference** **July 2018**
 - Attended annual conference and participated in “Virtual Camping Trip” ERP with 200 conference attendees including sufferers and their family members
- **Anxiety and Depression Association of America** **May 2018**
 - Organized webinar titled, “Who Should I Treat? Specialization vs. Generalization in Clinical Practice,” including securing speakers, collecting and preparing questions, and developing PowerPoint presentations
- **Anxiety and Depression Association of America Annual Conference** **April 2018**
 - Attended annual conference and assisted in organizing the annual luncheon for early career professionals and students, which included coordinating three speakers and 40 table hosts for upwards of 250 attendees

- **OCD Capital Walk** **October 2017**
 - Assisted in the planning and organizing of the IOCDF and OCD Mid-Atlantic's first annual walk on the National Mall to raise awareness and advocate for the OCD community
- **Anxiety and Depression Association of America Annual Conference** **April 2017**
 - Attended annual conference and selected to participate in the Alies Muskin Career Development Leadership Program, an intensive mentoring and professional-development opportunity for early career clinicians and researchers
- **OCD Mid-Atlantic (local affiliate of IOCDF)** **March 2017**
 - Attended presentation on OCD: Breakout Sessions with Experts
- **OCD Mid-Atlantic (local affiliate of IOCDF)** **October 2016**
 - Assisted with the annual OCD Awareness Week by promoting the organization's fundraiser and helping with public education
- **International OCD Foundation Annual Conference** **July 2016**
 - Attended conference
- **OCD Mid-Atlantic (local affiliate of IOCDF)** **March 2016**
 - Attended presentation on OCD and the Family: Breakout Sessions with Experts
- **OCD Mid-Atlantic (local affiliate of IOCDF)** **October 2014**
 - Attended interactive psychoeducation presentation on OCD from expert perspectives

Presentations

- **Getting Your Guide – The Importance of Identifying Supervisors and Mentors as Early Career Trainees and Professionals** **March 2019**
 - Moderated panel at the Anxiety and Depression Association of America's annual conference, on the difference between mentors and supervisors, how to go about obtaining both, and what to expect of both
- **I'm More Than My OCD: Putting Things in Perspective** **July 2018**
 - Co-led workshop for sufferers at the annual IOCDF conference, on self-compassion, intellectual flexibility, and living according to personal life values, goals, and morals, instead of OCD
- **Demystifying the Process of Applying for Postdoctoral Fellowships** **April 2018**
 - Chaired panel at Anxiety and Depression Association of America's annual conference, on various postdoctoral options
- **Underneath It All: Understanding the Nature of Hoarding Disorder** **August 2017**
 - Presented to sufferers, their families and professional organizers, on Hoarding Disorder including helpful and unhelpful behaviors and managing expectations during treatment
- **Anxiety Problems in Youth: Understanding the Nature and Consequences of Anxiety and Making a Difference** **March 2017**

- Assisted in the research and marketing for a psychoeducational presentation for school counselors, on the development and treatment of anxiety disorders in youth
- **Life Interrupted: Understanding the Nature of Anxiety and Related Disorders** **November 2016**
 - Assisted in the research for a psychoeducational presentation at Johns Hopkins University's counseling program for their graduate honors society, on the development and treatment of anxiety disorders
- **Anxiety Problems in Youth: Understanding the Nature and Consequences of Anxiety and Making a Difference** **October 2016**
 - Assisted in the research for a psychoeducational presentation at a local elementary school for parents, teachers, and school counselors, on the development and treatment of anxiety disorders in youth
- **Anxiety Problems in Youth: Understanding the Nature and Consequences of Anxiety and Making a Difference** **September 2016**
 - Assisted in the research and marketing for three sold-out psychoeducational presentation to the public, on the development and treatment of anxiety disorders in youth
- **Life Interrupted: Understanding the Nature of Anxiety and Related Disorders** **July 2016**
 - Assisted in the research and marketing for a psychoeducational presentation to the public, on the development and treatment of anxiety disorders