

# **Kristen Lynn McClure**

MSW, LCSW

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<http://www.kristen-mcclure-therapist.com>

<http://www.charlotte-anxiety-and-depression-treatment.com>

## **Summary**

Private practice therapist with 24 years of experience working with child and adult clients suffering from anxiety, depression and bipolar disorder. Creator and moderator of the Support for Parents of Children with Bipolar and Mood Disorders Facebook group with over 3,500 members. Author of two web sites providing over 150 content pages with information for sufferers and the loved ones of sufferers of anxiety, depression and bipolar disorder. Technology adopter providing remote coaching sessions via Skype for clients outside the Charlotte, NC region.

## **Skills & Expertise**

**Childhood, Adolescent and Adult Psychotherapy, Family Therapy, Program Development, Teaching, Grant Writing, Research, Training, Quality Assurance, Case Management, Clinical Supervision, Web Site Development, Social Media**

## **Experience**

### **Private Practice Therapist at Kristen McClure MSW, LCSW**

January 2003 - Present

- Private Practice Clinician specializing in working with women, child and adolescent anxiety, depression, and bipolar disorder.

### **Instructor at UNC Charlotte**

2004 Academic Year

Introduction to Human Behavior

### **Residential Services Director/Clinical Supervisor AFS at Access Family Services**

March 2003 - October 2004 (1 year 8 months)

- Provided supervision and clinical oversight to case managers in the foster care program
- Provided clinical supervision to the therapists in the outpatient treatment department
- Created and delivered training to staff on clinical issues
- Developed the intensive foster care and outpatient treatment department
- Created an intensive foster care track for children with severe mental illness and sexually aggressive youth

### **Social Worker at Project Hope: Mecklenburg County Health Department**

2002 - 2003 (1 year)

- Created the clinical component of this pregnancy prevention program.
- Created the clinical documentation and trained and supervised staff on documentation guidelines.

- Provided counseling, case management and advocacy for at risk children primarily in fourth and fifth grades

**Child Advocacy Center Director at Council for Children**

2001 - 2002 (1 year)

- Created a collaborative community response to child sexual abuse which later served as the foundation for the county advocacy center
- Wrote grants and successfully secured funding for the pilot
- Coordinated weekly multidisciplinary team meetings for review of cases of child sexual abuse in the community.
- Facilitated collaboration and communication among the District Attorney’s Office, Department of Social Services, Charlotte Mecklenburg Police Department, Charlotte Mecklenburg Schools and Carolinas Health Care System.
- Created interagency memorandums of understanding and the community protocol for investigating child sexual abuse in Mecklenburg County.

**Clinical Therapist at South Carolina Department of Mental Health: Cattawba Family Center**

2000 - 2001 (1 year)

Provided individual therapy to children of all ages in the Fort Mill School System at schools and in homes.

**Child Clinical Therapist at Family Center**

1995 - 2000 (5 years)

- Provided individual, group and family therapy with a focus on adoption, attachment and foster care issues.
- Assisted in the development and evaluation of the school based intervention team.
- Researched and developed the clinical protocols used by the agency for DSM IV diagnoses.
- Provided training on protocols to staff members and outside agencies.
- Managed research materials budget.
- Supervised two student interns.

**School Based Mental Health Social Worker/ Program Developer at Buffalo Public Schools**

1994 - 1994 (less than a year)

- Provided play therapy, family therapy, and case management to at risk children.
- Assisted in the development, evaluation, and modification of a school based mental health program.
- Provided teacher and parent training around abuse and neglect issues.
- Assisted in the development of several pilot programs based on the quality schools model.

**Social Worker at Geneva B Scruggs**

1993 - 1993 (less than a year)

- Performed child risk assessments and provided supportive counseling, linkage and case management to crack cocaine addicted mothers.

### **Residential Treatment Counselor at Saint Anne's Institute**

1992 - 1993 (1 year)

- Provided counseling and treatment to juveniles on PINS petitions in a lock up facility

### **Mental Health Counselor at Middle Earth Student Drug and**

January 1991 - January 1992 (1 year 1 month)

- Operated a crisis phone line and performed lethality and drug and alcohol assessments for college students.

### **SPECIAL TRAINING**

- Treatment of the effects of trauma on young children
- Adoption and foster care issues
- Sexual abuse treatment
- Bipolar disorder
- Child and adult anxiety
- Behavioral disorders
- Reactive attachment disorder
- Obsessive compulsive disorder.

### **Education**

**State University of New York at Buffalo**

M.S.W, Social Work, 1993 - 1995

**State University of New York at Albany**

B.A, Psychology, 1988 – 1992

### **Interests**

Childhood Anxiety Disorders, Childhood Mood Disorders