

Kara Johansen, PsyD, ABPP
Child and Youth Coordinator for MA Counseling Program
Western Seminary
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EDUCATION

2009 - 2010	Post-Doctoral Fellowship Cherokee Health System, Knoxville, TN
2008 – 2009	Pre-Doctoral Internship Cherokee Health Systems, Knoxville, TN APA Accredited Internship in Clinical Psychology
2004 – 2009	Doctorate in Clinical Psychology George Fox University, Newberg, OR APA Accredited Program in Clinical Psychology

BOARD CERTIFICATION

Clinical Psychology, American Board of Professional Psychology, November 2018

CLINICAL CERTIFICATION

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Therapist, April 2017
Screening Tool for Autism in Toddlers and Young Children (STAT) Examiner, February 2018
Parent-Child Interaction Therapy (PCIT) Therapist, May 2018
Child-Adult Relationship Enhancement (CARE) Trainer, September 2018
Child Welfare Trauma Training Toolkit (CWTTT) Experienced Trainer, October 2018
Building Strong Brains Tennessee Adverse Childhood Experiences (ACEs) Trainer, October 2018
Parent-Child Interaction Therapy (PCIT) Level 1 Trainer, June 2019
Child-Parent Psychotherapy (CPP) Rostered, September 2019
Infant Mental Health Specialist Endorsed (IMH-E®), December 2020
Perinatal Mental Health Certified (PMH-C), 2021

LICENSURE

Psychologist and Health Service Provider, Tennessee 2916, June 30, 2010, Licensed
Psychologist, Oregon 3190, August 12, 2020, Licensed

SOCIETY MEMBERSHIPS

Member: American Psychological Association, 2004-2021
Division 53—Society of Clinical Child and Adolescent Psychology, 2018-2021
Member: National Health Services Corps, 2011– 2018
Member: Collaborative Family Healthcare Association, 2013-2018
Member: PCIT International, 2018
Member- AIMHITN, 2018

Member- Postpartum Support International, 2022

PROFESSIONAL EXPERIENCE

September 2020 – present **Western Seminary**

Portland, OR

Child and Youth Coordinator for Counseling Program

- Teach courses in the Child and Youth Emphasis
- Advise students
- Provide supervision in practicum/internship classes
- Serve as a faculty reader /mentor for Comprehensive Clinical Integrative
- Assist with publicity and marketing of the Child and Youth Emphasis

August 2020 – present

Providence Women’s Clinic

Portland, OR

Behavioral Health Provider

- Behavioral services provider in specialty care Women’s Clinic
- Provide brief assessment, intervention and onsite consultation to the care teams regarding psychiatric/psychosocial concerns and health behavior change
- Work with individuals, groups, and families, providing evidence-based behavioral interventions for both mental and physical health conditions
- Supervise postdoctoral fellows

August 2019 – July 2020 **University of Tennessee Medical Center High Risk Obstetrical Consultants**

Knoxville, TN

Behavioral Health Consultant

- Behavioral services provider for OB substance abuse clinic patients
- Consulted with multidisciplinary team

April 2019 -July 2020

**University of Tennessee Graduate School of Medicine
Department of Family Medicine**

Knoxville, TN

Behavioral Health Consultant

- Behavioral services provider for University Family Physicians clinic
- Consulted with physicians, residents and other medical staff regarding mental health diagnoses and recommendations for psychological, pharmacological, and other interventions for children in state custody

April 2018 – July 2020

**University of Tennessee-Graduate School of Medicine
Center of Excellence for Children in State Custody**

Knoxville, TN

Project Manager

- Managed daily operations of state funded grant to provide consultative services to the Department of Children’s Services in 17 counties in East Tennessee

- Multidisciplinary team providing in-depth clinical case reviews and consultations, psychological testing, training and dissemination of evidence-based practices for children and youth in or at risk of entering state custody
- Trained and supervised postdoctoral fellows

June 2009 - June 2017

**University of Tennessee-Cherokee Health Systems
Center of Excellence for Children in State Custody**

Knoxville, TN

Clinical Psychologist

- Multidisciplinary team providing in-depth clinical case review, assessment, psychological testing, consultation, training, and dissemination of evidence-based practices for children and youth in (or at risk of entering) state custody
- Supervised APPIC postdoctoral fellows

July 2008 - April 2018

Cherokee Health Systems

Knoxville, TN

Lead Pediatric Primary Care Behavioral Health Consultant

- Provided behavioral health care services in a primary care setting.
- Consulted with physicians, psychiatrists, and other medical staff regarding mental health diagnoses and recommendations for psychological, pharmacological, and other interventions
- Member of Training Committee Faculty
- Supervised APPIC postdoctoral fellows, APA Accredited predoctoral interns and case management services

PRESENTATIONS

Johansen, K. *More Than the Baby Blues: Understanding Maternity -Related Depression.* Providence Doc Talks, Portland, Oregon July 2021.

Abner, JP, Burkley, A, & **Johansen, K.** *East Tennessee Parent-Child Interaction Therapy (PCIT) Learning Collaborative.* UTGSM Center of Excellence, Knoxville, TN, May 2020

Dean, K, **Johansen, K,** Burkley, A, & Debow, K. *Raising Children in Crisis: Trauma Informed Parenting for Grandparents.* International Society for Traumatic Stress Studies (ISTSS) 35th Annual Meeting, Boston, MA, November 2019

Johansen, K. *Child Welfare Trauma Training Toolkit: Two-Day Workshop.* Head Start, Morristown, TN, October 2019

Browning, B, Burkley, A, **Johansen, K,** & Corwin, E. *Positive Treatment Effects: PCIT in an Integrated Pediatric Primary Care Setting.* PCIT International Biennial Convention, Chicago, IL, August 2019

Burkley, A, **Johansen, K,** Corwin, E, Browning, B, Cook, K, & Abner, JP. *New Approach to State Wide Dissemination: Using LIs to Sustain PCIT in Rural and Urban Communities.* PCIT International Biennial Convention, Chicago, IL, August 2019

Burkley, A, **Johansen, K**, & Turner, KA. *Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents*. UTGSM Center of Excellence, Knoxville, TN, May-July 2019

Dean, KL & **Johansen, K**. *East Tennessee Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Basic Training: Two-Day Workshop*. UTGSM Center of Excellence, Knoxville, TN, June 2019

Dean, KL & **Johansen, K**. *Understanding and Managing Problematic Sexual Behavior in Young Children*. Family Justice Center, Knoxville, TN, May 2019

Abner, JP, Burkley, A, & **Johansen, K**. *West Tennessee Parent-Child Interaction Therapy (PCIT) Learning Collaborative*. UTGSM Center of Excellence, Memphis, TN, May 2019

Burkley, A & **Johansen, K**. *Child-Adult Relationship Enhancement (CARE) Training*. Ridgeview Behavioral Health, Oak Ridge, TN, April 2019

Cyperski, M & **Johansen, K**. *Middle Tennessee Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Basic Training: Two-Day Workshop*. UTGSM Center of Excellence, Nashville, TN, April 2019

Abner, JP, Burkley, A, & **Johansen, K**. *East Tennessee Parent-Child Interaction Therapy (PCIT) Basic Two-Day Training*. UTGSM Center of Excellence, Knoxville, TN, March 2019

Cyperski, M, Dean, KL, & **Johansen, K**. *Middle Tennessee Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Basic Training: Two-Day Workshop*. UTGSM Center of Excellence, Nashville, TN, March 2019

Abner, JP, Burkley, A, & **Johansen, K**. *West Tennessee Parent-Child Interaction Therapy (PCIT) Learning Collaborative*. UTGSM Center of Excellence, Memphis, TN, March 2019

Burkley, A & **Johansen, K**. *Child-Adult Relationship Enhancement (CARE) Training*. Fair Hope Preschool, Knoxville, TN, January 2019

Abner, JP, Burkley, A, & **Johansen, K**. *East Tennessee Parent-Child Interaction Therapy (PCIT) Basic Two-Day Training*. UTGSM Center of Excellence, Knoxville, TN, January 2019

Burkley, A & **Johansen, K**. *Child-Adult Relationship Enhancement (CARE) Training*. East Tennessee Children's Hospital, Knoxville, TN, November 2018

Dean, KL & **Johansen, K**. *West Tennessee Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Basic Training: Two-Day Workshop*. UTGSM Center of Excellence, Jackson, TN, October 2018

Johansen, K. *Trauma Informed Parenting*. Helen Ross McNabb Center, Knoxville, TN, August 2018

Johansen, K. *Child Welfare Trauma Training Toolkit: Two-Day Workshop*. Helen Ross McNabb Center, Knoxville, TN, August 2018

Johansen K. *Eye Movement Desensitization and Reprocessing (EMDR) versus Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)*. UTGSM Center of Excellence Learning Café, Knoxville, TN, August 2018

Dean, KL & **Johansen, K**. *East Tennessee Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Basic Training: Two-Day Workshop*. UTGSM Center of Excellence, Knoxville, TN, July 2018

Dean, KL & **Johansen, K.** *Southeast Tennessee Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Basic Training: Two-Day Workshop.* UTGSM Center of Excellence, Chattanooga, TN, June 2018

Johansen, K. *Pediatric Primary Care: A Behavioral Health Consultant's Perspective.* Cherokee Health Systems Clinical Psychology Internship, Knoxville, TN, January 2018

Johansen, K. *Pediatric Psychology.* Cherokee Health Systems Clinical Psychology Internship, Knoxville, TN, November 2017

Dean, KL & **Johansen, K.** *West Tennessee Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Basic Training: Two-Day Workshop.* UT-CHS Center of Excellence, Knoxville, TN, May 2017

Johansen, K. & Winford, E. *Trauma: Domestic Violence and Refugee Experiences,* APA Workshop, Cherokee Health Systems, Knoxville, TN, June 2017

Corwin, C & **Johansen, K.** *Child Welfare Trauma Training Toolkit: Two-Day Workshop.* UT-CHS Center of Excellence, Knoxville, TN, March 2017

Johansen, K. *Pediatric Primary Care - A Behavioral Health Consultant's Perspective.* Cherokee Health Systems Clinical Psychology Internship, Knoxville, TN, January 2017

Corwin, C & **Johansen, K.** *Child Welfare Trauma Training Toolkit: Two-Day Workshop.* UT-CHS Center of Excellence, Knoxville, TN, November 2016

Johansen, K. *Pediatric Psychology.* Cherokee Health Systems Clinical Psychology Internship, Knoxville, TN, November 2016

Johansen, K. *Remembering the Invisible Suitcase.* UT-CHS Center of Excellence Learning Café, Knoxville, TN, November 2016

Dean, KL & **Johansen, K.** *East Tennessee Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Basic Training: Two-Day Workshop.* UT-CHS Center of Excellence, Knoxville, TN, October 2016

Dean, KL & **Johansen, K.** *West Tennessee Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Basic Training: Two-Day Workshop.* UT-CHS Center of Excellence, Knoxville, TN, May 2016

Dean, KL & **Johansen, K.** *Middle Tennessee Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Basic Training: Two-Day Workshop.* UT-CHS Center of Excellence, Knoxville, TN, April 2016

Johansen, K. *Enhancing Personal Safety Skills in Children and Youth.* UT-CHS Center of Excellence Learning Café, Knoxville, TN, February 2016

Dean, KL & **Johansen, K.** *Middle Tennessee Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Basic Training: Two-Day Workshop.* UT-CHS Center of Excellence, Knoxville, TN, January 2016

Johansen, K. *Pediatric Primary Care - A Behavioral Health Consultant's Perspective.* Cherokee Health Systems Clinical Psychology Internship, Knoxville, TN, January 2016

Johansen, K. *Pediatric Psychology*. Cherokee Health Systems Clinical Psychology Internship, Knoxville, TN, November 2015

Johansen, K. *Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents*. Department of Children's Services East Region, Knoxville, TN, October-December 2015

Dean, KL & **Johansen, K.** *Middle Tennessee Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Basic Training: Two-Day Workshop*. UT-CHS Center of Excellence, Knoxville, TN, October 2015

Johansen, K. *Understanding and Intervening with Depressed Youth Who Engage in Suicidal and Self-Harm Behaviors*, APA Workshop, Cherokee Health Systems, Knoxville, TN, September 2015

Johansen, K. *Understanding and Intervening with Youth Who Self-Harm*. UT-CHS Center of Excellence, Knoxville, TN, July 2015

Hoffman, M, Dean, KL, & **Johansen, K.** *Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents*. Omni Community Health, Memphis, TN, May 2015

Johansen, K. *Trauma 101*. Knox County School Counselors, Knoxville, TN, April 2015.

Dean, KL & **Johansen, K.** *Child Welfare Trauma Training Toolkit: Two-Day Workshop*. Camelot Care Centers, Knoxville, TN, January-February 2015

Dean, KL & **Johansen, K.** *Child Welfare Trauma Training Toolkit: Two-Day Workshop*. Department of Children's Services East Region, Knoxville, TN, October 2014

Johansen, K. *Understanding and Intervening with Youth Who Self-Harm*. UT-CHS Center of Excellence, APA workshop, Knoxville, TN, October 2014

Winford, E, Bailey, S, & **Johansen, K.** *Reducing Substance Use During Pregnancy and Neonatal Abstinence Syndrome: An Integrated Approach to OB-GYN*. Collaborative Family Healthcare Association Conference, Washington, DC, October 2014

Johansen, K. *ADHD Assessment and Intervention*, APA Workshop, Cherokee Health Systems, Knoxville, TN, September 2014

Johansen, K. *Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents*. Camelot Care Centers, Knoxville, TN, June-August 2014

Johansen, K. *ADHD Assessment and Intervention*. Cherokee Health Systems, Knoxville, TN, May 2014

Johansen, K. *Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents*. Camelot Care Centers, Knoxville, TN, April-May 2014

Johansen, K. *Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents*. Camelot Care Centers, Knoxville, TN, January-March 2014

Dean, KL & **Johansen, K.** *Child Welfare Trauma Training Toolkit: Two-Day Workshop.* Department of Children's Services East Region, Knoxville, TN, January-February 2014

Johansen, K. *Trauma Informed Parenting: Caring for Children Who Have Experienced Trauma.* UT-CHS Center of Excellence, Knoxville, TN, December 2013

Johansen, K. *Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents.* Camelot Care Centers, Knoxville, TN, October-November 2013

Khatri, P, & **Johansen, K.** *Implementing ADHD Assessment and Intervention in Pediatric Primary Care.* Collaborative Family Healthcare Association Conference, Broomfield, CO, October 2013

Dean, KL & **Johansen, K.** *Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents.* Camelot Care Centers, Knoxville, TN, June-August 2013

Johansen, K. *Engaging Foster Families in Therapy: Challenges and Strategies.* UT-CHS Center of Excellence Learning Café, Knoxville, TN, October 2012

Johansen, K. *Assessment and Intervention for Traumatized Youth.* American Psychiatric Nurses Association, Knoxville, TN, April 2012

Johansen, K. *Suicide and Self-Harm Behaviors in Youth: Facts versus Myths.* UT-CHS Center of Excellence Learning Café, Knoxville, TN, November 2011

Johansen, K. *Working with Foster Families.* UT-CHS Center of Excellence, Knoxville Learning Café, TN, October 2010

Johansen, K. *Evidence-Based Therapy for Attention-Deficit/Hyperactivity Disorder.* UT-CHS Center of Excellence Learning Café, Knoxville, TN, January 2010

CLINICAL EXPERIENCE

June 2007 - June 2008

Kaiser Permanente

Salem, OR

Pre-Intern Psychotherapist

Population: Children, adolescents, adults

- Provided individual, group, couples, and family therapy
- Performed one neuropsychological assessment and report monthly
- Consulted in a primary health care environment with physicians, psychiatrists, and other medical staff regarding mental health diagnosis, medication management, and recommendations for psychological, pharmacological, and other interventions
- Participated in weekly individual and group supervision

August 2006 - June 2007

Portland State University

Portland, OR

Psychology Assessment Practicum Student

Population: Undergraduate and graduate college students

- Worked with diverse college population including first generation students and those aged 60+
- Provided comprehensive psycho-educational assessments (including: cognitive, neuropsychological, personality, memory and achievement) and reports
- Provided feedback sessions inclusive of treatment planning, recommendations, and accommodations through the PSU Disability Resource Center
- Advocated for students with Learning Disabilities and ADHD
- Participated in multidisciplinary consultation
- Participated in weekly group and individual supervision

October 2005 - June 2006

Gervais Elementary School

Gervais, OR

Practicum Psychotherapist

Population: Rural, low-income, ethnically diverse student body

- Provided individual, group and family therapy
- Provided individual client-centered therapy with elementary school-age children
- Collaborated with teachers, parents, and principal in the development of individualized treatment plans
- Provided classroom assessments, direct interventions, and intake interviews
- Participated in multidisciplinary consultation
- Participated in weekly group and individual supervision

October 2005 - May 2006

Gervais Middle School

Gervais, OR

Coping Power Facilitator

Population: Rural, low-income, ethnically diverse student body

- Co-led manualized Anger Management group for at risk students
- Led Coping Power parenting group
- Conducted program evaluation
- Consulted with teachers, parents, and principle
- Participated in weekly individual and group supervision

September 2004 - May 2005

George Fox University Counseling Center

Newberg, OR

Pre-Practicum Psychotherapist

Population: Undergraduate college students

- Provided brief individual psychotherapy to undergraduate students
- Conducted intake and diagnostic assessments
- Formulated treatment plans
- Participated in weekly individual and group supervision with videotape review

September 2002 - August 2005

Youth Guidance Association

Corbett, OR

Direct Care Counselor

Population: Inpatient foster care adolescent females

- Provided individual, family, group, and milieu therapy for ethnically diverse adolescents
- Utilized cognitive-behavioral, insight-oriented, and skills-training theoretical modalities
- Performed placement screenings and intake assessments
- Maintained treatment planning and daily chart notes
- Consulted with multidisciplinary team
- Provided crisis management and suicide prevention services
- Participated in weekly individual and group supervision with videotape review

November 2002 - April 2003

Inclusions, Inc.

Portland, OR

Direct Care Staff

Population: Adults with developmental disabilities

- Provided individual support services to developmentally disabled adults
- Planned, led, and organized individual community outings appropriate to special needs of developmentally disabled population
- Assisted developmentally disabled adults in finding work and independent housing within the community

July 2001 - December 2003

Building Bridges: Behavioral Interventions for Young Children with Autism

Portland, OR

In-home Provider

Population: Toddlers and children with ASD

- Provided in-home individual, family, and group psychotherapy
- Utilized Applied Behavioral Analysis principles
- Formulated treatment plans and treatment summaries
- Participated in weekly individual and group supervision

January 2001 - January 2003

Providence Hospital

Portland, OR

ParentCare Facilitator

Population: Parents of toddlers

- Provided hospital-based psychoeducational services
- Co-led ParentCare Inc. group for parents of toddlers
- Participated in individual and group supervision, case presentations
- Consulted with multidisciplinary staff members

September 2001-November 2002 **William Temple House**

Portland, OR

Practicum Student

Population: Low income, ethnically diverse families

- Provided outpatient psychological services for a non-profit organization
- Provided individual, family, couples, and group psychotherapy (brief and long-term)
- Participated in individual and group supervision with videotape review
- Consulted with special population consultant and multidisciplinary staff members

TEACHING EXPERIENCE

September 2020 -present

Western Seminary

Portland, OR

Child and Youth Coordinator

- Case Conference CNS 530-539
- Play in Therapy CY 541
- Child Assessment and Treatment CY 542
- Counseling Adolescents CY543
- Parent Skills Training CY 544
- Advanced Child and Adolescent Counseling CY 545

January 2011 - April 2018 **Cherokee Health Systems**

Knoxville, TN

Didactics Instructor

- Taught didactic training seminars for APA-accredited internship program

January 2006 – May 2008 **Western Seminary**

Portland, OR

Adjunct Instructor

- Case Conference, CNS 539
- Child Assessment, CNS 542
- Tests and Measurements, CNS 525
- Clinical Foundations, CNS 501