

Charity Francis Laughlin, LMFT, CST, AAMFT Approved Supervisor Candidate

Bellevue, WA (work location) :: m: 206.303.7191 :: e: charitylaughlin@gmail.com

EDUCATION

Seattle University, Seattle, Washington (Sept 2015-March 2019)

Master of Arts

Major: Couples and Family Therapy

Covenant Life College, Haines, Alaska (Sept 1998-Jan 2002)

Bachelor of Science

Major: Secondary English Education

Minor: Business Education

CLINICAL EXPERIENCE

[Pacific Behavioral Healthcare](#)

Bellevue, WA

Sept 2019-present

Director of Couples and Relational Therapy / Clinical Supervisor

Jan 2024-Present

Licensed Marriage and Family Therapist

Nov 2021-present

Licensed Marriage and Family Therapist Associate

Sept 2019-Nov 2021

LMFTA Supervisor: James Olsen, LMHC, PhD, CST

Therapist for couples, intimate partnerships, and individuals in a private group practice specializing in the intersection of relationships and sexuality. Presenting problems in case load include desire discrepancy, infidelity recovery, out of control sexual behavior, poly/kink concerns, erotic conflict, and DSM V Sexual Disorders & Dysfunctions. Clinical responsibilities include performing intake assessments, responding to crises, diagnosing individuals and couples, preparing and implementing treatment plans, and collaborating with other professionals as needed. Director and supervisor responsibilities include supervising LMFTAs and providing systemic consultation and collaboration on complex relational cases.

Seattle Counseling Service

Seattle, WA

Sept 2017-Mar 2019

Mental Health Intern

Supervisors: Brittany Cuddie, LMFT & Mike Fitzpatrick, MSW, LMFT

Worked in a community mental health setting serving LGBTQ+ clients (individuals and couples age 18+) presenting with minority stress, identity issues, PTSD, bipolar, anxiety, depression, borderline personality disorder, intimate partner violence, and relationship distress. Utilized an integrated systems approach grounded in Bowen Family Systems Theory and drawing from Emotion-Focused Therapy, Narrative Therapy, Mindfulness-Based Stress Reduction, and Gottman Couples Therapy.

Responsibilities included:

- Performing intake assessments
- Diagnosing individuals and couples
- Preparing and implementing treatment plans
- Maintaining detailed case notes to ensure proper documentation of session content and interventions
- Responding to and managing crisis situations
- Collaborating with other professionals (therapists, medical doctors, psychiatrists, ARNPs) on treatment goals while integrating best practice research and education
- Co-facilitating couples communication skills group structured around *The Seven Principles For Making Marriage Work* by Gottman and Silver (2015)

CERTIFICATIONS/PROFESSIONAL ORGANIZATIONS

Washington State Marriage and Family Therapy License #	MFT.LF61228755
Washington State Clinical Supervisor	January 2024-Present
AAMFT Approved Supervisor Candidate	Oct 2023-Present
• AAMFT Supervision Mentors: Christie Eppler, PhD, LMFT & Mike Fitzpatrick, MSW, LMFT	
Developmental Model of Couples Therapy, Level 1 Graduate	Feb 2023-Feb 2024
American Association of Sexuality Educators, Counselors, and Therapists	Aug 2017-Present
• Certified Sex Therapist	Jan 2022-Present
AASECT Supervisors: Jessa Zimmerman, LMHC, CST-S; Tina Schermer Sellers, LMFT, CST-S	
Alpha Sigma Nu Jesuit Honor Society	April 2019-Present
American Association of Marriage and Family Therapy	Jan 2017-Present
Washington Association of Marriage and Family Therapy	Jan 2017-Present

PROFESSIONAL VOLUNTEER EXPERIENCE

WAMFT Legislative Committee Member	Jan 2023-Present
WAMFT Board Member at Large	Jan 2020- Dec 2022
WAMFT Legislative Chair	Jan 2021- Dec 2022
<ul style="list-style-type: none">• Serving as liaison between WAMFT member concerns, WAMFT contract lobbyist, WAMFT board, and policymakers• Overseeing and coordinating Legislative Committee responsibilities as outlined in WAMFT bylaws• Leading regular Legislative Committee meetings• Gathering input from content experts and research to inform proposals and course of legislative action• Planning and executing Annual Day on the Hill as an opportunity to express advocacy concerns and increase visibility of the MFT profession with policymakers• Meeting with regulators, policy makers, and interested parties on various initiatives to further WAMFT's advocacy goals• Attending Department of Health quarterly advisory committee meetings• Attending Department of Health rule-making meetings relevant to advocacy goals• Informing members of relevant legislative information via member events, social media, website, e-news, and legislative updates• Coordinating with WAMFT Marketing Task Force to refine and redesign WAMFT advocacy webpage on the WAMFT website• Drafting annual advocacy funding request to parent organization (AAMFT)• Coordinating additional advocacy fundraising efforts• Building and strengthening strategic relationships with other organizations• Serving as a conduit of information between AAMFT FamilyTEAM and WAMFT	
WAMFT Finance Committee Member	Mar 2020- Dec 2022
<ul style="list-style-type: none">• Meeting as required by WAMFT treasurer to support WAMFT financial goals	
WAMFT Conference Committee Member	Jan 2020-Dec 2022
<ul style="list-style-type: none">• MFTs in schools conference track liaison for 2022 conference• Led gamification efforts for 2020 & 2021 conference• Worked with a team to identify an online platform for annual conference 2020 & 2021	

WAMFT Pre-Clinical Committee Member	Jan 2020-Nov 2021
• Supported Committee Chairs in planning Mentor Day	
WAMFT Ethics Committee Member	Mar 2019-Dec 2019
WAMFT Student Committee Member	Jan 2017-Dec 2018
MACFT Student Representative, Seattle University	Nov 2016-Jun 2018

PRESENTATIONS | AWARDS | PUBLICATIONS

Francis Laughlin, C. (2024). Intimate Relationship Deescalation for Teletherapy: The Structured Pause. In <i>The Therapist's Notebook for Systemic Teletherapy</i> (pp. 160-164). Routledge. https://doi.org/10.4324/9781003289920-31	
Francis Laughlin, C., & Rusca, K. A. (2020). Strengthening Vicarious Resilience in Adult Survivors of Childhood Sexual Abuse: A Narrative Approach to Couples Therapy. <i>The Family Journal</i> , 28(1), 15–24. https://doi.org/10.1177/1066480719894938	
WAMFT Annual Conference 2019 Breakout Session & Poster	Sept 2019
Breakout Session: “Vicarious Resilience in Narrative Couples Therapy with CSA Survivors”	
Poster: “Post-Discernment Counseling: Redefining Status Quo through the Lens of Ambiguous Loss”	
WAMFT Annual Conference 2018 Breakout Session	Sept 2018
“I Love You, But I’m Not Attracted to You”	
WAMFT Annual Conference 2017 Student Poster	Sept 2017
“Common ground within difference in couples’ therapy: Differentiation, attachment, or both?”	
WAMFT Scholarship Recipient	Sept 2017

OTHER SOCIAL SERVICES EXPERIENCE

Lake Washington School District	Greater Seattle area	Sept 2009-present
Parent Volunteer. Collaborate with teachers to facilitate student development and learning in a variety of volunteer roles: field trip chaperone, Read Naturally and Mighty Math mentor, art docent assistant, play rehearsal chaperone, and outdoor camp counselor.		
The Seattle Vineyard	Seattle, Washington	May 2004-Sept 2019
Children’s Ministries Volunteer. Prepare and teach lesson for age levels ranging from 0-11. Coordinate with co-teachers regarding curriculum and classroom management. Liaison with parents to sync program values with family core values.		
Art Coordinator. Coordinate group art activities and other community venues for artistic expression. Contribute to annual art show.		

OTHER WORK EXPERIENCE

Finsphere Corporation	Bellevue, WA	Nov 2008-May 2016
Finance Manager. (Part-time) Responsible for day-to-day finance matters, financial projections, annual budget, financial audit compliance, and timely financial reporting to the board of directors. Collaborated with team to manage cash through funding rounds in a fast-paced startup environment.		
Grace’s Kitchen, Inc.	Seattle, WA	Nov 2004-Nov 2006
Controller. (Part-time) Responsible for day-to-day finance matters (cash receipts, disbursements, and reconciliations; receivables, payables and general ledgers; payroll; quarterly and annual taxes). Managed cash flow and prepared and interpreted monthly, quarterly and yearly financial statements.		

