

Cynthia Rollo-Carlson

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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 integrated health care, 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, and suicide. Also committed to working to reduce the opioid epidemic. Desire to work with Veterans.

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.*

Masters 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) – June 1985

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

Specialization: Supervision and Administration

Bachelors 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 as an EMDR Therapist** trained through an EMDRIA approved training program (completed November, 2022)
- **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. (2010) (2012)
- **Counseling Certificate Training Program: Stress and Trauma Care with Military Application:** AACC (American Association of Christian Counselors) (2010)

PROFESSIONAL AFFILIATIONS

Appointed to Cass County Health, Human, and Veterans Services Advisory Board from 2010-2020, representing *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 2020. 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 co-Lead Instructor for Assessment and Diagnosis of Mental Disorders from Fall, 2017 to Spring 2023 semester. Appointed as Lead Instructor for Group Psychotherapy in the Mental Health Setting beginning Fall, 2021-Summer, 2023. Currently serving as Lead Instructor for the Substance Related and Behavioral Addictive Disorders and Recovery course.

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)*
- *Foundations of Integrative Social Work Practice I (SOWK 523)*
- *Group Psychotherapy in the Mental Health Setting (SOWK 694)*

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.*
- *Mentored 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.*
- *Included 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)*

Fall, 2001–May 2004

GRADUATE TEACHING ASSISTANT: *Bemidji State University.*

I was granted a Graduate Teaching Assistantship for three years which began fall semester, 2001 and ended spring semester, 2004 while completing my Masters of Arts in English. Courses taught included:

- College Writing I (ENGL 1101)
- College Writing II (ENGL 1102)
- Also, taught College Writing II as an adjunct faculty Spring, 2009

1988 – 1995, fall 1998

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)*

CLINICAL and ADMINISTRATIVE SOCIAL WORK EXPERIENCE

September, 2004- 2016: 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 counseling and consultation services to Calvary Church.
- 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.
- Provided Grief, Loss and Crisis Intervention training for Head Start Staff.
- Provided 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.
- Community Crisis Response providing intervention including death related to homicide, suicide, car accidents, and school shootings.
- Administered diagnostic assessments using the DSM V
- Provided counseling for clients recently hospitalized for suicide attempts.
- Provided 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.
- Counseled 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.
- Facilitated individual and group counseling for OIF / OEF / Operation New Dawn veterans and families.
- Area of specialization within the military community included 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

- 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.
- Implemented 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".

CONSULTING EXPERIENCE

2006–2010 Leech Lake Band of Ojibwe Full Circle Wellness for Women in Recovery; Cass Lake, MN. Provided consultation and grant evaluation for a State of MN grant that totaled \$150,000.00 per year. The grant cycle was from July 1 to June 31. I evaluated the grant during the following grant cycles: (2006-2007), (2007-2008), (2008-2009) and (2009-2010).

Submitted quarterly reports for each of the four grant cycles to the MN Department of Human Services; Department of Chemical Health, St. Paul, MN.
Program Evaluation: Full Circle Wellness for Women in Recovery.

- Completed extensive yearly evaluations of the grant to insure that the goals were being achieved.
- Assisted counseling and case management staff in revising program policy in order to meet grant criteria that addressed crisis and trauma issues for Native American Indian women with addictions.

- Provided training to staff regarding the standards and expectations of the grant.
- Created forms, surveys, trauma assessments and other types of documentation so that the goals of the grant could be measurable for both outcome and process.
- Ensured that program provided culturally specific treatment including talking circles, traditional Native American Indian education, Positive Indian Parenting, and interaction with Elders and Spiritual Leaders.
- Incorporated special issues education within program including HIV, FAS, FAE, ADHD, and Women's Health.
- Collected AAPI data and analyzed the change in parenting styles for pre-treatment and post-treatment parenting skills.
- Reviewed and revised the Policy and Procedure manual to be specific to women with children.

2003 – 2008 Detoxification Case Management at Leech Lake Band of Ojibwe; Cass Lake, MN.

(AA-BAA-KA-WISIWIN). Provided consultation and evaluation of a state grant that totaled \$110,000.00 per year. The grant cycle was from July 1 to June 30 of each year. I evaluated the grant during the following grant cycles: (2003-2004), (2004-2005), (2005-2006), (2006-2007) and (2007-2008).

- Submitted extended grant evaluation to the MN Department of Human Services; Department of Chemical Health, St. Paul, MN on a quarterly and annual basis.
- Assisted with writing the Policy and Procedure Manual for the program.
- Provided guidance to staff members so that the goals of the program were being met.
- Compiled and analyzed statistical data to the State in order to recognize progress in the program.
- Developed surveys, client evaluations, vulnerability assessments, and other documents in order to collect information needed for statistical analysis.
- Developed and provided in-service staff training on “Native American Substance Abuse Intervention Outcome Based Service Model” and “Comprehensive Service Coordination for Tribal Substance Abuse Programs”.

2002 – 2004 Walker-Hackensack-Akeley School District – a public pre-K-12 school located in

- Facilitated Crisis Intervention Team on the occasion that the school / community experienced a suicide, sudden, or accidental death.
- Implemented the Crisis Team that educated staff on crisis and disaster management.
- Counseled individual students in the areas of behavior disruption, academic performance, school behavior, and chemical dependency, along with other high-risk behaviors related to trauma and abuse.

- Provided individual consultation to teachers regarding specific student mental health needs, specifically sexual abuse or traumatic death.

1996 – 1999 **Cass Lake School District** - The Cass Lake-Bena Schools are located on the **Leech Lake Indian Reservation in Cass County, MN** and proudly serves a student population rich in American Indian culture and history. The student body is comprised of 82% American Indian students. Indian studies classes in language, history, and culture are offered to all students, K-12.

- Facilitated weekly case staff meetings for children with Emotional & Behavioral Disorders.
- Managed the Crisis Team that was implemented when there was a school or community crisis such as a suicide, sudden, or accidental death.
- Conducted staff training on mental health needs such as grief, depression, high-risk youth, addiction, and suicide prevention.
- Provided individual consultation for teacher regarding student concerns.
- Met with parents of students who were experience emotional or behavioral issues experiencing crisis.
- Provided weekly individual and/or group counseling for students with mental health needs, specifically related to traumatic death or sexual abuse.
- Served as a liaison between parents and teachers and provided mental health education to staff.

1997 – 1990 **Leech Lake Women’s Outpatient Services Program;** Leech Lake Band of Ojibwe Alcohol and Drug Program, Cass Lake, MN.

- Provided diagnostic assessments for clients that displayed both a chemical dependency and mental health problem.
- Provided brief intervention mental health counseling to clients who experienced sexual abuse or traumatic death.
- Conducted supervision of chemical dependency counselors regarding mental health, sexual abuse, or grief and trauma issues so that they were able to integrate mental health and chemical dependency goals into treatment plans.
- Provided In-Service training to staff counselors on traumatic grief and loss.

1987 – 1995 **Lake County Network Crisis Management;** Lake County, IL.

- Facilitated reunification meetings for runaway youth and their parents at the police departments throughout the county.
- Worked with police officers providing crisis response intervention regarding juvenile offenders who were to return to parental custody.
- Provided mental health crisis intervention for adolescents during domestic disputes in which police authorities were called.
- Conducted in-service trainings for school districts and police stations regarding the aftermath of trauma and trauma-related deaths in the community.

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.

PUBLICATION, RESEARCH PAPERS, AND REPORTS

Rozek, 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 15 years

- ***The Journey through Poetry: Wandering Grief*** (June, 2019). *International Death, Grief and Bereavement Conference - Hospice and the Arts: Coping with Dying ad Grief*. La Crosse, WI
- ***Honoring Our Stories: When Trauma Specialists Experience Trauma*** (April, 2019). 16th 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). 15th 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 – 2nd 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). 13th 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). 13th 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). 20th International Summit on Violence, Abuse and Trauma (IVAT) / Alliant University, San Diego, CA.
- ***Historical Generational Trauma and the Lost Gift of ADHD***. (April, 2015) 12th 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.

PROFESSIONAL MEMBERSHIPS

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