Alaina N. Scott

Licensed Professional Counselor/CSAC Supervisee

Education

Marymount University — **Arlington, VA**
Master of Arts in Clinical Mental Health Counseling — *August 2020- August 2023*
Longwood University — **Farmville, VA**
Bachelor of Science in Psychology — *August 2016- May 2020*
Minor in Neuroscience

Licenses

Licensed Professional Counselor
License number: 0701015965
Certified Substance Abuse Counselor Supervisee
License number: 0709025451

Work Experience

National Capital Treatment and Recovery — **Arlington, VA**
Clinical Supervisor — *March 2026- Present*

- *Provide direct individual supervision to 5 outpatient counselors*
- *Coordinates evening program clinical operations*
- *Supervise delivery and audit fidelity of evidence-based practices across the agency, such as seeking safety*
- *All duties listed below for Lead Counselor and Primary Counselor*

Treatment Innovations (Seeking Safety) — **Virtual**
Trainer and Consultant — *July 2026- Present*

- Provide coaching and feedback to those working towards certification in fidelity rating for Seeking Safety

National Capital Treatment and Recovery — **Arlington, VA**
Lead Counselor — *September 2025- March 2026*

- *Provide direct individual supervision to 3 outpatient counselors*
- *Evaluate, coach, and provide corrective actions plans to assure clinical counseling staff meet job performance standards*
- *Oversee the Outpatient Center day-to-day activities*
- *Provide direct individual supervision to 3 outpatient counselors*
- *Conducts regular chart audits*
- *Oversee interventions utilized to support counselors and patients*
- *Support communication across the agency programs and departments*
- *All duties listed below for Primary Counselor role*

National Capital Treatment and Recovery — **Arlington, VA**
Primary Counselor — *August 2023- September 2025*
(Substance Use Disorder Treatment Center)

- *Conduct individual and group counseling sessions for individuals ages 13+ with diagnosed substance abuse disorders and co-occurring disorders in outpatient PHP, IOP, and OP settings*
- *Develop and present psychoeducation groups on various topics including self-diagnosis, co-occurring disorders, relapse prevention, stinking thinking, Seeking Safety, Matrix, and Living in Balance*
- *Utilize techniques such as Motivational Interviewing (MI), Solution-focused Brief Therapy (SFBT), Cognitive Behavior Therapy (CBT), Dialectical-Behavior Therapy (DBT), Group EMDR, and trauma informed techniques*
- *Manage ethical crisis intervention with clients experiencing intoxication, post-acute-withdrawal symptoms (PAWS), relapse, unexpected & expected life events, and suicidal/homicidal ideation*
- *Facilitate family sessions, couples sessions, and Care & Concern meetings*
- *Complete clinical documentation: individual and group notes, treatment plans and reviews, Medicaid-required documentation, intakes, transition and discharge plans, and utilization reviews*
- *Engage in continuous client staffing to assess for patient needs and appropriate recommendations for levels of care*

- *Communicate with legal representation of clients including probation officers, attorneys, and ASAP officers*
- *Proficient in Welligent electronic health records (EHR)*

Skills and Certifications

- *Trained and certified in using Seeking Safety with individuals with Substance use and Co-occurring disorders since 2024.*
- *Certifications: Calm Every Storm, HeartSaver First Aid CPR AED*
- *Experienced in providing group EMDR and working toward completion of the EMDR basic training*