

Lindsay McCarthy, Ph.D., LMFT-S, LCDC

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EDUCATION

Sam Houston State University, Huntsville, TX

Doctorate of Philosophy, May 2024

Department: Counselor Education (CACREP Accredited)

Virginia Polytechnic Institute and State University, Falls Church, VA

Master of Science, May 2016

Department: Human Development **Concentration:** Marriage and Family Therapy (COMAFTE Accredited)

Texas Tech University, Lubbock, TX

Bachelor of Science, May 2012

Major: Community, Family, and Addictive Services

LICENSES AND CERTIFICATIONS

Licensed Marriage and Family Therapist Supervisor, Texas # 202960

Licensed Chemical Dependency Counselor, Texas #35418

EMDR Trained

International Certificate in Collaborative Dialogic Practices (Including Train the Trainer)

Emotion Focus Therapy, Externship and Core Skills

PROFESSIONAL PEER-REVIEWED PRESENTATIONS

National Presentations:

McCarthy, L., Henderson, S., & Bruhn, R. (2020, September). *Navigating post-degree supervision across the country: Changes during COVID-19*. Invited presentation at the 2020 Association of Marital and Family Therapy Regulatory Boards 34th Annual Meeting of State Delegates, Online.

Bruhn, R., & McCarthy, L. (2018, September). *Post-degree supervision across the U.S.: Licensees and supervisors*. Invited presentation at the 2018 Association of Marital and Family Therapy Regulatory Boards 32nd Annual Meeting of State Delegates, Philadelphia, PA.

Regional Presentations:

McCarthy, L., & King, C. (2019, July). *Using Collaborative Practices with Trauma*. 3rd Annual Life Changing Conversations: A conference and gathering, Houston, TX.

State Presentations:

McCarthy, L., & King, C. (2021 October). *Supervision Expectations*. Houston Association for Marriage and Family Therapists (HAMPT), Houston, TX.

Bruhn, R., Henderson, S., & McCarthy, L. (2020, February). *Ethical Practices Makes Perfect, Or Does It?*. Texas Association for Marriage and Family Therapy (TAMFT) Conference, Houston, TX.

McCarthy, L., Henderson, S., & Bruhn, R. (2019, March). The Resilient Content Analysis Researcher Poster Session at the Texas Association for Marriage and Family Therapy (TAMFT) Conference, Austin, TX.

McCarthy, L., & King, C. (2019, March). Using Collaborative Practices with Trauma Poster Session at the Texas Association for Marriage and Family Therapy (TAMFT) Conference, Austin, TX.

RESEARCH EXPERIENCE

2018- 2021 Research Assistant: Examining the licensure laws across the United States and one jurisdiction for marriage and family therapist post degree supervision. Content analysis is being used to find themes.

2015-2016 Thesis Research: Examining the relationships patterns and meaning making of text messages for women in emerging adulthood, forming romantic relationships. Qualitative methods were used to identify themes throughout participants.

TEACHING EXPERIENCE

Teacher of Record

Spring 2025 Professional Practice: Skills and Issues PSYC 8303 (graduate)
Our Lady of the Lake University

Fall 2024 Introduction to Systemic Approaches to Psychotherapy PSYC 8351 (graduate)
Our Lady of the Lake University

Fall 2020 Introduction to Helping Relationships COUN 3321 (undergraduate)

Summer 2019 Introduction to Helping Relationships COUN 3321 (undergraduate)
Sam Houston State University

Spring 2019 Introduction to Helping Relationships COUN 3321 (undergraduate)
Sam Houston State University

Fall 2018 Introduction to Helping Relationships COUN 3321 (undergraduate)
Sam Houston State University

Online Teaching Experience (Teacher of Record)

Fall 2020 Wellness Counseling

Spring 2021 Wellness Counseling

Co-Teaching Experience

Summer 2020 Marriage and Family Therapy: Ethics (master's level course)

Guest Lecturer

Summer 2019 Marriage and Family Therapy: Ethics
Sam Houston State University
"Breaking Confidentiality: When and Why?"

Fall 2021 Marriage and Family Therapy Techniques
Sam Houston State University
"Collaborative Dialogic Practices"

PROFESSIONAL MEMBERSHIPS

American Association for Marriage and Family Therapy: Clinical Fellow. (Member since 2016)

Texas Association for Marriage and Family Therapy (Member since May 2019)

SUPERVISION EXPERIENCE

Fall 2019 COUN 7335 Practice of Counselor Supervision
Clinical supervisor for one master-level counseling practicum student

Spring 2019 COUN 6376 Practicum
Co-clinical supervisor
Provided weekly supervision for one master-level counseling practicum student

CLINICAL EXPERIENCE

Lindsay McCarthy, M.S., LMFT (Private Practice) Houston, TX

Licensed Marriage and Family Therapist, Licensed Chemical Dependency Counselor Intern,

October 2019-Current

- Owner of Private Practice; provide therapy sessions to individuals, families, and couples, with various mental health concerns. Manages appropriate clinic paperwork, such as documenting client contact, writing weekly progress notes, coordinating client care with other mental health care professionals, and billing

Memorial Child and Family Therapy, Houston, TX

Licensed Marriage and Family Therapy Associate, Licensed Chemical Dependency Counselor Intern

February 2019-Current

- Private Practice; provide therapy sessions to individuals, families, and couples, with various mental health concerns
- Managed appropriate clinic paperwork, such as documenting client contact, writing weekly progress notes, coordinating client care with other mental health care professionals, and billing

The Woodlands Behavioral Health and Wellness Center, The Woodlands, TX

Licensed Marriage and Family Therapy Associate, Licensed Chemical Dependency Counselor Intern,

September 2016-February 2019

- Provide therapy sessions to individuals, families, and couples, with various mental health issues
- Construct initial assessments and treatment plans using rating scales, clinical interviewing and previous records
- Collaborate with fellow clinicians during weekly staffing meetings
- Assist with client intakes, including paperwork, administering rating scales, and case management
- Collaborate with school counselors, teachers, and doctors when appropriate
- Manage administrative work, including new client intake phone calls, scheduling appointments, collecting payment, filing, and taking care of various client needs
- Participate in marketing/community outreach events, including visits to doctors' offices, schools, community events, mental health clinicians, and community members

Community Counseling Center, The Woodlands, TX

Staff Therapist, Summer 2018

- Provided weekly therapy sessions to individuals, families, and couples with a range of mental health disorders
- Manage administrative tasks including paperwork, treatment plans, and session notes

Virginia Tech's Center for Family Services, Falls Church, VA

Therapist Intern, August 2013-Summer 2015

- Provided weekly therapy sessions to individuals, couples, and families with a range of mental health issues
- Developed initial case assessments and treatment plans
- Participated in weekly case planning and supervision
- Managed appropriate clinic paperwork, such as documenting client contact, writing weekly progress notes, coordinating client care with other mental health care professionals, and billing

Phoenix House Mid-Atlantic, Arlington, VA

Therapist Intern, Men's Recovery Lodge Fall 2014-Spring 2015

- Provided individual and family counseling sessions for clients in recovery from substance abuse in a residential setting
- Collaborated regularly with primary counselors and other outside care providers in order to promote continuity of care for clients
- Participated in weekly peer and supervisor meetings, exchanging ideas for the best quality of client care
- Certified and educated on conducting risk assessments and safety contracts
- Maintained progress notes for all sessions

Lubbock County Juvenile Justice Center (LCJJC), Lubbock, TX

Therapist Intern, Summer 2011 (300 hours)

- Assisted with: probation, counseling, intake, detention, and Why Try program
- Assisted and participated with probation officers on arrests, writing legal documentation, juvenile's goals and plans for probation, and creating exit plans for juveniles
- Became knowledgeable on juvenile laws by observing and participating in court cases, lie detector tests, and interaction with the District Attorney, and staffing team
- Observed and participated in therapy: individual, family, and group
- Conducted several assessments for substance abuse, mental status, suicide/risk watch, family assessments, and biopsychosocial assessments
- Assisted in creating a family program curriculum for families in transition of the juvenile in custody, to their return home (PSST)
- Gained an understanding and experience in working with diversity
- Assisted and participated in Drug Court Program