

# MAGGIE HOLLAND

MENTAL HEALTH THERAPIST



253-449-1095



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www.maggiehollandcounselingpllc.com



105 112th St S, #135, Parkland, WA 98444

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## CURRICULUM VITAE

A mental health therapist dedicated to helping women with anxiety, OCD and perinatal anxiety and mood disorders through therapy services, education, and educational writing.

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### EDUCATION

- **SEATTLE UNIVERSITY**  
*Master's of Arts (M.A.)*  
*Existential-Phenomenological Psychology*  
2019  
Seattle, Washington
- **UNIVERSITY OF MISSOURI-COLUMBIA**  
*B.S. in Agricultural Journalism*  
2015  
Columbia, Missouri

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### WORK EXPERIENCE

- **MENTAL HEALTH THERAPIST/OWNER**  
*Maggie Holland Counseling PLLC*  
2021-present  
  
Private practice therapist working with adult women with anxiety, trauma, OCD, and perinatal mood and anxiety disorders
- **CHILD & FAMILY CLINICIAN**  
*Sound Mental Health*  
2019-2021  
  
Mental health associate working with children and families providing therapy, diagnostics and case work in school, office, and group settings. Specialty work in Fetal Alcohol Spectrum Disorders (FASDs).
- **CHILD & FAMILY INTERN**  
*Sound Mental Health*  
2018-2019  
  
Mental health intern working with children providing therapy and case work in school, office, and group settings.

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## CREDENTIALS

- **LICENSED MENTAL HEALTH COUNSELOR**  
*Washington State*  
License # LH.61145282
- **WA STATE APPROVED SUPERVISOR**  
*Washington State*  
*in progress*

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## CLINICAL TRAINING & CERTIFICATIONS

- **CBT+ CERTIFICATION**  
*2020*  
Trauma-focused, depression, anxiety, behavior management for children & adolescents
- **PERINATAL MENTAL HEALTH CERTIFICATION**  
*Postpartum Support International*  
*2021*  
Diagnostics and treatment of perinatal/postpartum mood & anxiety disorders
- **SOMATIC EXPERIENCING FOR TRAUMA**  
*Peter Levine*  
*2023*  
Processing trauma using Peter Levine's Somatic Experiencing approach.
- **CERTIFIED CLINICAL ANXIETY TREATMENT PROFESSIONAL**  
*Catharine Pittman*  
*In-progress*  
Using neuroscience-based approaches to work with anxiety and worry.

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## CONFERENCE SPEAKING

**PSYCHOTHERAPY FOR THE OTHER CONFERENCE**  
*2018, Seattle, Washington*  
"Laughing with Levinas: Building Ethical Relations with Humor"

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## PROFESSIONAL WRITING

- CHOOSING THERAPY**
- Contributing Writer: 2021-present
  - Content Upgrade Editor: 2023-present