

Lauren Elizabeth Downey, EdD, LPCC-S, ACS

phone: 859-213-2890

email: ldowney@theticoflexington.com

EDUCATION

Doctorate degree in Counselor Education and Supervision
Eastern Kentucky University (*June 2014-December 2019*)

Master of Arts degree in Rehabilitation Counseling
University of Kentucky (*August 2010- May 2012*)

Bachelor of Arts degree in Psychology
University of Kentucky (*August 2004-May 2008*)

LICENSURE/CERTIFICATION

* Kentucky Licensed Professional Clinical Counselor and Supervisor # LPCPCC00218324

*Approved Clinical Supervisor #02608

*Certified Trauma-Focused Cognitive Behavioral Clinician

HONORS AND AWARDS

*2016-2018 Association for Counselor Education and Supervision Emerging Leader

*2015-2016 Kentucky Counseling Association Dr. Bill Braden Mentoring Leadership Recipient

*2015 to 2016 Kentucky Counseling Association Leadership Institute Recipient

*2010-2019 Chi Sigma Iota National Honors Member

NATIONAL PUBLICATIONS

Elliott, J. A., & Downey, L. E. (2022). Broaching Intersectionality and Social Justice: Incorporating *Fruitvale Station* into Multicultural Counselor Education, *Journal of Creativity in Mental Health*.

Downey, L. E. (2022). Employing Trauma-Informed Andragogy: A phenomenological study of graduate student lived experiences after taking a New Haven's Cross-Cutting trauma course, *Journal of Counselor Preparation and Supervision*. (In review).

Downey, L. E., & Dew, A. S. (2021). Openness and Depth: Gender and racially sensitive clinical practice through the lens of afrocentricity, black feminism, and transformative trauma-informed care approaches, book chapter submitted to Keiser University Publications. (In review).

STATE PUBLICATIONS

Downey, L. E., Franco, M. A., Bennett, M. (2020). Trauma-informed care: A conceptualization of evidence-based treatment modalities and the needs of minoritized groups in the wake of national unrest. Kentucky Counseling Association Newsletter. Fall 2020.

Downey, L. E., (2019). Being Trauma-Informed: The Importance of Infusing Trauma Pedagogy In The Classroom. Kentucky Counseling Association Newsletter, Fall 2019.

Downey, L. E., (2015). The Rich Value of Counselors Engaging in “Self-Care.” Kentucky Counseling Association Newsletter. Fall, 2015.

NATIONAL PRESENTATIONS

Downey, L.E. (2021). *Employing Trauma-Informed Andragogy: A phenomenological study of graduate students lived experiences after taking a new havens cross-cutting trauma course.* Poster session presented at the Association for Counselor Education and Supervision Conference held in Atlanta, Georgia, October 2021.

Downey, L. E., Elliott, J. (2021). *How, What, Where? The counseling process for exploring and conceptualizing being human and making meaning of posttraumatic growth.* Education session presented virtually at the Association for Humanistic Counseling Conference, June 2021.

Downey, L. E., & Elliott, J. A. (2017). *The contemporary culture of counseling: Employing the New Haven trauma competencies in the classroom.* Roundtable session presented at the National Association for Counselor Education and Supervision Conference held in Chicago, Illinois, October 2017.

Elliott, J. A. & **Downey, L. E.** (2017). *The pedagogical potential of films in multicultural counselor education: A case for Fruitvale Station.* Roundtable session presented at the National Association for Counselor Education and Supervision Conference held in Chicago, Illinois. October 2017.

Elliott, J. A., & **Downey, L. E.** (2015). *Conceptualizing the supervision needs of intensive in-home counselors: A qualitative exploration.* Poster session presented at the National Association for Counselor Education and Supervision Conference to be held in Philadelphia, Pennsylvania. October 2015.

Downey, L. E., & Elliott, J. A. (2015). *Healing children’s hurt: Conceptualizing trauma-focused cognitive behavioral therapy as a humanistic model.* Education session presented at the Association for Humanistic Counseling Conference, Cleveland, Ohio, June 2015.

REGIONAL PRESENTATIONS

Downey, L.E. (2022) *Crafting and cultivating self-love: Infusing black feminism into clinical counseling practices with black women.* Education session submitted for review to the Southern Association for Counselor Education and Supervision, Baltimore, Maryland. November 2022.

Downey, L.E., & Gentry, B. (2021). *The depths of community mental health: Empowering black people through trauma-informed counseling.* Education session to be presented virtually at the Black Mental Health Symposium, September 2021.

Gentry, B. & Downey, L.E. (2021). *The color of judgement: Examining the over representation of juvenile black males within the juvenile justice system*. Education session to be presented virtually at the Black Mental Health Symposium, September 2021.

Elliott, J. A., & Downey, L. E. (2016). *The struggles of counseling in the trenches: Supervision needs of in-home counselors*. Roundtable session presented at the Southern Association for Counselor Education and Supervision Conference held in New Orleans, Louisiana, October 2016.

STATE & LOCAL PRESENTATIONS

Downey, L. E. (2018). *The pedagogy of black women: Exploring the intersects of stigmatization and identity development in counseling and counselor education*. Education session presented at the annual Kentucky Counseling Association conference, Louisville, KY, November 2018.

Downey, L. E., & Elliott, J. A. (2017). *An exploration of the New Haven Trauma Competencies*. Education session presented at the annual Kentucky Counseling Association conference, Louisville, Kentucky, November 2017.

Elliott, J. A., & Downey, L. E. (2017). *The Experiential Pedagogy of Films in Multicultural Counselor Education: A Case for Moonlight*. Education session presented at the annual Kentucky Counseling Association conference, Louisville, Kentucky, November 2017.

Downey, L. E. & Elliott, J. A. (2016). *Transgender clients: Examining the stresses of marginalization*. Education session presented for the annual Kentucky Counseling Association conference, Louisville, Kentucky. November 2016.

Downey, L. E., & Elliott, J. A. (2016). *Trauma 101*. Two-hour workshop presented at the Community Collaboration for Children's annual Child-Abuse Awareness Month Training, Shelbyville, Kentucky. April 2016.

Downey, L. E. & Elliott, J. A. (2016). *Trauma: Multicultural considerations*. Workshop presented at the inaugural Specialized Alternatives for Families and Youth (SAFY) conference, Richmond, Kentucky. April 2016.

Downey, L. E. & Elliott, J. A. (2015). *Making sense of social justice in the counseling profession*. Presentation presented at the annual Kentucky Counseling Association conference, Louisville, Kentucky. November 2015.

Downey, L. E., & Elliott, J. A. (2015). *Trauma-focused cognitive behavioral therapy: Multicultural applications*. Education session presented at the annual Kentucky Counseling Association conference, Louisville, Kentucky. November 2015.

Trammell, D., Elliott, J. A., & **Downey, L. E.** (2015). *Navigating professional responsibility within social media networks*. Education session presented at the annual Kentucky School Counselors Association conference, Lexington, Kentucky. November 2015.

McCrorry, M., Elliott, J. A., **Downey, L. E.**, & Trammell, T. (2015). *Self-care for school counselors: Breaking it down*. Education session presented at the annual Kentucky School Counselors Association conference, Lexington, Kentucky. November 2015.

TEACHING EXPERIENCE

Summer 2018

COU 863: Crisis Counseling and Greif (Developer and instructor for live campus course)

Spring 2018

HSR: 300: Career Counseling (Instructor for online course)

Fall 2017

COU 848: Child and Adolescent Counseling (Co-instructor for live campus course)

Spring 2016

HSR 410: Contemporary Issues in Counseling & Human Services (Co-instructor for online course)

COU 880: Counseling Practicum (Co-instructor for live campus course)

COU 840: Group Counseling (Co-instructor for live campus course)

Fall/Summer 2015

COU 880: Counseling Practicum (Instructor for live campus course)

HSR 400: Human Development (Facilitator for online course)

CURRICULUM DEVELOPMENT EXPERIENCE

HSR 410: Contemporary Issues in Counseling & Human Services (Co-developer)

COU 848: Child and Adolescent Counseling (Co-developer)

COU 880: Counseling Practicum (Co-developer)

COUNSELING EXPERIENCE

Founder/CEO

Trauma-Informed Counseling Center

December 2018-Present

- *Provides supervision services to provisionally licensed professional counselors.
- *Provides direct counseling services to men, women, and children via the utilization of evidence-based treatment approaches such as dialectical behavioral therapy, trauma-focused cognitive behavioral therapy, and cognitive processing therapy.

Mental Health Clinician Senior

University of Kentucky Bluegrass Care Clinic

January 2018-March 2019

- *Provided individual, couple, and group trauma-centered counseling to individuals who have been diagnosed with HIV/AIDS.

Mental Health Associate

Heather Risk, PsyD and Associates

February 2016- June 2018

- *Provided individual and family counseling to children and adolescents using trauma-focused cognitive behavioral therapy (TF-CBT) and combined-parent child cognitive behavioral therapy (CPC-CBT).

Mental Health Clinician/Clinical Navigator

Beaumont Behavioral Health

April 2015- December 2017

- * Provided individual counseling services to children, adults, and couples.
- *Treatment approaches utilized at this practice include trauma-focused cognitive behavioral therapy, narrative therapy, solution-focused therapy, and dialectical behavioral therapy.

Adjunct Undergraduate and Graduate Instructor

Eastern Kentucky University

May 2015- July 2018

- * Taught master-level practicum, internship, and other counseling courses in the CACREP-accredited clinical mental health and school counseling program.
- * Developed and taught undergraduate CACREP-accredited online courses in the human services program.

Individual/Family Clinician

KVC Behavioral Healthcare Kentucky

August 2013- April 2015

- * Assessed initial risk levels and identify changes in risk levels during treatment phases.
- * Developed effective treatment interventions to reduce moderate or high risks assessed at outset of treatment.
- * Sought supervision regularly to staff high risk cases or to discuss management of any high-risk situations which are likely to result in injury, victimization, or death.

- * Provided individual and collateral wrap around services to identified clients (ages 4-17) and their support systems to reduce risk of emotional and behavioral dysregulation.
- * Corresponded with Insurance Companies to clarify and determine treatment goals and interventions, request services, and provide updates on client progress.

*Trauma-Focused Cognitive Behavioral Therapy Collaborative Participant
Child and Adolescent Trauma Treatment & Training Institute, Lexington, KY.*

February 2013- March 2014

- * Completed 48 hours of continuing education units in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) over the duration of one year.
- * Provided trauma treatment to clients with PTSD full scale diagnosis under the supervision of a doctoral level, certified TF-CBT psychologist.
- * Actively participated in monthly consultation calls with project director and fellow participants to ensure adherence to model fidelity, troubleshoot cases, and receive constructive criticism and supervision.
- * Monitored targeted cases for fidelity and outcomes and submitted data monthly to Project Director.
- * Successful completion of training hours and the TF-CBT examination to become a certified trauma-focused cognitive behavioral therapist.

Diversion Specialist

KVC Behavioral Healthcare Kentucky, Bluegrass Fayette Region, Lexington, KY.

December 2012- August 2013

- * Completed psychosocial assessments for referred families.
- * Administered assessment tools/scales as indicated, including but not limited to the North Carolina Family Assessment Scale (NCFAS and NCFASR), Adult Adolescent Parenting Inventory, the Parenting Stress Index, the Stress Index for Parenting of Adolescents, the Child and Adolescent Functional Assessment Scale, Child Behavior Check List, Child Stress Disorder Checklist-Screen Form and RAFFT Screen.
- * Provided individual therapy, collateral therapy, therapeutic case management as dictated by the Service Plan, utilizing evidence-based treatment modalities including, but not limited to, Trauma Systems Therapy, Motivational Interviewing, The Nurturing Parent Program, Parent Child Interaction Therapy and/or the Child Adult Relationship Enhancement Skills (CARE) adaptation and Trauma-Focused Cognitive Behavior Therapy.
- * Collaborated with community mental health providers as needed to ensure continuity of care and provision of mental health services.

SERVICE

Kentucky Counseling Association (KCA)
4th District President, July 2015 and July 2018

American Counseling Association (ACA)
Proposal Reviewer, June 2017

Association for Counselor Education and Supervision
Grant Reviewer, June-July 2017

Southern Association for Counselor Education and Supervision
Grant Reviewer, June-July 2017

Kentucky Counseling Association (KCA)
Roundtable Presentation Coordinator, November 2017

Southern Association for Counselor Education and Supervision (SACES)
Registration Co-Coordinator, January 2018-October 2018

Southern Association for Counselor Education and Supervision (SACES)
Social Justice Committee Co-Chair, January 2018-January 2019

Association for Counselor Education and Supervision (ACES)
Proposal Reviewer for 2019 ACES Conference

International Association for Resilience and Trauma Counseling (IARTC)
Diversity, Equity, Inclusion, & Social Justice Committee Member, June 2021-Present

PROFESSIONAL AFFILIATIONS and MEMBERSHIPS

American Counseling Association (ACA)

Association for Counselor Education and Supervision (ACES)

Southern Association for Counselor Education and Supervision (SACES)

Association for Humanistic Counseling (AHC)

KY Counseling Association (KCA)

KY Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling (KALGBTIC)

International Association for Resilience and Trauma Counseling (IARTC)

PROFESSIONAL REFERENCES

Charles Myers, PhD, LPCC, NCC, NCSC, ACS, RPT-S

Full Professor

Eastern Kentucky University

Charles.myers@eku.edu

Angela Spiers, EdD, LPCC-S

Associate Professor

Eastern Kentucky University

Angela.spiers@eku.edu

Joshua Elliott, EdD, LPCC-S, NCC

Associate Professor
Northern Kentucky University
joshua.elliott0885@gmail.com

