

Caroline (Carrie) R. Sheppard, M.Ed.

Licensed Mental Health Counselor

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WORK HISTORY

- 2006-Present **Owner/ Director, MindSource Center** Covington, WA
Operating a diagnostic and treatment center for individuals and families affected by autism spectrum disorders. Managing a group practice which includes psychological, diagnostic and educational testing, occupational therapy, individual and family therapy, social skills groups, educational and training programs for parents and professionals, clinical supervision, and other autism specific treatments.
- 1998-Present **Private Psychotherapy Practice** Covington, WA
Treating adults, adolescents, and children. Specialty in treating individuals and families affected by autism spectrum disorders and designing individual behavioral programs for children with ASD.
- 2001-2004 **Valley Medical Center** Renton, WA
Staff psychotherapist. Provided services to adults in outpatient counseling center.
- 1996-1998 **Family Services** Renton, WA
Psychotherapist. Provided services to children, adults, adolescents, families and couples.
- 1991-1995 **Auburn Youth Resources** Auburn, WA
Child and Family Therapist. Provided psychotherapy services to children, adolescents, and families.
- 1991-1992 **Valley Counseling Associates** Renton, WA
Psychotherapist. Worked with adults in a private practice setting. Participated in an advanced clinical training program for one year as a resident.
- 1989-1991 **Health and Education Services** Ipswich, MA
Psychotherapist. Treated children, adolescents, and adults in an outpatient mental health clinic setting
- 1987-1989 **Center for Family Development** Beverly, MA
Held two concurrent positions. *Psychotherapist*, half time. Provided individual, group, couple, and family psychotherapy services in a private mental health clinic setting.
Psychotherapist/Family Resource Worker, half-time: Young Parent Program. Provided counseling services to pregnant and parenting adolescents and coaching regarding child development issues.

1986-1987 **Massachusetts Department of Social Services** Cambridge, MA
Social Worker. Managed a large caseload in the child protective unit. Specialty in early childhood issues and developmental disabilities.

1984-1985 **DOVE Shelter for Battered Women** Quincy, MA
Counseling Intern. 1984-1985 academic year. Counseled women individually and in groups, provided hotline and crisis coverage. *Case Manager/Child Advocate*, post graduation position for six months.

EDUCATION

1990 **Boston Institute for Psychotherapy** Boston, MA
Completed one year postgraduate Clinical Fellowship Program which included course work, clinical training, and 120 hours of supervision in psychodynamic psychotherapy. Additional infant psychiatry emphasis.

1985 **Boston University** Boston, MA
Master's degree in Counseling Psychology.

1982 **University of Minnesota** Minneapolis, MN
B.A. degree in Psychology, minor in Women's Studies.

CERTIFICATIONS

Washington State Licensed Mental Health Counselor

Washington State Child Mental Health Specialist

RDI[®] Program Certified Consultant, 2004-present

ADDITIONAL TRAINING AND EXPERIENCES

- Presented to parent and professional groups on autism related topics, 100+ hours of public speaking experience. (See public speaking addendum)
- Have worked with over 400 children on the autism spectrum as their individual, group, or family therapist, their RDI consultant, or through provision of consultation services.
- Completed certification program in Relationship Development Intervention[®], Connections Center, Houston, Texas, 2004. Program is specifically designed to remediate core deficits of autism. Maintaining annual re-certification.
- Attended a variety of autism related workshops, conferences and trainings, totaling over 300 clock hours of autism specific continuing education credits.
- Parent of a child with an autism spectrum disorder.
- Provide consultation to parents and professionals in 8 countries to design autism specific programming.
- Have traveled, worked and/or lived in over 40 countries.

Public Speaking Experience: Professional Groups

Valley Medical Center, Outpatient Psychiatry and Counseling Services, 3/14/04

Audience: psychiatrists, psychologists, and counseling staff

Topic: Autism remediation

Valley Medical Center, Family Medicine Clinic, Renton, WA 6/6/05

Audience: family practice physicians, pediatricians and residents

Topic: Identification of autism characteristics and referral resources

Puget Sound Therapy Services, Renton, WA 9/29/05

Audience: pediatric physical, occupational and speech and language therapists

Topic: Relationship Development Intervention

Northwest Behavior Associates, Kirkland, WA 5/13/06

Private practice clinic, specializing in Applied Behavior Analysis

Audience: director and therapy staff

Topic: Relationship Development Intervention

Best of the Northwest Conference on Autism, Olympia, WA 3/9/07

A two-day statewide conference on autism, sponsored by the Washington Chapter of the National Autism Society

Audience: professionals, parents

Topic: Introduction to Relationship Development Intervention

Pacific Northwest Neuropsychological Society, Seattle, WA 9/10/07

Audience: neuropsychologists

Topic: Autism Remediation

Children's Hospital, Seattle, WA 1/17/08

Autism 201: Series on autism treatment methods, topic: Relationship Development Intervention

Telecast statewide and videotaped for repeat presentations to professional, academic and parent groups.

Audience: professionals and parents

Washington Association of Home Childcare Providers, Federal Way, WA 1/22/08

Audience: licensed day care providers

Topic: Are You Thinking What I'm Thinking? Facilitating Joint Attention

Northwest Symposium: Infinity Rehab University, Vancouver, WA, 2/8/09

Four hour workshop: Self-Regulation Strategies for Individuals with Autism

Audience: health care professionals

Bates Technical College, TACA Chapter, Tacoma, WA, 2/21/09

Introduction to Relationship Development Intervention

Audience: parents and professionals

Children's Hospital, Seattle, WA, 4/16/09

Autism 200 Series, live telecast and video recorded for educational purposes, Topic: Treatment Methodologies

Audience: parents, professionals and hospital staff

Parent Support Groups and Community Organizations

DesMoines Autism Parent Support Group, DesMoines, WA 5/17/04
Seattle Asperger's Support Group, Seattle, WA 10/13/04
DesMoines Autism Parent Support Group, DesMoines, WA 3/17/05
Kent School District Parent Support Group, Kent, WA 4/8/05
DesMoines Autism Parent Support Group, DesMoines, WA 9/17/05
Microsoft Parent Support Group, telecast live to sites nationwide, Redmond, WA 9/19/05
Puyallup Autism Parent Support Group, Puyallup, WA 2/9/06
Seattle Asperger's Support Group, Seattle, WA 11/14/07
Snohomish Asperger's Support, Lynnwood, WA 1/21/08

Topics for the above autism related presentations included: supporting healthy self-esteem development, introduction to Relationship Development Intervention, supporting social and relational growth, being an effective guide, and Are You Thinking What I'm Thinking: Facilitating Joint Thought.

Educational Programs Provided

MindSource Center, Covington, WA

Autism Series for Parents and Professionals

12/13/06: Promoting Episodic Memory
1/3/07: Self-Regulation Strategies
1/17/07: Guided Participation
4/25/07: Are You Thinking What I'm Thinking?

Autism Series for Parents and Professionals

11/7/07: Self-Regulation Strategies
11/13/07: Promoting Episodic Memory
11/28/07: Guided Participation
12/5/07: Are You Thinking What I'm Thinking?

Autism Series for Parents and Professionals

10/16/08: Self- Regulation I
10/23/08: Self-Regulation II

Connections Center, Houston, TX

Presented live internationally telecast webinars (now archived) for parents on autism topics.

March, 2008-May, 2008: Series on Self-Regulation: physical, sensory and cognitive strategies