

Carmen Lasby, PsyD, LMHCA
3429 Fremont Ave N., Suite 317
Seattle, WA 98103
(206) 300-2452 x702
Carmen@IntegrativePsychologySeattle.com
Licensed Mental Health Counseling Associate License # MC60462365

Education

PsyD, Counseling Psychology, Northwest University, Kirkland, WA, 2015
MA, Counseling Psychology, Northwest University, Kirkland, WA, 2013
BA, Psychology, Northwest University, Kirkland, WA, 2009

Professional Affiliations

EMDR International Association (EMDRIA)
International Society for the Study of Trauma and Dissociation (ISSTD)
Washington State Psychological Association (WSPA)

Current Positions

Mental Health Therapist and Evaluator, Integrative Psychological Services of Seattle, July 2015—present

Supervisor: Samantha Slaughter, PsyD, Licensed Psychologist

- Provide individual therapy for adults who experience a range of difficulties including anxiety, depression, attachment wounds, complex trauma, and post-traumatic stress disorder (PTSD). The therapeutic modalities that I utilize are eye movement desensitization and reprocessing (EMDR), dialectical behavior therapy (DBT), and lifespan integration (LI).
- Provide psychological testing to assess learning disorders, attention-deficit/hyperactivity disorder, and provide diagnostic clarifications.

Past Clinical Experience

Psychology Intern, Fremont Community Therapy Project, 2014-2015

Supervisors: Laura Brown, PhD, ABPP, Licensed Psychologist
Monique Brown, PhD, Licensed Psychologist
Amy Wilter, PhD, Licensed Psychologist
John Haroian, PhD, Licensed Psychologist
Ursula Whiteside, PhD, Licensed Psychologist

- Provided individual therapy for low-income populations, many of who, are complex trauma survivors. Therapy modalities included EMDR, DBT, and LI.
- Facilitated and co-led a DBT weekly group therapy with as many as 9 group members at a time.
- Provided full assessment testing and psychological reports for individuals assessed for ADHD, learning disorders, autism spectrum disorders, court-ordered mental health evaluations, and cognitive decline evaluations.

Psychology Practicum and Advanced Practicum, Hope Place, Union Gospel Mission, 2012-2014

Supervisors: Lisa Wilkinson, MA, Licensed Mental Health Counselor
 Carol Lindlow, MA, Licensed Mental Health Counselor
 Cathy Thorpe, MA, Licensed Mental Health Counselor

- Provided play therapy and sand tray sessions for children, ages 5-9, who had complex trauma histories, were living in poverty, and recovering from emotional, physical, and sexual abuse.
- Provided individual therapy for women coming out of prison, domestic violence, and substance abuse situations as well as those recovering from extreme childhood trauma and sexual abuse. The primary therapy modality was LI.
- Co-led a “Patterns of Abuse” class for women coming out of domestic violence. This class outlined the systems of abuse and helped women identify unsafe relationship patterns.
- Taught a “Pattern Changing” class for women coming out of domestic violence. This class brought a more in-depth look to changing relationship patterns and identifying steps to healthy relationships.

Teaching Experience

Graduate Assistant for Dr. Becky Sherman, Master’s Level Internship Course, 2013-2014 (Three semesters)

- Consulted with students about individual therapy cases.
- Supervised role-plays and use of therapeutic skills.
- Graded presentations and homework assignments.
- Provided individual feedback about academic performance.

Honors

Psi Chi member, 2011—present

Training

- Dialectical Behavioral Therapy (DBT) skills facilitation, 2014-2015
- Level I and Level II training in Eye Movement Desensitization and Reprocessing Therapy (EMDR), 2014-2015
- EMDR for Early Trauma and Neglect in Implicit Memory, 2015
- Functional Analytical Psychotherapy (FAP), 2014
- Lifespan Integration (LI), 2012-2014

Dissertation Research and Publication

Lasby, C. D. (2015). Church and psychology collaboration: developing an action plan for International Christian Center. Kirkland, WA: Northwest University.

Action research focused on the collaboration between faith communities and the field of psychology. Traditionally, many people trust faith communities for care and, as a result, churches become the gatekeepers for many individuals who need more professional assistance. My research evaluated ways psychologists are beginning to collaborate with faith communities in order to fill this gap in care. The conclusion of my research was the development of an action plan for a specific church, that desired to meet their community's range of needs, and evaluated the benefits and challenges of our collaborative relationship.

Research and Poster Presentation

Lasby, C. D., Sterling, D., & Demitrova, K. (2011). *Spousal burnout: Parkinson's disease*. Poster session presented at Northwest University, Kirkland, WA.

Phenomenological research study focused to understand and explore the lived experience of spouses of those with Parkinson's disease (PD), and discover what struggles these individual's are faced with and what support is needed. Five themes emerged; (1) *a loss or change in identity*, (2) *consistent confusion and frustration surrounding the lack of knowledge about the disease*, (3) *experiences of isolation and lack of support*, (4) *emotional dilemma between caring for oneself and caring for spouse*, and (5) *manipulation or feeling as if one is being taken advantage of*. Overall, these themes reflect the experience of the participants in this study. These themes are also consistent with current research and literature.