

Summer Krause, MA, LPC, CADCI III

Summer Krause, LPC, CADCI III is a Licensed Professional Counselor and Certified Alcohol and Drug Counselor III, with a clinical practice in Oregon that includes adolescent and adult Seeking Safety, in both individual and group modalities. She has worked with Dr. Najavits and Treatment Innovations since 2011. Although she has counseled children, adolescents and adults, she has spent the majority of her career working with adolescents. Her specialties are grief, trauma and addiction. After volunteering in juvenile detention centers for many years, starting in 1996, Summer went to graduate school to help address some of the underlying issues that contribute to youth entering the juvenile justice system. She completed her master's degree in counseling with a focus on children and adolescents and has specialized training in trauma-informed care. She has worked in nonprofit, group home, juvenile justice, residential and outpatient settings. After being trained by Dr. Najavits in Seeking Safety, Summer implemented Seeking Safety groups for adolescent boys and girls in a residential treatment program. Currently Dr. Najavits and Summer are working on an adolescent version of Seeking Safety.

Professional Experience

- Present **Seeking Safety Trainer and Consultant**
Treatment Innovations
- ◆ Present professional trainings on conducting *Seeking Safety* treatment for PTSD and substance abuse, as well as Trauma Informed Care
 - ◆ Provide phone consultation to individuals and agencies related to the implementation of *Seeking Safety* and Trauma Informed Care
 - ◆ Create clinical tools for implementing *Seeking Safety* with adolescents
- 4/08- present **Licensed Professional Counselor**
Western Psychological & Counseling, Gladstone, OR
- ◆ Conduct outpatient therapy for adolescents and adults with mental health and co-occurring disorders, gather outcome data, coordinate with primary care providers and facilitate *Seeking Safety* groups for adolescents and adults
 - ◆ Utilize Cognitive Behavioral Therapy, *Seeking Safety*, Motivational Enhancement, EMDR, *Finding Your Best Self*, trauma-informed person-centered techniques
- 1/07-4/10 **Adjunct Professor**
Western Seminary Counseling Program, Portland, OR
- ◆ Taught graduate level course on Counseling Adolescents
- 5/05-10/08 **Lead Counselor/Adolescent and Family Counselor**
Morrison Child and Family Services, Breakthrough Program, Portland, OR
- ◆ Worked with adolescents who were in state custody, on probation or parole, in residential treatment for co-occurring disorders and criminal behavior, using individual, family (biological and foster) counseling and group therapy, as well as aftercare treatment
 - ◆ Implemented screenings and referral groups for PTSD (*Seeking Safety*) and Grief & Loss
 - ◆ Facilitated a Multi-Family group, improving engagement, tripling attendance
 - ◆ Promoted to Lead Counselor for the purpose of training clinical staff and heading up special projects
 - ◆ Collaborated with multidisciplinary team

- ◆ Participated in extensive Motivational Interviewing/Enhancement trainings, supervision and fidelity monitoring with Kathy Tomlin, LPC, MAC

9/04-4/05

Masters-level Counseling Intern

Parrot Creek Lifeguards JSO Program, Oregon City, OR

- ◆ Using *Pathways* curriculum, assisted youth in treatment for sexual offenses through individual, family and group counseling, as well as preparation for polygraph and clarification meetings with their victims
- ◆ Partnered with the Juvenile Justice Department
- ◆ Offered job as Program Manager after completing graduate degree (declined)

9/03-5/05

Children’s Grief Group Facilitator

Dougy Center for Grieving Children, Portland, OR

- ◆ Facilitated 6-12 year old grief groups for kids who had a parent/caregiver die
- ◆ Facilitated Caregiver support groups

9/03-6/04

Masters-level Counseling Intern

Eastwind Family Center, Troutdale, OR

- ◆ Co-led school-based girls groups, Multi-Family groups and provided individual and family counseling to low-income families

Outcomes Recognition

Received Certificate of Effectiveness (ACE) in 2012 from *A Collaborative Outcomes Research Network (ACORN)* based upon ongoing outcome measures used in therapy with clients. Currently exceed the benchmark for “Highly Effective Therapist.”

Related Professional Experience

Currently working with Dr. Lisa Najavits, author of *Seeking Safety*, on an adolescent version of *Seeking Safety*.

Education

M.A., Counseling, with specialization in children and adolescents, Western Seminary, Portland 2005 *with highest honors*

B.A., Christian Education, minors in Youth Ministry and Business, Seattle Pacific University, Seattle 1999 *magna cum laude, Ivy Honorary*

Professional Licensure and Certification

Licensed Professional Counselor, Oregon Board of Licensed Professional Counselors, 2008

Certified Drug and Alcohol Counselor III, ACCBO, 2010

Trauma-Informed Services Certification, Portland State University Graduate Studies, 2014

Certified Clinical Trauma Professional (CCTP), International Association of Trauma Professionals (IATP), 2016