

Maria Theresa Carrington, LICSW, CST

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Current Licensure: *Social Worker Independent Clinical License- Washington State*
Certifications: Certified Sex Therapist, The American Association of Sexuality Educators, Counselors, and Therapists (AASECT)

Education Certificate in Sex Therapy, University of Michigan (2019-2020)
Masters of Social Work, Boston College – (June 2007- May 2008)
Bachelors of Social Work, Pacific Lutheran University (2003- 2007)

TEACHING EXPERIENCE

Aug 2022- Visiting Instructor of Social Work/Field Coordinator
Present Pacific Lutheran University, Tacoma WA

- Oversaw, coordinated and taught Field education program for bachelor-level and masters-level social workers.
- Prepared curricula and taught bachelor-level students on the topics of Family Therapy, Group therapy Senior Capstones projects.
- Evaluated and graded students' classwork, assignments, and papers.

April 2022- Adjunct Professor
August- 2023 Antioch University, Seattle WA

- Taught Advanced Theory and Practice of Sex Therapy.
- Evaluated and graded students' classwork, assignments, and papers.

September 2021- Adjunct Professor
Jul 2022 Lewis & Clark College, Portland OR

- Created curricula and taught graduate-level students on the topic of Sex Therapy and working with sexual minority clients.
- Prepared course materials such as syllabi, course content, and assignments.

SOCIAL WORK EXPERIENCE

August 2015- **Therapist**
Present **New Directions Therapy, PLLC- University Place WA**

- Conduct individual and group therapy psychotherapy sessions for clients with comorbid Axis I and Axis II diagnoses. Employed time-limited treatments including Sex Therapy, Dialectical Behavior Therapy, Seeking Safety, Solution Focused Treatment, Narrative Therapy, and Motivational interviewing.

April 2016- **Social Worker/ Personal Health Partner (Per Diem)**
May 2018 **Good Samaritan Hospital – Puyallup WA**

- Conduct crises mental health and substance abuse evaluations in the Emergency Department and on the medical floor.
- Provide limited case management and discharge planning.

September 2011- **Clinical Social Worker - Local Recovery Coordinator**
 Feb 2016 **American Lake Veterans Hospital- Tacoma WA**
Addiction Treatment Center (ATC)

- Provide case management for veterans with substance abuse disorders and with comorbid Axis I and Axis II diagnoses, including traumatic brain injury, post traumatic stress disorder and general post deployment related concerns.
- Lead individual and group psychotherapy sessions employing the use of time-limited, empirically-based treatments such as Dialectical Behavior Therapy, Seeking Safety, Acceptance and Commitment Therapy and Motivational Interviewing.
- Instructor for Prevention and Management of Disruptive Behavior course.
- Consultant for Motivational Enhancement Therapy (MET) for addictions national role out, facilitating a clinic based study group for MET in addiction treatment.

July 2009- **Clinical Social Worker**
 September 2011 **Boston VA Healthcare System, Brockton Division**
Long-Term Inpatient Psychiatric Unit

- Provide case management for veterans to address issues of guardianship, finances, and to assist veterans in establishing services needed for after discharge.
- Developed transition plans and located community placements to meet functional level of veterans who had prolonged hospitalization.
- Lead individual and group psychotherapy sessions employing the use of time-limited treatments such as Dialectical Behavior Therapy, Seeking Safety, Solution Focused Treatment, Narrative Therapy, and Motivational Interviewing.

2008 September- **Fee-for-Service Clinician**
 2009 August **Bay State Community Services Outpatient Clinic**
Weymouth, MA

- Conducted individual psychotherapy sessions for clients with comorbid Axis I and Axis II diagnoses.

2007-June **Clinical Social Work Intern**
 2008 - August **Boston VA Healthcare System, Brockton Division**
Alcohol and Drug Treatment Program (ADTP)

- Conducted individual psychotherapy sessions for veterans with substance use disorders and comorbid Axis I and Axis II diagnoses utilizing time-limited, empirically based treatment including Dialectical Behavior Therapy, Seeking Safety, Solution Focused Treatment, Narrative Therapy, and Motivational Interviewing.