

Caroline Whitaker

LICENSED PROFESSIONAL COUNSELOR · MENTAL HEALTH SERVICES PROVIDER

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*"Nothing in life is to be feared, it is only to be understood.
Now is the time to understand more, so that we may fear less."
- Marie Curie*

Summary

My counseling practice is driven by the belief that all people are capable of creating meaningful, purposeful lives for themselves using their own core values and strengths. My role as a therapist is to assist my clients in developing the skills and courage needed to translate their values into healthy, adaptive behaviors. I subscribe primarily to the Acceptance and Commitment Therapy (ACT) model of treatment, and I place emphasis on cognitive flexibility, mindfulness, somatic integration, and self-compassion as essential tools for growth and change.

Credentials

Tennessee Board for Licensed Professional Counselors, etc.

LICENSED PROFESSIONAL COUNSELOR - MENTAL HEALTH SERVICES PROVIDER (LPC-MHSP)

- License Number: 4923

National Board of Certified Counselors

NATIONALLY CERTIFIED COUNSELOR (NCC)

Education

University of Tennessee, Knoxville

M.S. IN CLINICAL MENTAL HEALTH COUNSELING

Knoxville, TN

August 2015–August 2017

- CACREP-accredited Clinical Mental Health Counseling Program
- Completed over 1,100 clinical hours in the counseling field over the course of one year, serving two concurrent internship placements
- Repeat recipient of the *Volunteer Service Award* from the Center for Leadership and Service
- Member of Chi Sigma Iota International Academic and Professional Counseling Honor Society

University of Tennessee, Knoxville

B.A. IN PSYCHOLOGY, MINOR IN SPANISH

Knoxville, TN

August 2011–May 2015

- Graduated Cum Laude
- Recipient of the *Volunteer Service Award* through the Center for Leadership and Service
- Member and Vice President of Psi Chi International Honor Society in Psychology, 2013-2015
- Member, Vice President of Membership, and Social Chair of Sigma Alpha Iota International Women's Music Fraternity, 2012-2015

Work Experience

Knoxville Mindful Wellness Center

LICENSED CLINICIAN

Knoxville, TN

May 2023–Present

- Responsible for providing clinical counseling services grounded in evidence-based and mindfulness-based treatment strategies.

Focus Integrative Centers

Knoxville, TN

PROGRAM THERAPIST, DIRECTOR OF ALUMNI PROGRAMMING

June 2017-May 2023

- Responsible for clinical assessment and documentation for the eating disorder IOP program, including: intake assessments; biopsychosocial evaluations; master treatment plans; and discharge summaries.
- Facilitated weekly therapeutic groups for IOP patients, including skills-based groups, process groups, creative intervention groups, and mindful movement groups.
- Maintained a thriving alumni program for former IOP patients; responsible for facilitating monthly Aftercare support groups, assisting former patients in seeking out recovery resources in the community, maintaining positive alumni-Focus relations, and coordinating regular social events for Alumni to reconnect and support one another.
- Facilitated community outreach activities on behalf of Focus: gave presentations on eating disorders and ED treatment resources services to mental health agencies, community organizations, and families in the Knoxville area.
- Maintained an outpatient counseling practice for a wide variety of clinical populations, including eating disorders, trauma and EMDR, mood disorders, and adjustment disorders (including grief counseling).

Focus Integrative Centers

Knoxville, TN

GRADUATE INTERN

June 2016-May 2017

- Full-time Graduate intern. Assisted in planning and facilitating eating disorder recovery groups. Primary coordinator of weekly Aftercare group for program alumni. Completed intake assessments, biopsychosocial assessments, and treatment plans.

Knox County Juvenile Court

Knoxville, TN

GRADUATE INTERN

July 2016-May 2017

- Full-time Graduate intern. Provided counseling services for incarcerated and non-incarcerated youth, status offenders, and first-time offenders. Gained experience collaborating with multidisciplinary service professionals, e.g., probation officers, attorneys, DCS workers, school systems, etc. Provided individual and group counseling and family consultation.

COMPASSion Counseling

Maryville, TN

PRACTICUM INTERN

January 2016-May 2016

- Provided individual counseling services. Created and facilitated the "7 C's Club", a group designed to teach resilience-building skills to children and teens. Led stress-busting yoga workshops with elementary, middle, and high schoolers. Assisted in community advocacy for COMPASSion services.

Trainings

Applied Suicide Intervention Skills Training (A.S.I.S.T)

Knoxville, TN

LIVINGWORKS

June 2017

Somatic- and Attachment-Focused EMDR

Knoxville, TN

PERSONAL TRANSFORMATION INSTITUTE

August 2018

- EMDRIA-approved training
- 50-hour workshop, including hands-on practice, study, and supervision

RYT-200 Certification

Online Course

YOGARENEW TEACHER TRAINING

Completion TBD

- Yoga Alliance-approved training program
- Currently studying for yoga certification.

4-Day Intensive Workshop: Exposure and Response Prevention Therapy for OCD

Online Course

COGNITIVE BEHAVIOR INSTITUTE

August 2022

Advanced Grief Counseling: CBT, Somatic, Narrative Techniques and More

Online Course

PESI

May 2023

Specialties and Strengths

Specialty Populations Served

- Eating disorders and body image concerns
- Mood disorders
- Adjustment disorders, including: grief, major life transitions, stress, career concerns, etc.
- OCD
- ADHD
- LGBTQIA+-affirming care

Strengths

- Clinical diagnosis using DSM-5 criteria
- Clinical documentation and technical writing skills
- Relentless, genuine enthusiasm
- Creative problem-solving
- Flexibility and adaptability
- Eager to pursue opportunities for continuing education
- Passionate about integrating intersectional identity and somatic experience into the counseling experience

Presentations

TLPCA Counseling and Therapy Summit Annual Conference

GRADUATE STUDENT POSTER PRESENTATION

- Title: "Implications of Sexual Assault in the Treatment of Eating Disorders"

Nashville, TN

April 2017

Planned Parenthood of East TN - FYI Peer Mentors Program

GUEST SPEAKER

- Annual presentation given to teen advocacy group; features psychoeducation, resources, and support for teens who may encounter peers with eating disorders.

Knoxville, TN

2018–Present

Camelot of East TN

FEATURED SPEAKER

- Title: "Eating Disorders in Foster Children: Resources and Education for Foster Parents"

Knoxville, TN

November 2018

East Tennessee Children's Hospital School Nurse's Conference

FEATURED SPEAKER

- Title: "Identifying and Supporting Adolescents with Eating Disorders in the School Setting"

Knoxville, TN

May 2022

Alcoa City Schools Faculty Inservice

KEYNOTE SPEAKER

- Title: "Eating Disorders: Support and Resources for Educators and School Professionals"

Alcoa, TN

November 2022

Smoky Mountain Counseling Association

FEATURED SPEAKER

- Title: "Eating Disorders Post-Covid"

Knoxville, TN

March 2023

University of Tennessee

GUEST LECTURER

- Abnormal Psychology (PSYC 330) lecture on eating disorders

Knoxville, TN

October 2023

University of Tennessee

GUEST LECTURER

- Abnormal Psychology (PSYC 330) lecture on eating disorders

Knoxville, TN

March 2024

Focus Integrative Centers

GUEST SPEAKER

- Title: "Eating Disorder Support over the Holidays: Education for Family and Friends"

Knoxville, TN

December 2024