

Crystal Whitlow, LCSW

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Education/Credentials

Licensed Clinical Social Worker (LCSW) in the state of Indiana.

License number: 34005516A

Master of Social Work (MSW)

With a focus on social policy and violence against women

2000 – 2002 Eastern Washington University Cheney, WA

Bachelor of Arts (BA) in English

1996 – 1999 University of Virginia Charlottesville, VA

Professional Experience

Therapist in private practice

January 2008-present South Bend, IN

- Provide individual psychotherapy for adult clients.
- Complete intakes, assessments, evaluations and timely documentation on each client.
- Specialize in working with traumatized, depressed and/or anxious adult women.
- Provide group therapy for adult women.

Adjunct Faculty, Indiana University South Bend, Department of Social Work

January 2011-May 2011 South Bend, IN

- Taught Field Seminar course for Master's Level students in Social Work department.
- Attended site visits for students at their practicum placement agencies.
- Guided students in their first practicum experience through multiple assignments

Assistant Director, S-O-S of Madison Center

December 2006-August 2007 South Bend, IN

- Assisted Executive Director in all functions of the agency including recruiting, hiring, training and managing staff, interns and volunteers.
- Wrote three federal grants and helped implement and monitor grant-funded programs.
- Interviewed, trained and supervised a large team of volunteers.
- Coordinated and facilitated volunteer training sessions.
- Presented information on sexual assault and domestic violence to community organizations and groups.

Therapist, S-O-S of Madison Center

October 2006-December 2007 South Bend, IN

- Provided individual and group therapy for survivors of child sexual abuse, sexual assault and domestic violence.
- Completed intakes, assessments, evaluations and timely documentation on each client.
- Collaborated with other therapists and case managers at Madison Center regarding effective treatment of clients.
- Supervised all S-O-S interns, including clinical interns.

Domestic Violence Risk Reduction Coordinator,

S-O-S of Madison Center

February 2005-July 2006

South Bend, IN

- Coordinated school-based program for middle and high school students regarding dating violence.
- Presented dating violence awareness program called the "RAP Project" (Relationships are Positive) alerting teenagers to warning signs of abusive relationships, types of abuse and how to get out of abusive relationships.
- Evaluated the program to improve the presentation and implementation.
- Created a curriculum for college-age students and presented information on the Notre Dame campus.
- Acted as a liaison to the Batterers Intervention Program by contacting victims of perpetrators in the program for safety planning and assessment purposes.

Counselor/Community Outreach Advocate, Shelter for Help in Emergency and Sexual Assault Resource Agency

July 2002-June 2004

Charlottesville, VA

- Provided individual and group therapy for survivors of sexual assault and domestic violence.
- Completed intakes, assessments, evaluations and timely documentation on each client.
- Collaborated with community partners such as school systems, statewide coalitions, Health Departments, legal advocates, public housing and police to enhance victim services.
- Presented to the community on domestic violence and sexual assault to increase awareness and education.

Overnight Manager, YWCA Domestic Violence Shelter

June 2001-June 2002

Spokane, WA

- Handled all crisis hotline calls from the hours of 7 p.m.-7 a.m.
- Completed intakes and oriented new families entering the shelter.
- Provided crisis intervention for residents of the shelter.
- Completed security checks and all documentation for overnight hours.

Committees and Memberships

- **National Association of Social Workers (NASW)**, member, 2000-present
- **American Group Psychotherapy Association (AGPA)**, member, 2008-present
- **EMDR International Association (EMDRIA)**, member, 2008-present
- **Committee on Sexual Assault Prevention (CSAP)**, University of Notre Dame, 2006-2007
- **Social Justice Task Force**, committee of Virginians Against Domestic Violence, 2002-2004
- **Dismantling Racism**, committee of Virginians Against Domestic Violence, 2003-2004

Relevant Post-Graduate Additional Training

- March 2011** **American Group Psychotherapy Association Annual Conference:**
Special Institute: Loving, Hating and Knowing: Working with Resistance, Rebellion and Refusal, Richard Billow, PhD
Functional Subgrouping and Building the Group Mind: Linking SCT with Interpersonal Neurobiology, Susan Gantt, PhD
The Gender Divide: The Impact of Neurobiology, Hormones, Age and Experience on Human Behavior, Marianne Legato, MD
- February 2011** **Dialectical Behavioral Therapy**, Barb Carrasco, LCSW
- October 2010** **EMDR International Association Annual Conference:**
Dissociation of the Personality: The Key to Understanding Chronic Traumatization and Its Treatment, Onno van der Hart, PhD
EMDR for Trauma-Based, Attachment-Based and Endogenous Depression, Robin Shapiro, LICSW
EMDR with Difficult Clients: Dyadic Resourcing, Philip Manfield, PhD
Psychobiology of Dissociation, Colin Ross, MD
Integrating an Attachment Repair Orientation into EMDR Treatment for Clients with Relational Trauma, Laurel Parnell, PhD
What the Adaptive Information Processing Model Brings to Treatment of Dissociative Disorders, Jim Knipe, PhD
Shame is my Safe Place: Targeting of Shame as a Psychological Defense, Jim Knipe, PhD
- August 2010** **Ethical Issues in Mental Health**, Maura Ryan, PhD
- May 2010** **Healing Traumatized Children**, Bruce D. Perry, MD, PhD
- February 2010** **American Group Psychotherapy Association Annual Conference:**
Special Institute: Addiction as an Attachment Disorder, Philip J. Flores, Ph.D.
Institute Section: Systems-Centered Approach to Groups, Yvonne Agazarian, Ed.D
East Meets West: Meditation in Group Process, Joseph Tarantolo, M.D.
Interpersonal Neurobiology: Sustaining our Minds and Relationships in Groups, Paul Cox, M.D., Mitchel Adler, Psy.D., Yvonne Agazarian, Ed.D., Susan Gantt, Ph.D., Steven Hickman, Psy.D.
"The Nice Group," The Conscious and Unconscious Agreements to Avoid Conflict, Judith Schaer, LCSW
- August 2009** **EMDR International Association Annual Conference:**
A 20 Year Update of EMDR Clinical Applications, Francine Shapiro, PhD
EMDR and OCD, Elise St. Andre, M.D.
DBT & EMDR, Ann Potter, PhD & Debra Wesselmann, MS, LIMHP
EMDR Research, Louise Maxfield, PhD, Arne Hofmann, PhD, Nancy Smyth, PhD, LCSW
Demystifying the Cognitive Interweave, Roy Kiessling, LISW, ACSW
AIP, Attachment Theory and EMDR, Andrew Leeds, PhD
Right Brain Affect Regulation, Allan Schore, PhD
- June 2009** **Ethics and Managed Care**, Brenda Clanton
- March 2009** **Working with Couples and Families**, Bernard Baca, PhD, LCSW
- February 2009** **American Group Psychotherapy Association Annual Meeting and Conference:**
Special Institute: The Development of the Interpersonal Ego in Group Treatment, Elliot Zeisel, PhD, LCSW, CGP, FAGPA
Institute Section: Women's Group: A New Generation, Barbara R. Cohn, Ph.D., ABPP, FAGPA

	Interpersonal Neurobiology as a Framework for Trauma Group Therapy , Cara Story Beames, M.A., LP, ABD, Wendy Whelihan, Ph.D.
	An Introduction to Emotionally-Focused Couples Therapy , Karen Shore, PhD, CGP
January 2009	Raja Yoga Psychotherapy , Paul A. Krause, Ed.S, LMSW, LPC, LMHC
January 2009	The Power of Undefended Love , Marlena Lyons, PhD & Jett Psaris, PhD.
December 2008	Defense Mechanisms , Mary Roemer, MA
November 2008	The Secret Lives of Men , Christopher Blazina, Ph.D.
November 2008	Addictions, Compulsions & Self-Sabotage , Dusty Miller, Ed.D
October 2008	Level II EMDR Therapy Training , Barb Maiberger, LPC
October 2008	Emotional Intelligence in Relationships , Brent Atkinson, PhD
September 2008	Anger as a Voice of Self Respect , Mary Roemer, MA
July 2008	Level I EMDR Therapy Training , Barb Maiberger, LPC
April 2008	Obesity and Mental Health , Julie Lewis-Lovisa, RD
March 2008	Public Policy Changes Related to Social Work , Congressman Joe Donnelly
February 2008	Working with the Explosive Child , Linda Taylor, MSW
February 2008	New Frontiers in Trauma Treatment , Bessel van der Kolk, MD
January 2008	Ethical Issues, Boundaries and Sexuality , Linda Finn, PhD, HSPP & Ruth Yarger, LCSW
November 2007	Treating Child and Adolescent Victims of Sexual Abuse , Kate Bowers, MSW
October 2007	Counseling Victims of Childhood Sexual Abuse , Dawn Bontrager, LCSW
October 2007	Indiana Coalition Against Domestic Violence Annual Conference Workshops:
	Economic Justice for Battered Women , Sarah Buel, JD
	Understanding the Mind of an Abusive Person , Terry A. Moore
	Teen Dating Violence: Developing an Effective Response , Jaime Hypes, BA
	Taking Women's Groups to the Next Level , Daphne Mead Derbyshire
	Immigration Relief for Domestic Violence Survivors , Abigail L. Kuzma, JD
	Monitoring and Partner Contact in Batterers Intervention Programs , Beth Murphy Beams, PhD
September 2007	Working with the Gay, Lesbian, Bisexual, Transgender populations in Therapy , Abbee Smith, LCSW
April 2007	Engaging Clients in Cognitive Therapy for Depression , Christine Padesky, PhD
April 2007	Understanding and Preventing Child Neglect , John Borkowski, PhD
January 2007	Things the Helping Professional Must Know About Domestic Violence , John Beams, LCSW, JD
May 2005	Youth Suicide: Is it really a problem? Steven Bright, LCSW
May 2003	Trauma Institute: Understanding Trauma and its Impact on Survivors , Virginians Aligned Against Domestic Violence Training Institute
November 2003	Working with Women who Stay , Virginians Aligned Against Domestic Violence Training Institute
December 2003	Economic Justice Institute: Can she really afford to leave? , Virginians Aligned Against Domestic Violence Training Institute
February 2003	Child Assault Prevention Training , Maggie Allen Morris, NCAP certified trainer
November 2002	Treating Sexual Abuse: From Victim to Surviving to Creating , Carolyn M. Ball, MA, LPC
June 2002	Strategic Interventions for Anti-Oppression , Leticia Nieto, MA, PsyD

Relevant Presentations, Seminars and Workshops Given

March 2011	"Trauma Informed Therapy and EMDR" to IUSB MSW students
February 2011	"Trauma Informed Therapy and EMDR" to Notre Dame Peace Studies students
November 2010	"How EMDR Changes Lives" to National Association of Social Workers, Mishawaka
October 2010	"Emotions and Parenting" to Holistic Moms Network, South Bend
April 2010	"Working with Survivors of Sexual Assault" to Goshen College Social Work students
October 2009, 2010, 2011	"Sexual Assault in College" to Goshen College students, Goshen College
October 2009	"Ask an Expert" panel member on Domestic Violence for WNIT Public Television
March 2009	"Anger and Parenting" to Goshen Holistic Parenting Group
November 2008	"EMDR Basics" to Indiana University counseling program students, IUSB

November 2008	"Domestic Violence and Restorative Justice" to Notre Dame students, Notre Dame
April 2008	"Sexual Assault Advocacy on Campus" to Goshen Student Women's Association, Goshen College
April 2008	"Working with Rape Victims" to community clinicians and Madison Center therapists, Madison Center
March 2008	"Dealing with Anger in Ourselves and Our Children" to the Holistic Moms Network, South Bend, Indiana
February 2008 and on-going (3 times per year)	"Domestic Violence 101" to S-O-S advocates and staff, Family Justice Center
January 2008 And on-going (5 times per year)	"Sexual Abuse 101" to Center for the Homeless guests and staff
Fall 2007	
Summer 2007	
Winter 2006	"Helping Skills with Survivors of Trauma" to S-O-S advocates and staff, Madison Center
Fall 2007	
Summer 2007	
Spring 2007	"Domestic Violence 101" and "Advocating for Domestic Violence Victims" to Family Justice Center volunteers and staff
May 2007	"Working with Survivors of Child Sexual Abuse" to Madison Center for Children Therapists
April 2007	"Dealing with Domestic Violence" to community members and social service staff, Madison Center Community Lecture Series, Madison Center
November 2007	"Domestic Violence 101" to Saint Mary's College students, guest lecture in social work course, Saint Mary's College
February 2007	"Childbirth Choices" to Saint Mary's College students, guest lecture in social work course, Saint Mary's College
November 2006	"Prevention Programming for Sexual Abuse and Dating Violence" to Saint Mary's College students, guest lecture in social work course, Saint Mary's College
November 2006	"Clinical Issues in Domestic Violence" to local therapists, held at Madison Center
Spring 2005	
Fall 2005	"Healthy & Unhealthy Dating Relationships" to Notre Dame undergraduates University of Notre Dame
Spring 2004	
Fall 2003	
Spring 2003	"Connections between Rape and Domestic Violence" to University of Virginia Community Nursing students, University of Virginia