

# Cynthia Rollo-Carlson

45103 Schoolcraft Trail

Laporte, MN 56461

Cell: 808-345-3205

Professional email: rollocarlson@gmail.com

## PROFESSIONAL COMMITMENT

- Specialization in trauma intervention for the past 35 years with a focus primarily on grief and bereavement counseling along with suicide prevention / postvention with children, adolescents, and adults through individual, family, group, and community modalities. Specific emphasis on military / veteran population, suicidology and the opioid epidemic.
- Provide services on a micro, mezzo, and macro level through counseling, consultation, supervision, training, teaching, writing, and publication.
- Committed to social justice and policy change that will positively impact individual, groups, communities, as well as at state and national level addressing trauma, loss, suicide with veterans and their families. Also committed to working to reduce the opioid epidemic.

## EDUCATION

### ***Washington Psychoanalytic Society - May 2006***

*Clinician Post-Graduate Three-year Program, Graduation, May 2006*

*Specialization: New Directions in Writing and Critical Thinking:  
Washington DC.*

### ***Master of Arts in English (MA) - May 2004***

*Bemidji State University; College of Arts and Letters: Bemidji, MN*

*Published Thesis: "From mourning to melancholia: Spiritual transformation through writing from a literary psychoanalytic perspective"*

*Specialization: Therapeutic Writing*

### ***Master's degree in Social Work (MSW) - May 1985***

*University of Illinois; Jane Addams College of Social Work: Chicago, IL*

*Specialization: Supervision and Administration*

### ***Bachelor of Science in Social Work (BSW) - May 1983***

*Southern Illinois University; College of Human Resources: Carbondale, IL*

*Specialization: Chemical Dependency Counseling*

## LICENSURE & CERTIFICATION

- ***Licensed Independent Clinical Social Worker; LICSW*** (Minnesota Board of Social Work). Also, hold title as a Licensing Supervisor
- ***Licensed Clinical Social Worker; LCSW*** (State of Hawaii Department of Commerce and Consumer Affairs: Professional and Vocational Licensing Division)
- ***Academy of Certified Social Workers; ACSW*** (National Association of Social Workers)

- *Licensed Alcohol and Drug Counselor; LADC (Minnesota Department of Health)*
- *Certified Thanatologist, CT (Association for Death Education & Counseling).*

### **SPECIALIZED TRAINING**

- *Certificate in Integrated Behavioral Health and Primary Care - Adults: University of Michigan School of Social Work (completed May 2017)*
- *Cognitive Therapy Training Institute at the Beck Institute, Veterans Suicide Prevention CBT Training: Bala Cynwyd, PA.*
- *Counseling Certificate Training Program: Stress and Trauma Care with Military Application: AACC (American Association of Christian Counselors)*

### **PROFESSIONAL AFFILIATIONS**

**Appointed to Cass County Health, Human, and Veterans Services Advisory Board** in (2010 – 2020). *Children and Families in Cass County, MN.* Cass County is considered one of the most “at risk” populations within the state of MN due to high poverty, unemployment, mortality, suicide, homicide, and crime rates. Cass County HHV also works in conjunction with the Leech Lake Nation, a member of the MN Chippewa Tribe. The Leech Lake Reservation tribal headquarters are in Cass County, MN.

**Selected as a Peer Reviewer for the Substance Abuse and Mental Health Service Administration (SAMHSA) Division of Grant Review** (2014-2016). SAMHSA chooses peer reviewers who are considered experts within specialty areas of mental health and substance abuse prevention, intervention and treatment to critically analyze national grant applicants. Peer reviewers are selected based on commitment to the field, knowledge, education and level of recognized competence.

**Selected for CSWE Task Force** in April 2017, along with the Cohen’s Veteran Network, to assist with re-writing and revising the 2015 EPA’s for the updated Military Social Work Curricular Guide. New publication came out in 2018.

**International Violence, Abuse and Trauma Summit Planning Committee** 2013 to present. Serves as a committee member for the cultural committee, peer reviewer for abstract submission proposals for international conference, participates in monthly meetings and provides input for yearly summit.

### **COLLEGE/UNIVERSITY ACADEMIC TEACHING EXPERIENCE**

*May 2012 to present*

**SENIOR LECTURER:** *University of Southern California – Graduate School of Social Work*

Teach graduate level courses in Social Work that lead to a top ranked accredited MSW degree with one of the only military sub-concentrations in the country. Instruction is conducted through the Virtual Academic Center via web-cam classroom that includes both synchronous and asynchronous format. Student body includes a diverse group of classmates from all over the nation. Provide communication with students through individual web-cam meetings for each course including holding virtual office hours. Attend faculty meetings, consultations, and coordinate services as applied to student-university success outcomes and integrate CSWE along with NASW standards within each course. Promoted to full-time

Senior Lecturer July 1, 2016. Appointed as Lead Instructor for Assessment and Diagnosis of Mental Disorders beginning Fall, 2017 semester. Courses taught:

- *Assessment and Diagnosis of Mental Disorders (DSM-5) in Social Work (SOWK 612)*
- *Human Behavior and the Social Environment I (SOWK 503)*
- *Loss, Grief and Bereavement in Social Work (SOWK 692)*
- *Human Behavior and the Social Environment II (SOWK 505)*
- *Human Behavior and the Social Environment (SOWK 506)*
- *Substance Related and Behavioral Addictive Disorders and Recovery (SOWK 612)*

Other School Involvement:

- *Served on Diversity, Equity and Inclusion committee for the Adult Mental Health and Wellness department.*
- *Attended SEED (Seeking Educational Equity and Diversity) 8-day training and held “Honoring Our Stories” event for faculty and students in Adult Mental Health and Wellness Department.*
- *Developed Curriculum for Diversity, Equity and Inclusion Retreat.*
- *Served on workgroup for MSW curriculum development work.*
- *Participated in workgroup for “Social Work Practice with Native American Families” in the development of the emersion course.*
- *Served on MSW student application review committee.*
- *Mentors students in the MSW program.*
- *Mentored new adjunct faculty who were teaching SOWK 612.*
- *Utilizes Learning Experience Evaluation process, including review of midterm and end-of-semester course evaluations to enhance courses.*
- *Completed Student Outcome Evaluations for foundation course – Human Behavior and the Social Environment.*
- *Participated in ad hoc committee for Cultural Diversity course in Social Work.*
- *Includes a diverse and equitable student environment in the classroom that invites diverse perspectives, thoughts, and scholarly interchange.*

*Spring, 2005-Spring, 2012*

**ADJUNCT FACULTY INSTRUCTOR:** *Bemidji State University.*

Provided the social work department with assistance regarding development of course curriculum required to comply with CSWE. Was also visiting instructor for the CSWE accreditation 2007/2008 team site visit. Developed the curriculum and taught the following courses:

- *Human Behavior and the Social Environment-Micro (SOWK 2160)*
- *Human Behavior and the Social Environment-Macro (SOWK 3160)*
- *General Practice I: Individual General Practice (SOWK 3551)*
- *General Practice II: Group Dynamics (SOWK 3552)*
- *Chemical Dependency and Diversity (SOWK 3930)*

Spring, 1988 – Fall, 1995

**ADJUNCT FACULTY INSTRUCTOR:** *College of Lake County, Grayslake, IL.*

This community college of about 18,000 students included teaching a variety of college level courses in the Social Science Division. Classes in this department led to an Associate degree in Human Services with a specialization in Alcoholism, Substance Abuse, and Associated Disorders. This school served students who planned to go on to University. Develop course curriculum for the courses I taught which included:

- *Introduction to Sociology (SOC 124)*
- *Sociology of the Family (SOC 224)*
- *Community Social Services (HUS 114)*
- *Observation of Human Services (HUS 118)*
- *Group Counseling (HUS 123)*
- *Other Addictive Disorders (HUX 172)*
- *Special Populations in Addiction Counseling (HUX 173)*
- *Assessment and Treatment of Addictive Families (HUX 178)*

### **PUBLICATION, RESEARCH PAPERS, AND REPORTS**

**Rozeck, D.C., Keane, C., Sippel, L.M., Stein, J.Y., Rollo-Carlson, C., Bryan, C.J.** (May 2018). Short term effects of crisis response planning on optimism in a U.S. Army sample. *Early Intervention in Psychiatry*.

**Council on Social Work Education** (2018). Specialized task force curricular guide: Military social work. **National Task Force Steering Committee**

**Rollo-Carlson, C.** (2015). Letters to self. In *Techniques in grief therapy: Assessment and intervention*. R.A. Neimeyer (Ed). New York, NY: Routledge / Taylor & Francis.

**Rollo-Carlson, C.** (2015). Thawing frozen grief. In *Techniques in grief therapy: Assessment and intervention*. R.A. Neimeyer (Ed). New York, NY: Routledge / Taylor & Francis.

**Bieber, M, Malti-Douglas, F., and Rollo-Carlson, C.,** (Eds). (2006). *New Directions in Psychoanalytic Writing*. Washington DC Society for Psychoanalysis; 3 (1).

**Rollo-Carlson, C.** (2004). *From Mourning to Melancholia: Spiritual Transformation through Writing from a Literary Psychotherapeutic Perspective*. Published Master's Thesis. Bemidji State University, Bemidji, MN.

**U.S. Substance Abuse and Mental Health Services Administration.** (2000). *Substance abuse treatment for persons with child abuse and neglect issues: Treatment improvement protocol*. (TIP) Series 36 Appendix E - **Field Reviewer**.

**U.S. Substance Abuse and Mental Health Services Administration.** (1999). *Enhancing motivation for change in substance abuse treatment: Treatment improvement protocol*. (TIP) Series 35 Appendix E --**Field Reviewer**

### **PROFESSIONAL PRESENTATIONS in last 12 years**

- *The Journey through Poetry: Wandering Grief* (June, 2019). *International Death, Grief and Bereavement Conference - Hospice and the Arts: Coping with*

*Dying and Grief. La Crosse, WI*

- ***Honoring Our Stories: When Trauma Specialists Experience Trauma*** (April, 2019). 16<sup>th</sup> Hawai'i International Training Summit: Preventing, Assessing and Treating Trauma across the Lifespan: Institute on Violence, Abuse and Trauma (IVAT), Honolulu, HI.
- ***Adult Mental Health and Wellness: SEED Training on Diversity, Equity and Inclusion*** (April, 2019). Suzanne Dworak-Peck School of Social Work Los Angeles, CA.
- ***Wandering Grief: Finding the Path Home through Poetry*** (April, 2018). 15<sup>th</sup> Hawai'i International Training Summit: Preventing, Assessing and Treating Trauma across the Lifespan: Institute on Violence, Abuse and Trauma (IVAT), Honolulu HI.
- ***Was Anybody Listening: The Death of a Young Veteran*** (October, 2016). Listening to Trauma: Insights and Actions – 2<sup>nd</sup> Trauma Conference. International Society for Traumatic Stress Studies and George Washington University, Washington D.C.
- ***Summit Plenary Panelist: Violence and Trauma in Indigenous Populations***. (March, 2016). 13<sup>th</sup> Hawai'i International Training Summit: Preventing, Assessing and Treating Trauma across the Lifespan: Institute on Violence, Abuse and Trauma (IVAT) / Alliant University, Honolulu, HI.
- ***Indigenous Youth Suicide Prevention, Intervention and Postvention: Healing Words to Healing Hearts to Healing Communities to Healing Trauma***. (March, 2016). 13<sup>th</sup> Hawai'i International Training Summit: Preventing, Assessing and Treating Trauma across the Lifespan: Institute on Violence, Abuse and Trauma (IVAT) / Alliant University, Honolulu, HI.
- ***Giving Grief Guidance***. Family Services Hawaii (Nov, Dec, 2015, Jan, 2016). Hawaiian Islands of Oahu, Kauai, Maui, Big Island, HI.
- ***Suicide Prevention with Native American Youth***. (August, 2015). 20<sup>th</sup> International Summit on Violence, Abuse and Trauma (IVAT) / Alliant University, San Diego, CA.
- ***Historical Generational Trauma and the Lost Gift of ADHD***. (April, 2015) 12<sup>th</sup> Hawai'i International Training Summit: Preventing, Assessing and Treating Trauma across the Lifespan: Institute on Violence, Abuse and Trauma (IVAT) / Alliant University, Honolulu, HI.
- ***The Gift of ADHD***. (October, 2014) Creativity and Madness Conference: American Institute for Medical Education, Bethesda, MD.
- ***Helping Children and Adolescence cope with Grief and Loss: Expert Panelist***. (April, 2014). Sponsored by the Hospice Foundation of America, Site location: St. Joseph's Health Care System, Park Rapids, MN.
- ***Wandering Grief: Finding a path home through poetry***. (November, 2013). Creativity and Madness Conference: American Institute for Medical Education, Bethesda, MD.
- ***Military Families with ZERO-TO-THREE-year-old Children***. (April, 2013.) Presented at Project THRIVE – MN Northwest Foundation, Bemidji, MN.
- ***Where's Daddy? What Happened to Mommy? Military Life through the Eyes of Infants and Toddlers***. (May, 2011). Presented at the Minnesota Association

- for Children's Mental Health. Duluth, MN.
- *Community Intervention with Families of Veterans*. (2010). Calvary Evangelical Free Church, Walker, and MN.
  - *Substance Abuse Intervention Outcome Based Service Model*. (2009). Presented at an In-Service for the Leech Lake Band of Ojibwe Alcohol and Drug Programs. Cass Lake, MN.
  - *Helping Kids Deal with Losses & Grief*. (2009). Kinship Connections Gathering. Walker, MN.
  - *Comprehensive Service Coordination for Tribal Substance Abuse Program*. (2009). Leech Lake Women's Services A & D Program. Walker, MN
  - *Real World Behavioral Intervention Strategies for ADHD Kids*. (2009). Evergreen House Annual Conference, Bemidji, MN.
  - *Behavior Management Strategies with Special Needs Children*. (2008). Evergreen House Annual Conference, Bemidji, MN.
  - *Using Poetry with Adolescents in the Therapy Room*. (2007). Child & Adolescent Mental Health Conference. MN Assc. For Children's Mental Health, Duluth, MN.

#### **NEWSPAPER COLUMN**

Pilot Independent Newspaper in Walker, MN on Military topics. This was a monthly newspaper column in which I wrote articles addressing military topics from January 2010 through March 2014. Topics published include:

- Tell Them You Love Them – You Are Proud of Them
- What Freedoms Are Worth Fighting For?
- MOS: Operation Hometown Prayer – Who are we praying for?
- Hometown Sailors Aid in Japan Tsunami Relief Effort.
- Returning After Combat
- Military Paves the Way Again: Leads Service Members to be Leaders Not Victims
- Five Letters from 5 Wars
- What do Echo-Boomers have to say?
- Banners for Our Troops during the Fourth of July
- How do you plan to enjoy your Memorial Day?
- Hometown Homecomings
- Hope on the Home Front for Military Families
- Mothers of Service Members: Operation Hometown

#### **ACADEMIC PAPERS PRESENTED**

2003 – 2006 Through the Washington DC Psychoanalytic Institutes "New Directions Program: a three-year Post Graduate Program of for Experienced Clinicians, Academicians, and Writers. While in attendance the following papers and poems were written, and presented:

- *Secret Keeper - Carrying the life story of a client after their death*. Paper presented 2007.
- *Anchored*. Poem presented November 2007.
- *Crumbling Sky*. Poem presented November 2007.
- *Moving On*. Poem presented April 2006

- *Women and Desire – What does a Woman Want?* Paper presented April 2006.
- *Frigid Warmth with Client/Therapist Impasse.* Paper presented April 2005.
- *Marcy McLittle-McMee (a modern day mythical children’s story of Narcissus).* Paper presented October 2005.
- *Celebrating the Transformation of the Maternal body in Shakespeare’s The Winter’s Tale.* Paper presented April 2004.
- *Spring Mother.* Poem presented February 2004.
- *Time Captured.* Poem presented February 2004.
- *Dealing with Loss of Love through Poetic Writing.* Paper presented October 2004.
- *Mourning and Melancholia: A Spiritual Pathway.* Paper presented October 2003.

### **CLINICAL and ADMINISTRATIVE SOCIAL WORK EXPERIENCE**

***September, 2004- 2016:CHRISTIAN PSYCHOTHERPIST, CONSULTANT, TRAINER: Private Practice - Carlson Counseling and Consulting; Walker, MN since 2004 with new services being provided in Hawaii as of November, 2015***

- Provided training to foster parents / adoptive parents regarding grief and loss in the states of Hawaii and Minnesota.
- Facilitated a monthly support group for family members of Military service-members.
- Conducted Weekend Retreat’s for veterans and family members at Camp Bliss.
- Provide Grief, Loss and Crisis Intervention training for Head Start Staff.
- Provide CBT and Prolonged Exposure Therapy (ET) outpatient counseling and consultation services in rural Minnesota for children, adolescents, and adults who have a history of sexual abuse.
- A primary focus within the counseling field is crisis intervention work with grief and loss related to traumatic deaths (suicide, homicide, car/boat accidents) including individual and group counseling, school personnel intervention, and community programs following a trauma within the community.
- Community Crisis Response providing intervention including death related to homicide, suicide, car accidents, and school shootings.
- Administer diagnostic assessments using the DSM V
- Provide counseling for clients recently hospitalized for suicide attempts.
- Provide suicide survivor counseling to family member of suicide victims.
- Consultation provided to Leech Lake Annishanabe Women’s Outpatient Alcohol and Drug Program staff including supervision, case consultation, dual-disorder client counseling and assessments, and facilitated staff retreats.
- Counseling combat veterans and individuals who have survived a traumatic death is a more specific form of treatment that I provide through cognitive based services such as “Trauma-Focused CBT” or “Prolonged Exposure Therapy.
- Emphasis was on working with post-traumatic stress through CBT and ET particularly MST within the military culture and as well as sexual trauma in the civilian culture.
- Facilitate individual and group counseling for OIF / OEF / Operation New Dawn veterans and families.
- Area of specialization within the military community was my work and training

with young children and parent that remained on the home front while their spouse was deployed.

- As a Certified Thanatologist, expertise provided crisis counseling and community education on grief and loss – particularly with untimely or accidental death such as suicides, homicides, school shootings, and threats of violence.
- Conducted grant evaluation for various state funded tribal substance abuse programs.
- Professional writing regarding program manuals and policies and procedures for various non-profit tribal programs.
- Provided crisis intervention training and workshops for social work and PreK-12 education professionals for use in the classroom / treatment setting.

**1996 – 2004 OUTPATIENT THERAPIST: Northern Pines Mental Health Center, Walker, MN.** I worked at this community mental health center for approximately 6 years (leave of absence June 1998 – April, 1999 to teach at the College of Lake County, Grayslake, IL).

- Focus was on individual, and group treatment of clientele from both Native-American origin and Euro-American origin, with emphasis on women and children.
- Post-traumatic Stress Disorders and Adjustment Disorders I most commonly treated included Sexual Abuse, Traumatic Death, Violence, and Trauma related to Child Sexual Abuse, Physical Abuse and Neglect.
- Implement Practice Guidelines in Responding to Community Mental Health Crises.
- Through the outpatient setting, I utilized non-directive child-centered play therapy with children and Cognitive Behavioral Therapy techniques with adolescents.
- Conducted routine Diagnostic Assessments and Severe Emotional Disturbance (SED) Assessments serious and Persistent Mental Illness (SPMI).
- I worked closely with social workers and case managers within the County social service system.
- Provided consultation and training for substance abuse and mental health programs in rural and American Indian reservation communities, particularly, the Leech Lake Band of Ojibwe.
- Traveled statewide presenting training seminars and workshops on *Loss and Trauma* in the children's mental health field and the chemical dependency field using a cognitive-behavioral approach to intervention.

**1987 – 1995 CHILD & ADOLESCENT THERAPIST: Community Youth Network; Grayslake, IL.** At this private non-profit child welfare agency, my main duties included:

- Emergency Services Crisis Coordinator.
- Sexual Abuse Treatment Therapist.
- Community crisis and trauma response training.
- Consultation to area police departments.



- In-home intervention for adolescent substance abusers, runaways and child abuse victims.
- Facilitated weekly groups for Sexual Abuse Survivors.
- Suicide prevention and post-trauma intervention / consultation with area schools.
- Individual and family therapy included the use of narrative and non-directive child play therapy.
- Victim Assessments, and Sexually Aggressive Children and Youth Assessments.
- Assisted in writing the “Crisis Management Youth Grant”.

#### **POST-GRADUATE SUPERVISED WORK EXPERIENCE**

*I worked as an employee at the following two agencies to complete the two-year post MSW supervision requirements leading to Licensure as an Independent Clinical Social Worker.*

- ***Victory Memorial Hospital***; Waukegan, IL. (1 year 1986-87) As a medical social worker my duties included assessments, crisis counseling, discharge planning, and staff education for Oncology, Cardiac Rehab, Pediatric Units and Emergency Room.
- ***DuPage County Forensic Service Unit***; DuPage, IL. (1 year 1985-86) As a clinician I was responsible for assessments, education, and counseling for court-ordered clients involved in aggressive or violent crimes related to alcohol and substance abuse. As a consultant, I provided the court system with assessments for both DUI and non-DUI drug related offenses.

#### **PROFESSIONAL MEMBERSHIPS**

- **NASW**: National Association of Social Workers
- **ACSW**: Academy of Certified Social Workers
- **ADEC**: Association for Death Education and Dying