

Katie Schmitz
Ph.D., MA LMFT (*she/her*)

EDUCATION

- Ph.D.** **Antioch University, Seattle WA**
Counselor education & Supervision (2021-2024)
Dissertation: *Examining multicultural leadership in counselor education to foster future leaders.*
- M.A.** **Antioch University, Seattle WA**
Couple and Family Therapy (2013 – 2016)
- B.A.** **University of Washington, Seattle WA**
Psychology and Diversity (2010 – 2012)

PROFESSIONAL CREDENTIALS & AFFILIATIONS

- Licensed Marriage and Family Therapist (LMFT) #LF60914001** (2016 – present)
- Washington Approved Supervisor** (2020 – present)
- Child Mental Health Specialist (CMHS)** (2017-Present)
- Certified Washington State Mental Health Professional (MHP)** (2016-Present)

ACADEMIC EXPERIENCE

Adjunct Faculty (06/2025-Present)

On-Ground Clinical Mental Health Counseling Program

Seattle University, Seattle WA

Students: Masters Environment: Traditional

Instructing masters level graduate students in core classes required by CACREP. Duties include but are not limited to:

- Designed and delivered graduate-level courses in counseling
- Developed syllabi, learning outcomes, and assessment tools aligned with CACREP standards.
- Facilitated in-person instruction using learning management systems (e.g., Canvas).
- Integrated experiential learning methods such as role-plays, case studies, and simulations.
- Fostering students' clinical knowledge, critical thinking skills, and writing abilities.
- Creating and modifying teaching materials, incorporating anti-racist and diverse material and relevant content.
- Create and maintain a safe space to academically grow for soon-to-be clinical professionals.

Courses taught in MA Counseling program face-to-face format:

Course lead *

- *Ethics and Professional Issues in Counseling **

Adjunct Faculty (06/2019-Present)

Clinical Mental Health Counseling Program

Antioch University, Seattle WA

Students: Masters Environment: Traditional and synchronous online

Instructing masters level graduate students in core classes required by CACREP. Duties include but are not limited to:

- Fostering students' clinical knowledge, critical thinking skills, and writing abilities.
- Develop and teach intensive special topic seminars with a focus on skills, knowledge, and practice including all course materials and assessments.
- Creating and modifying teaching materials, incorporating anti-racist and diverse material and relevant content.
- Created experiential learning opportunities.
- Facilitating class in difficult dialogues and peer discussions in synchronous and in-person format.
- Create and maintain a safe space to academically grow for soon-to-be clinical professionals.
- Guided students in case conceptualization, treatment planning, and selecting interventions
- Online learning platforms utilized: Sakai and Brightspace

Courses taught in MA Counseling program hybrid online format:

Course lead *

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| ● <i>Psychopathology (Fall '20, Winter '21)*</i> | ● <i>Career Counseling & Development (Winter '24)*</i> |
| ● <i>Systems Perspectives (Spring '21, Summer '24)*</i> | ● <i>Family of Origin (Fall '22)</i> |
| ● <i>Special Topics: Motivational Interviewing (Summer '19, Summer '20)*</i> | ● <i>Law & Ethics in Counseling (Winter '22)</i> |
| ● <i>Special Topics: DBT (Summer '21)*</i> | ● <i>Case Consultation (Spring '25)*</i> |

Courses taught in MA Counseling program face-to-face format:

- *Special Topics: Motivational Interviewing **
- *Counseling & Communication Skills **
- *Professional Identity & Counseling Issues **

Research Fellow (10/2022 – 09/2023)

Counselor Education & Supervision Program,

Antioch University, Seattle WA

- Collaborate with faculty mentor on identifying research interests and learning about the process of publication.
- Provide editing services to faculty projects, student handbooks and research guides for dissertation processes.
- Assisted in establishing a University journal.
- Researched and wrote a practice brief which was adapted to a conceptual article on ADHD in couples.
- Conducted a needs assessment on counselor preparation for treating neurodivergent clientele.

Service Learning- Teacher/Tutor, (06/2009)

Shoreline Community College

Blue Mountains, Jamaica

- This psychology class was centered in the rustic Blue Mountains of Jamaica, a rural and economically impoverished area. Service learning included working on a variety of projects, primarily working with children ages six to twelve. Participated in group discussions and workshops on cross-culture psychology, child development, race, gender, and power.

PROFESSIONAL EXPERIENCE

Therapist and Owner (08/2024 to Present)

Schmitz Counseling PLLC

- Own and operate private practice using telehealth.
- Manage individual marketing, billing, and administrative duties including navigating insurance.
- Provide short and long-term psychotherapeutic services for young adults, families, and couples.
- Use HIPAA compliant EHR system document, assess, coordinate, and develop necessary treatment goals and needs.

Therapist and Clinical Supervisor (04/2022 – 01/2025)

Salveo Counseling Center- Kirkland, WA

- Providing clinical services utilizing in-person and telehealth modalities in the community.
 - Performing mental health assessments, developing treatment plans, collaborative treatment and multi-systems coordination.
 - Services include brief and long-term psychotherapy for teens, adults and couples.
- Provides clinical supervision using integrated developmental approach to Mental Health Counselors, Marriage and Family Therapists, and Social Workers working towards licensure:
 - Instructed and supervises students in basic counseling skills.
 - Collaborated in grading student mid-term and final counseling skill videotapes.
 - Provided group supervision for beginning counseling students.
 - Instructed supervisees in counseling documentation including intake assessments, treatment planning, and SOAP notes.
 - Taught suicide assessment and safety planning.
 - Offered guidance on theoretically grounded techniques and interventions.

PEER-REVIEWED PUBLICATIONS

Schmitz, K. (2024). *Examining multicultural leadership development practices in counselor education to foster future leaders.* Dissertation.

Schmitz, K. (2025). *How to foster multicultural leadership in Counselor Education: A Delphi study.* Revised Article. *Journal of Counselor Education and Supervision.* -submitted May 2025

Schmitz, K., Thorson-Olesen, S. (TBD). Provider Needs for Treating Neurodivergent Individuals and Systems. Will be submitted to the *Journal of Counseling Outcomes and Research Evaluation*.

Schmitz, K., Thorson-Olesen, S. (TBD). Supporting the couple and family when one adult has ADHD. Will be submitted to the *Journal of Marital and Family Therapy*. -under review

Goethel, A., Mensink, A., Brako-Owusu, P., Thorsen-Olesen, S., Valente, J., **Schmitz, K.** (2024). From substance abuse to sobriety: A consensual qualitative research approach and tools for counselors. Will be submitted to the *Journal of Addictions and Offender Counseling*. -under review

RESEARCH INTERESTS

- Examining leadership development practices
- Teaching in higher education
- Multicultural competence in mental health care
- Family systems: development disabilities, couples and relationships, parenting, generational differences
- Neurodivergent-affirming training

PRESENTATIONS, LECTURES & WEBINARS

Schmitz, K. (2025). How to build a strong leadership presence in your counselor education program: Expert recommendations on boosting curricula and experiential practices. Educational Session at Association of Counselor Education and Supervision to be held in Philadelphia, PA.

Schmitz, K. (2024). *Examining Multicultural Leadership Development Practices in Counselor Education to Foster Future Leaders*. Educational Session at Western Region's Association of Counselor Education and Supervision, Tucson AZ.

Goethel, A., Mensink, A., Brako-Owusu, P., Thorsen-Olesen, S., Valente, J., **Schmitz, K.** (2023). *From substance abuse to sobriety: A consensual qualitative research approach and tools for counselors*. Poster session at Association of Counselor Education and Supervision Conference. Denver, CO.

Chow, A., **Schmitz, K.**, & Trottier, D. (2023, January). *Community Trauma & Mutual Aid*. One hour seminar presented in the Antioch University Seattle Residency in MA Clinical Mental Health Counseling course; *Trauma & Crisis Response*, Course Instructor Dr. Dani Baker-Cole. Santa Barbara, CA.

Schmitz, K. (2022, May). *Understanding neurodivergence and embracing the journey of psychosis*. Presented in CES Advanced Course Design Class for Diagnostics & Treatment Planning Demo, Course Instructor Dr. Katherine Fort. Synchronous format.

Schmitz, K. (2022, February). *General Systems & Boundaries*. Three hour seminar presented in the Antioch University Seattle MA Clinical Mental Health Counseling course *Family of Origin*, Course Instructor Dr. Rachel Henesey. Synchronous format.

Schmitz, K. (2021, August). *Dialectical Behavior Therapy*. Weekend seminar presented in the Antioch University Seattle, Special Topics in Marriage and Family Therapy class. Synchronous format.

Schmitz, K. (2019, June). *Motivational Interviewing*. Weekend seminar presented in the Antioch University Seattle, Special Topics in Marriage and Family Therapy class. Seattle, WA.

PROFESSIONAL SERVICE

- Editorial Board Member
 - Wisconsin Counseling Journal (2025–present)
- Dissertation Committee Member
 - CES Program: Antioch University (2024–present)
- Content Supervisor
 - CES Program: Antioch University (2024–present)
 - Clinical Practice
 - Clinical Supervision
- Member of Professional Development and Education Committee (2024–present)
 - Washington Mental Health Counselors Association
 - Member of conference task force

PROFESSIONAL MEMBERSHIPS

- American Counseling Association (2021 – present)
 - Association of Counselor Education and Supervision (2022 – present)
 - *Western ACES Division* (2022 – present)
 - **Emerging Leader**, Western Region of ACES (2024-2025)
- Chi Sigma Iota – Omega Mu Gamma Chapter (August 2022 – present)
- Washington Mental Health Counselors Association (2023-present)
 - **Board Member** (2024-2026)

SELECTED AWARDS AND HONORS

2024 – 2025 WACES Emerging Leader

2022 – 2023 Antioch University Seattle Research Fellowship in Counselor Education and Supervision

PREVIOUS COUNSELING AND WORK EXPERIENCE

Therapist (01/2019 – 03/2022)

Building Skills LLC- Everett, WA

- Provider committed to providing effective, useful and affordable counseling, life skills education, and mental health services to the community.
- Therapeutic services include brief and long term psychotherapy.
 - Modalities include in-person and Telehealth.

- Duties include mental health assessments, treatment planning and consulting with colleagues and other systems involved in client care.
 - Populations served include children ages 3 and up, adolescents, adults, LGBTQIA and US. Veterans of various ages and genders.

Psychotherapist (01/2018-12/2019)

Greenlake Wellness Group, Seattle, WA

- Provide psychotherapeutic services as independent contractor for teens and adults who require support dealing with a variety of issues including but not limited to sexual identity, suicidal ideation, life transitions, work stress and marital discord.
- Performed intakes, manage caseloads of 8-10 clients using *Simple Practice* Software.
- Abided by the agreed upon contract between the group practice and practitioner. Consult and communicate with other clinicians and professionals involved in clients' care

Clinician II, - Everett, WA 10/2016 – 05/2019

Compass Health Child and Family Clinic, Everett WA

- Provide therapeutic services for children, adolescents and families who require support dealing with a variety of issues including but not limited to ADHD, anxiety, Autism, depression, sexual abuse, trauma, parental support, and child-parent conflict.
- Performed intakes and formal assessments; familiar with DSM-5 criteria and diagnosing.
 - Trained *CBT+* for Anxiety, Depression, Trauma, behavioral problems and parent management training (PMT), Motivational Interviewing, Clinical Treatment Strategies for LGBTQ Clients.

Clinical Intern, (05/2015 – 09/2016)

Compass Health Child Advocacy Program- Everett, WA

- Provided therapeutic services for children and families who had been affected by sexual abuse.
- Engaged in weekly supervision and collaborated on goals for professional growth.
- Co-facilitated parenting groups with other practitioners. WCSAP Certification in TF-CBT and Sexual Assault Programs.

CONTINUING EDUCATION

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- CITI Training- Human Participants in Research Exp. 8/2025
 - Gottman Method Couples Therapy: Level 1. Online. Jan. 2021. (12)
 - Washington State Approved Clinical Supervision, Law & Ethics. Asynchronous. Dec. 2020. (15)
 - Acceptance and Commitment Therapy Made Simple: ACT for PTSD, Anxiety, Depression & Personality Disorders. Asynchronous. Nov. 2020. (6.25)
 - Bipolar Disorder: Integrative Treatment Strategies for Lasting Recovery and Stabilization. On line. Jan. 2020. (6.25)
 - Dialectical Behavioral Therapy. Lynnwood, WA. Apr. 2019. (12)
 - Building Self-Regulation in Children with Autism, ADHD and Sensory Processing Disorder. Bellevue, WA. Aug. 2018. (6)
 - Advanced Motivational Interviewing. Mount Vernon, WA. Jul. 2018 (12)

- Ethics in Social Work and counseling and HIPAA Privacy Rules. Online. Jul. 2018 (6)
- Introduction to Motivational Interviewing. Mount Vernon, WA. Apr. 2018. (12)
- Male Trauma 101: Engaging Males to Heal from Trauma. Mount Vernon, WA. Feb. 2018 (6)
- Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) Clients: Clinical Issues and Treatment Strategies. Seattle, WA. Jan. 2018 (6)
- Harborview Center for Sexual Assault and Traumatic Stress CBT+ Learning Collaborative. Mount Vernon, WA. Jan. 2017. (20.5)
- TF-CBT, Washington State Coalition of Sexual Assault Programs (WSCAP). Olympia, WA

REFERENCES

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- **Stephanie Thorson-Olesen, Ph.D.** Core Faculty and Director of Research at Antioch University Seattle – P:507.421.6733 Email: sthorsonolesen@antioch.edu
 - **Katherine Fort, Ph.D. LMHC**, Faculty at Antioch University Seattle – P: 206.354.3457 Email: kfort@antioch.edu
 - **Mariamee Gonzalez, Ph.D.** Faculty at Antioch University Seattle, Former WACES President – Email: mgonzalez3@antioch.edu
 - **Jennifer Kennett, Ph.D.** 2024-2025 President of Washington Mental Health Counselors Association – P: 425.698.7375 Email: jennifer.kennett@wmhca.org
 - **Sonia Haresh Ramrakhiani, Ph.D.** Associate Professor at Cal Poly. Former WACES President and Emerging Leader mentor. Email: sramrakh@calpoly.edu