

# Megan Simmons, LMFT

**Licensed Marriage and Family Therapist** (LF 60579024), **AAMFT Approved Supervisor** & **WA State Approved Supervisor**  
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## Objective

Seeking to leverage my expertise in program management and community collaboration to enhance mental health services and support at a dynamic organization focused on holistic client well-being. Dedicated and experienced Licensed Marriage and Family Therapist with a strong background in clinical supervision and trauma-informed care. Committed to fostering professional development in emerging therapists while delivering evidence-based therapeutic interventions to children, families, and individuals impacted by trauma.

## Skills

- **Expert in Trauma-Informed Therapies:** Proficient in EMDR, TF-CBT, CPT, SBIRT, and STAIR for effective, client-centered care.
- **Strong Leadership:** Dynamic interpersonal skills fostering collaboration and team growth.
- **Transformative Clinical Supervision:** Focused on the self of the therapist to enhance professional development.
- **Engaging Presenter:** Proven ability to deliver impactful presentations to diverse audiences.
- **Effective Group Facilitator:** Skilled in creating inclusive, interactive educational and clinical environments.

## Experience

SEPTEMBER 2018– FEBRUARY 2025 YWCA Pierce County **Counseling Manager/Clinical Supervisor**

- Spearheaded the creation and management of a comprehensive counseling program, providing clinical supervision for master's level interns and ensuring the delivery of trauma-specific mental health services.
- Established a robust training framework for interns, equipping them to provide evidence-based mental health services through art and play therapy, while promoting best practices in ethical care for children and families.
- Forged partnerships with the YWCA Children's Program to design and implement holistic therapeutic programming, enhancing support for children, teens, and their protective parents.
- Successfully recruited, trained, and supervised interns annually, fostering a supportive clinical environment that prioritizes professional development and ongoing support in partnership with 4 COAMFT accredited schools.
- Developed and delivered training sessions for community service providers, focusing on critical issues such as the impact of domestic violence on children, self-care strategies, and effective therapeutic interventions.

MAY 2020- Present Motivo Health **Clinical Supervisor**

- Provide remote clinical supervision for associate licensed therapists in WA state
- Consultant for clinical providers managing situations of intimate partner violence
- Successfully guided supervisees worked with to full clinical licensure

JUNE 2013 – SEPTEMBER 2018 YWCA Pierce County **Child and Family Therapist**

- Delivered child and family therapy for families utilizing trauma-specific and evidence-based modalities, alongside art and play therapy techniques to provide therapy for families impacted by domestic violence.
- Created and facilitated therapeutic groups for children ages 6-12 years old to enhance emotional learning and decrease the impact of relational trauma.

AUGUST 2012 – JULY 2013 Swedish Cancer Institute **Oncology Counseling Intern**

- Provided individual, couple, and family therapy for oncology patients and their families.
- Managed documentation in electronic medical records and coordinated care on an interdisciplinary team.

SEPTEMBER 2011 – JUNE 2013 Olive Crest **Mental Health Therapist**

- Gained supervised experience in individual, family, and play therapy with foster and adoptive care clients.
- Conducted psychological assessments and coordinated treatment planning with multidisciplinary teams.

## Education

Seattle Pacific University, Seattle, WA

- MS in Marriage and Family Therapy and Certification in Medical Family Therapy (MedFT)
- BS in Psychology
- Domestic Violence Victims Services (DVVST) trained and trainer

## Professional Presentations & Teaching

- Treatment of Abusive Systems (MFT 6610), Seattle Pacific University-MFT Program, Fall 2024
- Understanding IPV in a Therapeutic Context, WAMFT Annual Conference 2020 and various mental health practices
- Art as Intervention at YWCA Pierce County and other local service organizations
- IPV Impacts to Children and Self Care and Vicarious Trauma for DVVST

## Community Engagement

Chair, **Mental Health Counselors Advisory Board**, WA State Department of Health

2022 - Present

Advise legislation and policies affecting master's level mental health providers at the state level.

Singing Member and previous Board Development Committee Member, **Seattle Women's Chorus**, GALA Choruses

2016 - Present

Participate in a chorus dedicated to advocating for the LGBTQIA+ community and promoting inclusion.

Family Partner Volunteer, **Side By Side**, Seattle, WA

2009 - 2012

Supported children with serious illnesses and their families at Seattle Children's Hospital.