

ANNA C. WATSON

Phone: (206) 799-3937

Email: awatson1@seattleu.edu

EDUCATION

Masters in Social Work, University of Washington

Bachelor of Arts in Social Work, University of Washington

2009

2004

LICENSURE

Licensed Independent Clinical Social Worker

(LW60305118)

EXPERIENCE

Private Practice, Therapist 08/12-Present

- Provide evidence based mental health treatment to children and adults with a specific focus on anxiety disorders across the life span as well as disruptive behavioral disorders in children and adolescents.

Boise State University, Adjunct Professor 01/20-Present

- Teach the Advanced Social Work Practicum Seminar Course for the online Masters in Social Work program.
- Conduct field visits and problem solve any placement issues that arise.

Comprehensive Mental Health, Mental Health Therapist 1/10-08/12

- Provided Trauma Focused Cognitive Behavioral Therapy for child victims of sexual abuse and assault through the Pierce County Children's Advocacy Center.
- Provided caregiver support and parenting interventions.
- Provided crisis intervention and information and referral.
- Participated in a multi-disciplinary staffing team reviewing cases of child abuse and neglect.

Children's Response Center, Victim Advocate(Temporary for FMLA) 6/09-11/09

- Provided Legal, Medical and General Advocacy for a diverse group of child victims of crime and their families.
- Provided crisis intervention and appropriate referrals.
- Worked closely with Prosecutors, Law Enforcement and other agencies as appropriate to ensure victim rights and services.

Harborview Center for Sexual Assault and Traumatic Stress, Intern 9/08-6/09

- Provided evidence based trauma focused counseling for a diverse client population of children and adults.
- Provided parenting interventions including Parent Child Interaction Therapy.
- Conducted telephone and in-person crisis interventions.

Echo Glen Children's Center, Sex Offense Specific Treatment Coordinator 4/07-10/08

- Developed group curriculums and updated treatment strategies using best practice standards.
- Provided clinical training at multiple facilities
- Facilitated therapeutic groups with youth who have sexually offended.
- Conducted intake assessments with youth entering the facility.

Community Psychiatric Clinic, Family Integrated Transitions Therapist 2/06-2/07

- Provided Multisystemic Therapy to adolescents with comorbid disorders who were involved in the juvenile justice system.
- Coordinated care with multiple systems

Echo Glen Children's Center, Juvenile Rehabilitation Residential Counselor 6/04-2/06

- Provided case management and sex offense specific treatment to youth in a secure residential setting.
- Facilitated therapeutic groups including Dialectical Behavior Therapy skills group.
- Provided supervision in the milieu and facilitated recreational activities.

University Youth Shelter, Program Coordinator (Americorps Volunteer) 09/02-08/03

- Provided supervision and facilitated evening activities in a drop-in overnight shelter setting for a diverse group of youth ages 13-21.
- Developed and implemented orientation and training programs for approximately 200 community volunteers.
- Coordinated volunteer scheduling and provided ongoing support for volunteers.

Presentations

- Watson, A.C. (2020). Introduction to the Diagnosis and Treatment of Obsessive Compulsive Disorder. Invited presentation. University of Puget Sound. Tacoma, WA.
- Watson, A.C. (2019). Exposure Based Therapy for Anxiety Disorders: A principle based approach. Invited presentation. Comprehensive Life Resources. Tacoma, WA.
- Watson, A.C. (2019, 2016). Diagnosing and Treating Obsessive Compulsive Disorder Using Exposure/Response Prevention Therapy. Invited presentation. Comprehensive Life Resources. Tacoma, WA.
- Watson, A.C. (2018). Get the Family on Board: A principle based approach to helping parents reduce accomodation in pediatric anxiety disorders. Invited presentation. Hopesparks Counseling. Tacoma, WA.
- Watson, A.C. (2016). Introduction to Behavioral Parent Training. Invited presentation. Comprehensive Life Resources. Tacoma, WA.
- Watson, A.C. (2016). Advanced Tools for Cognitive Restructuring. Invited presentation. Comprehensive Life Resources. Tacoma, WA.
- Watson, A.C. (2014). Cognitive Behavioral strategies for treating PTSD in preschool aged children. Invited presentation. Hopesparks Counseling. Tacoma, WA.