

Casey L. Anderson, LCPC, DBT-LBC

Professional Counselor, Professor, and Trainer

Pronouns: He/Him

Cander75@jh.edu

Education

Loyola University Maryland, Baltimore, MD May 2011

Master of Science in Clinical Psychology

Practitioner Track

Towson University, Baltimore, MD May 2009

Bachelor of Science, Combined Psychology, Sociology, & Anthropology,

Honors Clinical Psychology Program, Thesis: *Household Division of Labor and Gender Attitudes*, Psi Chi (National Honor Society in Psychology) President 2009, Department of Psychology Distinguished Student Award 2009, Alpha Kappa Delta (Honors Society in Sociology), Golden Key National Honors Society (Honors Society in Academics)

Work and Related Experience

The Maryland Anxiety Center

Sept. 2024 – Present

- Delivered evidence-based assessment, treatment, and relapse prevention strategies for a client population primarily diagnosed with obsessive compulsive disorder (OCD) and related anxiety disorders.
- Provide evidence-based cognitive behavioral therapies consisting of exposure and response prevention and acceptance and commitment therapy (ACT).
- Provided Supportive Parenting of Anxious Childhood Emotions (SPACE) treatment services for parents and caregivers of anxious youth.
- Maintain a caseload of approximately 15-20 clients.

Trainer

Aug. 2021 – Present

The Behavioral Tech Institute

- Co-led foundational Dialectical Behavior Therapy (DBT) training for mental health professionals.
- Provided didactics, skills training, and consultation related to comprehensive DBT services.
- Provided consultation services, as needed.

Trainer

Fall 2023 – Present

The Comprehensive Training Center

- Provided educational training related to comprehensive Dialectical Behavior Therapy for Children (DBT-C) to various licensed mental health professionals.
- Provided consultation, as needed.
- Aided in curriculum development and implementation.

Johns Hopkins School of Education – Adjunct Faculty

Aug. 2023 – Present

2800 N. Charles St., Baltimore MD 21218

- Adjunct faculty member teaching Cognitive Behavioral Therapy

Co-Owner/Psychotherapist**Oct. 2020- Sept. 2024****Equilibrium Mental Health, LLC****1301 York Road, Suite 706, Timonium MD 21093**

- Co-owner and outpatient mental health provider in a mental health private practice setting.
- Delivered comprehensive DBT for Adolescents and Families, in addition to DBT for Children (DBT-C), including 24/7 phone coaching (to adolescents, and parents respectively).
- Conducted DBT skills training for adolescent and family populations.
- Developed crisis management and suicide prevention protocols.

Licensed Clinical Professional Counselor III**The Center for Child and Family Traumatic Stress at the Kennedy Krieger Institute****1741 Ashland Avenue, 3rd Floor, Baltimore, MD, 2120****Feb. 2015- Oct. 2020**

- Conducted diagnostic intakes, biopsychosocial assessments, and individualized treatment plans and formulated corresponding DSM-5 diagnoses.
- Provided direct supervision to beginning professional counselors, trainees, and other staff members. Responsibilities include but are not limited to recruiting, onboarding, training, providing support and feedback, scheduling, mentoring, and ensuring the adherence and compliance of workplace standards and policies.
- Provided crisis management services to other clinicians as a member of the on-call crisis intervention "Beeper Team."
- Practiced trauma-informed empirically based practices including Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and Safety, Mentoring, Advocacy, Recovery, and Treatment (SMART)
- Provided trauma-informed therapy services to specialized populations (Children with developmental delays and Deaf/hard of hearing consumers).
- Implemented fully comprehensive Dialectical Behavior Therapy (DBT)
- Designed and implemented cognitive behavioral group therapy protocol to address LGBTQ-related stressors (Helping Adolescents Voice Equality Now- HAVEN)
- Collaborated with Psychiatrists, Social Workers, Professional Counselors, School Personnel, Partial Rehabilitation Programs, and Community Agencies (DSS, DJS, Target Case Management, PRP services, Foster Care) in ongoing patient evaluation, treatment, discharge planning, and referral
- Served as collaborator with public school systems for creation of special education services via 504 plans/Individualized Education Program (IEP).
- Participated as a member of the Training Academy, providing trauma-informed education/seminars to a range of community agencies.

Child/Adolescent Psychotherapist Key Point Health Services**Feb. 2013- Jan. 2015**

- Provided short and long term evidenced-based psychotherapy (Individual, Family, and Group) to children, adolescents, and families both at selected Harford County Public Schools and outpatient mental health clinic.
- Conducted diagnostic intakes, biopsychosocial assessments, and individualized treatment plans and formulated corresponding DSM 5 diagnoses.
- Collaborated with Psychiatrists, Social Workers, Professional Counselors, School Personnel, Partial Rehabilitation Programs, and Community Agencies (DSS, DJS, Target Case Management, PRP services, Foster Care) in ongoing patient evaluation, treatment, discharge planning, and referral.
- Served as a school-based member of Harford County Multidisciplinary team.

- Examined the relationship between visual stimulation and memory recall.

Professional Trainings Provided

- DBT for Pediatric Populations for DBT South Korea Feb. 2026
- DBT Skills Training: Introduction and Fundamentals Feb. 2026
- DBT Skills Training with Alexander Chapman, PhD June 2025
- NAMI-MD Chapter – Presenter: Core Concepts of Traumatic Stress Oct. 2023
- DBT Foundational Training (featured presenter) with Behavioral Tech Institute March 2023
- Dialectical Behavior Therapy for Children (DBT-C) co-presented via Behavioral Tech Aug. 2021
- Presented *Risk Management Strategies for Caregivers: Effective Ways to Address Lethal Means* At the 32nd Maryland Annual Suicide Prevention Conference Oct. 2020
- Presented *Core Concepts of Traumatic Stress: The Impact of Medical Trauma* to JH Hospital Sept. 2020
- Presented: *Trauma Informed Care: Core Concepts* at Baltimore Co. CASA Convention March 2019
- Co-Presented, *Healing the Impact of Trauma Through Play* at 6th Biennial Trauma Conference at KKI Oct. 2017
- Co-Presented, *Fusing Pop Culture and Technology in Clinical Practice* at 6th Biennial Trauma Conference at KKI Oct. 2017
- Presented *Childhood Traumatic Stress: Core Concepts* to Heart and Homes May 2017
- Presented *Understanding and Responding to Trauma: Critical Factors to Consider*, to the YWCA Nov. 2016

Noteworthy Trainings Attended

- Regulating Emotions the DBT Way, with Christine Dunkley, DClInP June 2026
- Acceptance and Commitment Therapy for Anxiety Disorders by Michael Twohig, PhD July 2025
- Foundations of OCD by Jeff Szymanski, PhD Mar. 2025
- Antiracism in DBT by Faria Kamal, Ph.D and Marcus Rodriguez, PhD
- The Beck Institute – CBT Essentials, CBT for Depression, and CBT for Anxiety Disorders June 2024
- DBT with Parents, Couples, and Families by Alan Fruzzetti, PhD June 2023
- Supportive Parenting for Anxious Childhood Emotions (SPACE) by Yale Child Study Center May 2022
- DBT for Substance Abusers by Portland DBT Institute (Linda Dimeff, PhD) May 2022
- Comprehensive Behavioral Interventions for TICS by Michael Himle, PhD Jan. 2022
- Working with Anxious Youth by Philip Kendall, PhD Jan. 2021
- DBT Skills for Adolescents and Families with Jill Rathus, PhD and Alec Miller, PhD Nov. 2020
- 10 Day Dialectical Behavior Therapy for Children (DBT-C) and Core Problem Analysis (CPA) training with developer Francheska Perepletchikova, PhD July 2019-2020
- Attended 5 Day Prolonged Exposure (PE) training via the Center for Treatment and Study Of Anxiety (CTSA) Sept. 2019
- Crisis Prevention Institute (CPI): Nonviolent Crisis Intervention Certification May 2019
- 5 Day DBT Foundational Training via Behavioral Tech, Adam Payne, PhD and Francheska Perepletchikova, PhD Dec. 2018
- DBT Skills Two Day Training via Behavioral Tech, Lorie Ritschel, PhD Nov. 2017
- Dialectical Behavior Therapy Intensive Certificate Course via PESI May 2017
- The Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS) Diagnostic Jan. 2017
- Play Therapy Based Applications for Trauma Focused CBT with Children, Athena Drewes July 2016
- Cognitive Behavioral Therapy Certificate presented by PESI, Trainer: Dr. John Ludgate Jan. 2016
- Two-Day TF-CBT Training, Trainers: Anthony Mannarino, Ph.D. and Judith Cohen, M.D. Mar. 2016
- Leadership Education in Neurodevelopmental and other Related Disabilities (LEND) Aug. 2011

License, Certifications, Credentials, and Memberships

- Licensed Clinical Professional Counselor (LCPC)-MD License number LC5921 Renewed: Jan. 2025
- DBT-Linehan Board of Certification, Certified Clinician #2458 March 2021
- Telehealth Micro Certification Level I via Telebehavioral Health Institute March 2020
- Academy of Cognitive and Behavioral Therapies (A-CBT) Diplomate Oct. 2018
- Approved Licensed Clinical Professional Counselor Supervisor- Reference # 1325 Dec. 2017
- Certified Trauma Focused-Cognitive Behavior Therapy (TF-CBT) therapist Fall 2016
- Registered Play Therapist (RPT) 2013-2020

Graduate Teaching Experience

2023 - Present

ED.860.639 Cognitive Behavioral Therapy

ED.861.609 Diagnosis in Counseling

ED.863.709 Psychopathology

ED.863.870 Practicum in Clinical Mental Health Counseling

Media

- Back to School News Segment: Anti-Bullying televised on Fox 45 Aug 2019