



# Margaret H.M. Smith, MA, LCMHC

## CORE VALUES

- ✦ Coming alongside individuals, couples, and families to help them experience growth and healing
- ✦ Creative, supportive, evidence-based intervention with youth and adults
- ✦ Empowering people of all ages to reach their full potential

## CLINICAL EXPERIENCE

### **Staff Clinical Counselor at Azimuth Counseling Center**

June 2017-present

*Essex Junction, VT*

In this role I provide therapy to individuals and couples dealing with a variety of presenting issues.

- ✦ Offered therapeutic support to individuals dealing with relational issues, stage of life issues, depression, anxiety, and other presenting problems.
- ✦ Engaged in regular peer consultation to provide a high level of clinical care to clients.
- ✦ Incorporated interventions to encourage healthier coping and personal growth for clients.

### **Staff Clinical Counselor at White Stone Counseling Resources**

April 2013-August 2015

*Grayslake, IL*

As a staff clinical counselor I counseled youth, couples, and families dealing with diverse mental health challenges.

- ✦ Maintained my own case load of clients presenting with relational issues, anxiety and mood disorders, addiction, and stage of life issues
- ✦ Participated in consistent individual and group supervision that focused on offering the highest quality of care to clients
- ✦ Incorporated interventions to encourage healthier coping and spiritual growth for clients
- ✦ Integrated a Christian worldview with psychological principles

### **Counselor at the College of Lake County**

September 2012-May 2014

*Grayslake, IL*

As a counselor I provided academic support, career counseling, and brief mental health counseling to traditional and non-traditional college students from a variety of backgrounds.

- ✦ Counseled students as they sought to identify compatible career fields through the use of a career intake, career inventories, and assistance researching career options
- ✦ Provided short-term supportive counseling for students dealing with depression, anxiety, grief or other mental health challenges that impeded their academic progress
- ✦ Fostered academic success among students by assisting them in planning a course of study and helping them to overcome academic challenges

### **Residential Therapist at Allendale Association**

January 2012-September 2012

*Lake Villa, IL*

As a residential therapist I intervened therapeutically with 8-21 year-olds in a high-end residential setting who presented with an extensive history of aggressive acting-out behaviors. In treating the behavior disorders I also treated co-morbid anxiety, substance abuse, and mood disorders.

- ✦ Regularly led structured cognitive-behavioral groups that emphasized impulse-control and cognitive processing
- ✦ Conducted assessments, developed treatment plans, and provided individual and family therapy to a diverse client-base
- ✦ Documented therapeutic services for individual therapy, group therapy, clinical consultations,

and family therapy according to standards set by Medicaid

- ▲ Collaborated with a diverse treatment team of case managers, mental health specialists, and residential directors in order to provide holistic services to residential clients

### **Clinical Intern at Outreach Community Counseling Center**

July 2010-May 2011

*Carol Stream, IL*

As a clinical intern I delivered therapeutic services to under-resourced adults and adolescents from diverse backgrounds with a variety of clinical concerns, such as depression, anxiety, substance abuse, and self-harming behavior.

- ▲ Provided therapeutic support to adults struggling with unemployment, divorce, and identity issues
- ▲ Counseled adolescents and children facing school pressure, identity struggles, and peer group challenges
- ▲ Collaborated with a clinical team to determine the most effective interventions for specific clients and to support one another in their implementation
- ▲ Partnered with team members to respond effectively to crisis situations
- ▲ Participated in a minimum of 7 hours a week of training and live supervision

### **Teacher Assistant and Mentor for Graduate Psychology Students**

August-December 2010

*Wheaton Graduate School*

In this position I worked closely with a graduate professor and three other selected students in providing clinical supervision to first-year graduate Psychology students as they acquired fundamental counseling skills through counseling one another.

- ▲ Empowered students to attune therapeutically through the use of emotion-focused therapy
- ▲ Mentored students facing difficulties adjusting to a new culture and environment
- ▲ Mediated conflict between students with different cultural backgrounds
- ▲ Directed small-group supervisory sessions and encouraged individuals to assess their strengths and areas of growth

### **Behavioral Interventionist at Counseling Services of Addison Co.**

August 2008-June 2009

*Middlebury, VT*

As a behavioral interventionist I supervised, counseled, and facilitated the growth of at-risk adolescents participating in an alternative education program.

- ▲ Provided live therapeutic skills to adolescents with emotional and behavioral regulation difficulties
- ▲ Co-facilitated goal-setting during therapeutic groups and helped participants develop self-regulation strategies
- ▲ Maintained consistent expectations for adolescents in support of their psychosocial development
- ▲ Partnered with probation officers, families, foster families, and case workers during times of crisis to support the proactive decision-making of the adolescent

### **Intern at Counseling Services of Addison County**

June 2006-August 2006

*Middlebury, VT*

As an intern I gained both group and individual therapeutic experience through co-facilitation of a process group, and interacting one-on-one with at-risk adolescents.

- ▲ Shadowed both adult and adolescent crisis counselors and intervened with a family in crisis
- ▲ Staffed an adventure-based group for teenagers with emotional and behavioral disabilities
- ▲ Provided respite services for adolescent girls with emotional disabilities and encouraged emotional processing and pro-social decision-making

## EDUCATION

- △ **Wheaton Graduate School, Wheaton, IL**  
**Masters in Clinical Psychology:** August 2011
- △ **Middlebury College, Middlebury, VT**  
**Bachelor of Arts:** English, February 2007, graduated Magna Cum Laude

### Credentials

- ◆ **Approved Telehealth Provider,** Vermont State Legislature proclamation for providing Telehealth mental health counseling services during COVID 19 Restrictions, (March 2020 to present)

### Training

Psychopharmacology, Howard Center, 5/11/18, 5 hours  
Suicide and Self-Harm, Stopping the Pain, PESI, 7/11/18, 6.25 hours  
The Troubled Triangle: Developmental Neurobiology of Addiction, Attachment, and Trauma, VAPA, 5/18/18  
Applying Family Systems Theory: Toward a Radiant Family, Vermont Center for Family Studies, 1/26/18  
Experiential Methods for Treating Trauma: Psychodrama, Sociometry, and other Action Methods, VTMHCA, 10/5/18  
Rewire the Anxious Brain: Applied Neuroscience for Treating Anxiety, Panic, and Worry, PESI, 1/27/21, 18.75 hours  
Trauma Treatment for Kids: Healing the Body Through Play, Advanced Integrative Workshop, PESI, 10/19/20, 12.5 hours  
Reasoning with Unreasonable People: Focus on Disorders of Emotional Dysregulation, Institute for Brain Potential, 5/16/21, 6 hours  
The Ethics of Touch in Child Psychotherapy and Play Therapy, PESI, 10/30/20, 2.5 hours  
Ethical and Legal Issues in Assessment, he@lth, 1/27/21, 1.25 hours

**Title 3: Executive**  
**Chapter 5: SECRETARY OF STATE**  
**Sub-Chapter 3: Professional Regulation**  
**3 V.S.A. § 129a. Unprofessional conduct**

a. In addition to any other provision of law, the following conduct by a licensee constitutes unprofessional conduct. When that conduct is by an applicant or person who later becomes an applicant, it may constitute grounds for denial of a license or other disciplinary action. Any one of the following items, or any combination of items, whether or not the conduct at issue was committed within or outside the State, shall constitute unprofessional conduct:

1. Fraudulent or deceptive procurement or use of a license.
2. Advertising that is intended or has a tendency to deceive.
3. Failing to comply with provisions of federal or state statutes or rules governing the practice of the profession.
4. Failing to comply with an order of the board or violating any term or condition of a license restricted by the board.
5. Practicing the profession when medically or psychologically unfit to do so.
6. Delegating professional responsibilities to a person whom the licensed professional knows, or has reason to know, is not qualified by training, experience, education, or licensing credentials to perform them, or knowingly providing professional supervision or serving as a preceptor to a person who has not been licensed or registered as required by the laws of that person's profession.
7. Willfully making or filing false reports or records in the practice of the profession; willfully impeding or obstructing the proper making or filing of reports or records or willfully failing to file the proper reports or records.
8. Failing to make available promptly to a person using professional health care services, that person's representative, or succeeding health care professionals or institutions, upon written request and direction of the person using professional health care services, copies of that person's records in the possession or under the control of the licensed practitioner, or failing to notify patients or clients how to obtain their records when a practice closes.
9. Failing to retain client records for a period of seven years, unless laws specific to the profession allow for a shorter retention period. When other laws or agency rules require retention for a longer period of time, the longer retention period shall apply.
10. Conviction of a crime related to the practice of the profession or conviction of a felony, whether or not related to the practice of the profession.
11. Failing to report to the office a conviction of any felony or any offense related to the practice of the profession in a Vermont District Court, a Vermont Superior Court, a federal court, or a court outside Vermont within 30 days.
12. Exercising undue influence on or taking improper advantage of a person using professional services, or promoting the sale of services or goods in a manner which exploits a person for the financial gain of the practitioner or a third party.
13. Performing treatments or providing services which the licensee is not qualified to perform or which are beyond the scope of the licensee's education, training, capabilities, experience, or scope of practice.
14. Failing to report to the office within 30 days a change of name or address.
15. Failing to exercise independent professional judgment in the performance of licensed activities when that judgment is necessary to avoid action repugnant to the obligations of the profession.

b. Failure to practice competently by reason of any cause on a single occasion or on multiple occasions may constitute unprofessional conduct, whether actual injury to a client, patient, or customer has occurred. Failure to practice competently includes:

1. performance of unsafe or unacceptable patient or client care; or
2. failure to conform to the essential standards of acceptable and prevailing practice.

c. The burden of proof in a disciplinary action shall be on the State to show by a preponderance of the evidence that the person has engaged in unprofessional conduct.

d. After hearing, and upon a finding of unprofessional conduct, a board or an administrative law officer may take disciplinary action against a licensee or applicant, including imposing an administrative penalty not to exceed \$1,000.00 for each unprofessional conduct violation. Any money received under this subsection shall be deposited in the Professional Regulatory Fee Fund established in section 124 of this title for the purpose of providing education and training for board members and advisor appointees. The Director shall detail in the annual report receipts and expenses from money received under this subsection.

e. In the case where a standard of unprofessional conduct as set forth in this section conflicts with a standard set forth in a specific board's statute or rule, the standard that is most protective of the public shall govern. (Added 1997, No. 40, § 5; amended 2001, No. 151 (Adj. Sess.), § 2, eff. June 27, 2002; 2003, No. 60, §

2; 2005, No. 27, § 5; 2005, No. 148 (Adj. Sess.), § 4; 2009, No. 35, § 2; 2011, No. 66, § 3, eff. June 1, 2011; 2011, No. 116 (Adj. Sess.), § 5.)

• **§ 3271. Unprofessional conduct**

(a) Unprofessional conduct means the following conduct and conduct set forth in 3 V.S.A. § 129a.

1. using dishonest or misleading advertising;
2. misusing a title in professional activity;
3. conduct which evidences unfitness to practice clinical mental health counseling;
4. engaging in any sexual conduct with a client, or with the immediate family member of a client, with whom the licensee has had a professional relationship within the previous five years;
5. harassing, intimidating, or abusing a client;
6. entering into an additional relationship with a client, supervisee, research participant, or student that might impair the licensed clinical mental health counselor's objectivity or otherwise interfere with the clinical mental health counselor's professional obligations;
7. independently practicing outside or beyond a clinical mental health counselor's area of training, experience, or competence without appropriate supervision.

(b) After hearing, and upon a finding of unprofessional conduct, the board may take disciplinary action against a licensed clinical mental health counselor or applicant. (Added 1987, No. 245 (Adj. Sess.), § 1; amended 1993, No. 98, § 17; 1993, No. 222 (Adj. Sess.), § 10; 1997, No. 40, § 57; 1997, No. 145 (Adj. Sess.), § 53; 2007, No. 29, § 45.)