

# Carrie Donahue, LCSW, ACSW

THERAPIST, SCHOOL CONSULTANT, SEL EDUCATOR

## CONTACT INFORMATION

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## POST GRADUATE CERTIFICATION AND TRAINING

Cognitive & Behavioral Consultants, LLP.  
Cognitive Behavioral Therapy Comprehensive Five Day Training, July 2022.

Dr. Victoria Grinman, PhD: Post Traumatic Growth: Deepening Skills to Help Clients Heal. April, 2022.

TeleMental Health Certification: Clinical, Legal and Ethics Training, Telehealth Certification Institute, LLC: March 2020.

Columbia University School of Social Work, Practice Focused Certification in Complicated Grief, May, 2020.

Acceptance and Commitment Therapy (ACT) for Adolescents Certification, Spring 2021, and ACT for Depression and Anxiety, Spring 2022. ACT Mindfully, Russ Harris.

Acceptance and Commitment Therapy (ACT) Certification, 2019. ACT Mindfully, Russ Harris.

Essentials of CBT: The Beck Approach. Beck Institute, 2016.

Crisis Text Line, Crisis Counselor: 2017 - present. Provide crisis intervention services to high risk texters through a motivational interviewing/supportive listening model.

Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls, Dr. Lisa Damour. Online course, 2019.

## SELECTED PROFESSIONAL EXPERIENCE

### Rye Country Day School, Rye, NY - Middle School Counselor, Consulting Counselor, MS Leadership Team

September 2006 - present

Support the entire Middle School community (300 students and their families, plus employees) in their emotional growth and wellness through the development of self-awareness, social awareness, self-regulation and emotional management skills.

- Provide individual counseling to 300 students and families per year as needed, focusing on emotional/relational/family systems issues including anxiety, depression, resolving interpersonal/peer conflict, academic demands and emotional wellness.
- Use goal oriented, evidence based strategies for interventions and adhere to ethical standards and best practices for school counseling (intervention models include CBT and ACT, Motivational Interviewing, risk assessment and DEISEL curriculum implementation).
- Evaluate and refer students, families and employees in crisis to community mental health professionals; collaborate and support treatment goals as needed.
- Liaise with professionals in the community working with students and families to align best approaches to supporting students in the school setting.
- Facilitate up to 20 workshops/presentations per year focused on adolescent development and learning using the latest neurodevelopmental research.
- Design, develop and facilitate our Middle School DEISEL curriculum (entitled SEEK). Link to program overview [here](#). On average, facilitate 15 classes per week. Topics include: self-care and emotional wellness, social problem solving, healthy boundaries and communication training, DEISEL, Executive Functioning skills, social media/media literacy.
- Create school-wide professional development for employees (see presentations). Topics include: Mental health awareness, Advising, Teaching across adolescent developmental stages, Managing family relationships.
- Create specific transition programs (grades five and eight) in collaboration with Upper and Lower division faculty; created and facilitate MS Buddy Program to help new students in grades six through eight transition to RCDS).
- Create and lead interactive workshops with institutional stakeholders/parents around all aspects of mental health, balance and wellness, adolescent development and social media consumption.
- Faculty Advisor for Diversity Club, GSA, various Social Impact projects.
- Digitally delivered all of the above during Covid-19 pandemic.
- Committee memberships include: Admissions, Balance and Wellness, DEI and J, Advisory Task Force, Head of School Search Committee, Covid Reopening Committee.

# Carrie Donahue

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## PRESENTATIONS

### NYSAIS Presentations:

#### *The Teenage Brain, April, 2018.*

Facilitated follow-up discussion around classroom application of author Fran Jensen's presentation.

#### *Educating Boys, Fall, 2012.*

Presented anecdotal research from an Executive Functioning/therapeutic group process co-facilitated with Learning Specialist at RCDS.

### Sample of Parent/Faculty Presentations:

#### *Parenting the Middle School Brain*

#### *Parenting in a Pandemic* (link [here](#))

*Under Pressure* - Confronting the Epidemic of Stress and Anxiety in Girls  
Student Wellness at What Cost?

**LIKE** - Documentary and Panel discussion  
*Befriending Stress!*

#### *Navigating the Social Media*

*Landscape* - A presentation for Middle School Parents and Caregivers

*Boundaries, Boundaries, Boundaries* - Relationships and Consent

*One Love Foundation* - Trained to facilitate various conversations around health relationships

*Transitions: Grade to Grade, Division to Division* - expectation vs. reality!

*Feeling Rooted and Resilient in 2022; Taking Care of Ourselves and Each*

*Other* - Faculty presentation

## MEDIA

*Meeting in the Middle* Podcast and Newsletter, produced monthly with EF skills expert and Study Skills Coordinator at RCDS. Examples provided [here](#).

## Psychotherapist, Private Practice

### September 2004 - present

Using a theoretical orientation that is integrative, I employ cognitive behavioral (CBT), insight-oriented, family systems and Acceptance and Commitment Therapy (ACT) approaches as needed. Expert in adolescent and young adult clients who might present with feelings of anxiety, depression, challenges around life stage changes or wanting to explore the many layers of identity work. My approach is always strengths-based and collaborative.

## Rye Youth Council, Rye, NY - Middle School Youth Advocate

### June, 1999 - July, 2006

Conducted short term individual and group counseling in three middle schools in the community. Facilitated psychoeducational parent and student groups/workshops focused on topics including: peer relationships, substance abuse and middle school social/emotional development. Part of Child Study Team and Crisis Intervention Team.

## EDUCATION

### Fordham University School of Social Service - NY, NY

#### *Master of Social Work Degree, May 1999*

### Boston College - Chestnut Hill, MA

#### *Bachelor of Arts Degree - Double Major in English and Communications, May 1991*

## PROFESSIONAL AFFILIATIONS

National Association of Social Workers, 1996 - present.

Academy of Certified Social Workers, 2021 - present.

Current Board of Directors Memberships: **Rye YMCA ~ Rye, NY; Edith Read Wildlife Sanctuary ~ Rye, NY; KidSPACE of Rye ~ Rye, NY.**