

# ANNA C. WATSON

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## EDUCATION

Masters in Social Work, University of Washington

Bachelor of Arts in Social Work, University of Washington

2009

2004

## LICENSURE

Licensed Independent Clinical Social Worker

(LW60305118)

## EXPERIENCE

### **Private Practice, Therapist 08/12-Present**

- Provide evidence based mental health treatment to children and adults with a specific focus on anxiety disorders across the life span as well as disruptive behavioral disorders in children and adolescents.

### **Boise State University, Adjunct Professor 01/20-Present**

- Teach the Advanced Social Work Practicum Seminar Course for the online Masters in Social Work program.
- Conduct field visits and problem solve any placement issues that arise.

### **Comprehensive Mental Health, Mental Health Therapist 1/10-08/12**

- Provided Trauma Focused Cognitive Behavioral Therapy for child victims of sexual abuse and assault through the Pierce County Children's Advocacy Center.
- Provided caregiver support and parenting interventions.
- Provided crisis intervention and information and referral.
- Participated in a multi-disciplinary staffing team reviewing cases of child abuse and neglect.

### **Children's Response Center, Victim Advocate(Temporary for FMLA) 6/09-11/09**

- Provided Legal, Medical and General Advocacy for a diverse group of child victims of crime and their families.
- Provided crisis intervention and appropriate referrals.
- Worked closely with Prosecutors, Law Enforcement and other agencies as appropriate to ensure victim rights and services.

### **Harborview Center for Sexual Assault and Traumatic Stress, Intern 9/08-6/09**

- Provided evidence based trauma focused counseling for a diverse client population of children and adults.
- Provided parenting interventions including Parent Child Interaction Therapy.
- Conducted telephone and in-person crisis interventions.

### **Echo Glen Children's Center, Sex Offense Specific Treatment Coordinator 4/07-10/08**

- Developed group curriculums and updated treatment strategies using best practice standards.
- Provided clinical training at multiple facilities
- Facilitated therapeutic groups with youth who have sexually offended.
- Conducted intake assessments with youth entering the facility.

### **Community Psychiatric Clinic, Family Integrated Transitions Therapist 2/06-2/07**

- Provided Multisystemic Therapy to adolescents with comorbid disorders who were involved in the juvenile justice system.
- Coordinated care with multiple systems

### **Echo Glen Children's Center, Juvenile Rehabilitation Residential Counselor 6/04-2/06**

- Provided case management and sex offense specific treatment to youth in a secure residential setting.
- Facilitated therapeutic groups including Dialectical Behavior Therapy skills group.
- Provided supervision in the milieu and facilitated recreational activities.

### **University Youth Shelter, Program Coordinator (AmeriCorps Volunteer) 09/02-08/03**

- Provided supervision and facilitated evening activities in a drop-in overnight shelter setting for a diverse group of youth ages 13-21.
- Developed and implemented orientation and training programs for approximately 200 community volunteers.
- Coordinated volunteer scheduling and provided ongoing support for volunteers.

### **Presentations**

- Watson, A.C. (2020). Introduction to the Diagnosis and Treatment of Obsessive Compulsive Disorder. Invited presentation. University of Puget Sound. Tacoma, WA.
- Watson, A.C. (2019). Exposure Based Therapy for Anxiety Disorders: A principle based approach. Invited presentation. Comprehensive Life Resources. Tacoma, WA.
- Watson, A.C. (2019, 2016). Diagnosing and Treating Obsessive Compulsive Disorder Using Exposure/Response Prevention Therapy. Invited presentation. Comprehensive Life Resources. Tacoma, WA.
- Watson, A.C. (2018). Get the Family on Board: A principle based approach to helping parents reduce accomodation in pediatric anxiety disorders. Invited presentation. Hopesparks Counseling. Tacoma, WA.
- Watson, A.C. (2016). Introduction to Behavioral Parent Training. Invited presentation. Comprehensive Life Resources. Tacoma, WA.
- Watson, A.C. (2016). Advanced Tools for Cognitive Restructuring. Invited presentation. Comprehensive Life Resources. Tacoma, WA.
- Watson, A.C. (2014). Cognitive Behavioral strategies for treating PTSD in preschool aged children. Invited presentation. Hopesparks Counseling. Tacoma, WA.