

# LAURA SMESTAD,

PHD, LMHC, NCC, NCSC

## LICENSES & CERTIFICATIONS

Licensed Mental Health Counselor (LMHC), State of Washington (#LH60969052)  
National Certified Counselor (NCC)  
National Certified School Counselor (NCSC)  
Board Approved Clinical Supervisor, State of Washington  
Behavioral Therapy Training Institute (BTTI) Trained Practitioner

## EDUCATION

**Doctor of Philosophy in Counselor Education and Supervision** **June 2023**

Dissertation: How is obsessive-compulsive disorder taught in graduate counseling programs?  
Antioch University Seattle, Seattle, WA · CACREP accredited

**Master of Arts in Counseling, Dual Specialization in Clinical Mental Health and School Counseling** **May 2014**

University of Holy Cross, New Orleans, LA · CACREP accredited

**Bachelor of Arts in Sociology; Minor: Psychology** **August 2011**

Louisiana State University, Baton Rouge, LA

## TEACHING EXPERIENCE

**Contributing Faculty, Walden University** **May 2024-present**

***COUN 6722: Theories of Counseling***, Winter 2024

***COUN 6720: Diagnosis and Assessment***, Summer 2024, Fall 2024

**Adjunct Faculty, Antioch University Seattle** **February 2022-September 2024**

***COUN 5150: Psychopathology***, Spring 2022, Summer 2022, Fall 2022, Winter 2023, Spring 2023, Summer 2023, Fall 2023, Winter 2024, Spring 2024, Summer 2024

***COUN 5160: Psychodiagnostics***, Summer 2023, Fall 2023, Winter 2024, Spring 2024

***COUN 6710: Exposure and Response Prevention for OCD***, Fall 2023

***COUN 6710: OCD and Social Justice Advocacy***, Summer 2022, Spring 2023

**Graduate Counselor Education Teaching Assistant**, Antioch University New England

**COUN 5142: Assessment and Testing**, Fall 2021

**Graduate Counselor Education Teaching Assistant**, Antioch University Seattle

**COUN 5060: Communication and Counseling Skills**, Fall 2020

**Guest Lecturer**, Antioch University Seattle

**COUN 5150: Psychopathology. OCD Symptomology**, Spring 2021, Winter 2022

**COUN 5160: Psychodiagnostics and Treatment Planning. Diagnosis of OCD**, Spring 2021

**Guest Lecturer**, University of Holy Cross

**COU 623N: Foundations and Contextual Dimensions of School Counseling. ASCA National Model**, Fall 2014, Fall 2016

**COU 624: Contextual Dimensions of School Counseling. Data-Driven School Counseling Programs**, Spring 2015

## CLINICAL EXPERIENCE

**Owner/Licensed Mental Health Counselor**

**January 2023–present**

*Informed OCD Counseling, Seattle, WA*

- Provide counseling services to children, adolescents, and adults in private practice setting specializing in treatment of obsessive compulsive disorder and related disorders
- Implement exposure and response prevention (ERP) therapy and cognitive behavioral therapy (CBT)
- Develop and implement evidence-based treatment plans

**Clinical Director/Licensed Mental Health Counselor**

**July 2019–December 2022**

*Polaris Family Behavioral Health, Bellevue, WA*

- Provided counseling services to children, adolescents, and adults in group practice setting, specializing in treatment of obsessive compulsive disorder and related disorders
- Implemented exposure and response prevention therapy and cognitive behavioral therapy
- Facilitated ERP group counseling sessions with adolescents
- Developed and implemented evidence-based treatment plans
- Supervised associate-level clinicians

**Professional School Counselor**

**August 2014–May 2019**

*St. Pius X School, New Orleans, LA*

- Developed, implemented, and evaluated a developmental, comprehensive school counseling program based on the American School Counselor Association National Model
- Provided individual counseling to students grades PK3-7
- Developed and facilitated small group counseling sessions
- Developed and facilitated social emotional classroom lessons
- Supervised counseling interns

## SUPERVISION & CONSULTING EXPERIENCE

### Professional Consultant

2021-present

*Informed OCD Counseling, Seattle, WA*

- Provide paid consultation to clinicians on identifying OCD symptoms, finding referrals, developing interventions, and creating treatment plans

### Clinical Director

2021-2022

*Polaris Family Behavioral Health, Bellevue, WA*

- Provided weekly supervision to associate-level clinicians
- Led weekly team consultation meetings in group practice setting

### School Counseling Internship Site Supervisor

2017-2019

*University of Holy Cross, New Orleans, LA*

- Provided supervision to master's level students in school counseling setting

## CES EXPERIENCE

### Dissertation Committee Member

2024-present

*Walden University*

- Serve on committee for doctoral students' dissertations
- Assist doctoral students in the dissertation process
- Provide feedback to doctoral students on dissertation work

### Doctoral Student Site Supervisor (Research Internship)

Fall 2023, Winter 2024

*Antioch University Seattle*

- Provided supervision and mentorship to counselor education doctoral student in research internship
- Mentored student intern in manuscript writing and publication process
- Supported student in completion of research project

### Doctoral Student Site Supervisor (Teaching Internship)

Fall 2023

*Antioch University Seattle*

- Provided supervision and mentorship to counselor education doctoral students in teaching internship
- Offered feedback to doctoral students on teaching skills
- Provided opportunities for doctoral students to work with master's students in classroom setting

## GRANTS

**Smestad, L.** Principal Investigator. Experiences of sexism among female doctoral counselor education students. Graduate Student Research Grant, Association for Counselor Education and Supervision (ACES), \$375, Awarded January 2022.

**Smestad, L.** Principal Investigator. How is obsessive-compulsive disorder taught in graduate counseling programs? Research Grant, Western Association for Counselor Education and Supervision (WACES), \$320, Awarded April 2022.

## PUBLICATIONS - ARTICLES

**Brandt, A., & Smestad, L. (2024).** No-self, no problem: A Buddhist approach to self-concept obsessive compulsive disorder, *Journal of Faith Integration Counseling (JFIC)*: 1(1), Article 3. Available at: <https://jfic.researchcommons.org/journal/vol1/iss1/3>

**Smestad, L. (2023).** How is obsessive-compulsive disorder taught in graduate counseling programs? [Doctoral dissertation, Antioch University]. OhioLINK Electronic Theses and Dissertations Center. [http://rave.ohiolink.edu/etdc/view?acc\\_num=antioch1685551694566254](http://rave.ohiolink.edu/etdc/view?acc_num=antioch1685551694566254)

## PUBLICATIONS - BOOKS

**Smestad, L. (2024).** *Emetophobia: An exposure therapy workbook for individuals with OCD.* Independently published.

**Smestad, L. (2023).** *Taboo thoughts: An exposure therapy workbook for individuals with OCD.* Independently published.

**Smestad, L. (2021).** *Scrupulosity: An exposure therapy workbook for teens with OCD.* Independently published.

**Smestad, L. (2021).** *Perfectionism: An exposure therapy workbook for teens with OCD.* Independently published.

**Smestad, L. and Ashcraft, R. (2021).** *Bathroom Contamination: An exposure therapy workbook for teens with OCD.* Independently published.

**Smestad, L. and Ashcraft, R. (2021).** *COVID-19 Contamination: An exposure therapy workbook for teens with OCD.* Independently published.

**Smestad, L. (2021).** *Harm: An exposure therapy workbook for teens with OCD.* Independently published.

## RESEARCH IN PROGRESS

**Smestad, L. & Sano, K.** (Manuscript submitted for publication). Experiences of sexism among female doctoral counselor education students.

**Smestad, L. & Kostek, J.\*** (Manuscript submitted for publication). How obsessive-compulsive disorder is taught in graduate counseling programs.  
\*student being supervised in doctoral research internship

**Smestad L. & Beall, N.** (In preparation – analyzing data). Racial and ethnic disparities in the diagnosis and treatment of obsessive-compulsive disorder.

## ADDITIONAL RESEARCH EXPERIENCE

### **Counselor Education and Supervision Doctoral Research Fellow** **2021-2022**

*Antioch University Seattle*

- Worked on ongoing research projects with Antioch University Seattle (AUS) faculty member
- Worked on independent research projects with support of AUS faculty member
- Wrote and submitted research grant proposals
- Collected and analyzed data for studies
- Co-wrote and submitted manuscripts for journal publication
- Conducted data analysis for internal university projects
- Mentored master's level students on research projects

## LEADERSHIP EXPERIENCE

### **Social Justice Symposium Executive Committee Leader** **2021-2022**

*Chi Sigma Iota Omega Mu Gamma Chapter, Antioch University Seattle*

- Led executive committee meetings for online international conference
- Assisted in logistical planning
- Collaborated with faculty advisors

## AWARDS & RECOGNITIONS

### **Emerging Leader** **2021-2022**

*Western Association for Counselor Education and Supervision*

### **2019 Elementary School Counselor of the Year** **2019**

*Louisiana School Counselor Association*

### **Best in Show Award: Teaching Our Kids to Cope: K-8 Lessons** **2017**

*Louisiana Counseling Association State Conference*

## PROFESSIONAL SERVICE

### **Editorial Board Member** **2024-present**

*Wisconsin Counseling Journal*

### **Graduate Student Committee Member** **2021-2024**

*American Counseling Association*

### **Social Justice Symposium Executive Committee Member** **2020-2023**

*Chi Sigma Iota Omega Mu Gamma Chapter, Antioch University Seattle*

### **Conference Planning Committee Member** **2022**

*Western Association for Counselor Education and Supervision*

**Awards Committee Member****2022***Western Association for Counselor Education and Supervision***International Awards Reviewer****2019-2021***Chi Sigma Iota International***Newsletter Committee Member****2018-2019***Louisiana School Counselor Association***INVITED PRESENTATIONS**

**Smestad, L.** (2023, February). *Recognizing signs of OCD in school-aged children and adolescents.* Invited to present at Lake Washington School District Psychologist Meeting, Redmond, WA.

**Smestad, L.** (2022, December). *Recognizing signs of OCD in school-aged children and adolescents.* Invited to present at American School Counselor Association "ASCA @ Home" National Conference, Virtual.

**Smestad, L.** (2022, October). *How is obsessive-compulsive disorder taught in graduate counseling programs?: A proposed study.* Poster presented at Western Association for Counselor Education and Supervision Conference, Portland, OR.

**Smestad, L. & Eugene, T.** (2021, December). *Teach students to cope: K-8 lessons.* Invited to present at American School Counselor Association "ASCA @ Home" National Conference, Virtual.

**Smestad, L.** (2021, September). *Recognizing Signs of OCD in school-aged children.* Invited to present at Riverside County School Counselor Leadership Network Regional Conference, Virtual.

**Smestad, L.** (2021, September). *Teaching coping skills as a tier 1 intervention.* Invited to present at Riverside County School Counselor Leadership Network Regional Conference, Virtual.

**Smestad, L.** (2021, February). *Understanding the heterogeneity of obsessive-compulsive disorder symptomology.* Workshop presented at Antioch University Seattle, Virtual.

**CONFERENCE PRESENTATIONS - INTERNATIONAL LEVEL**

Petrik-Gardner, A., **Smestad, L.**, Overbaugh, J. & Henry, A. (2024, November). *Harm, sex and religion: How ERP and I-CBT conceptualize three OCD presentations.* Workshop presented at International OCD Foundation Online Conference, Virtual.

**Smestad, L.** (2023, April). *Obsessive-compulsive disorder across cultures.* Workshop presented at Chi Sigma Iota Social Justice Symposium, Virtual.

**Smestad, L.** (2023, April). *Experiences of sexism among counselor education doctoral students*. Poster presented at Chi Sigma Iota Social Justice Symposium, Virtual.

Petrik-Gardner, A., **Smestad, L.**, & Peterson, N. (2022, July). *The reassurance trap*. Workshop presented at International OCD Foundation Conference, Denver, CO.

**Smestad, L.** (2022, April). *Racial and ethnic disparities in the diagnosis and treatment of obsessive-compulsive disorder*. Workshop presented at Chi Sigma Iota Social Justice Symposium, Virtual.

Ashcraft, R., Beall, N., & **Smestad, L.** (2021, October). *Race, culture, and OCD - A path towards more integrated treatment*. Workshop presented at International OCD Foundation Online Conference, Virtual.

Fort, K., **Smestad, L.**, & Guthery, A. (2021, May). *Decolonization of syllabi: A Rubric for counselor education programs and courses*. Workshop presented at Chi Sigma Iota Social Justice Symposium, Virtual.

## CONFERENCE PRESENTATIONS - NATIONAL LEVEL

Guthery, A. & **Smestad, L.** (2023, October). *How to create a collaborative classroom in a trauma-informed way*. Workshop presented at Association for Counselor Education and Supervision National Conference, Denver, CO.

**Smestad, L.** & Beall, N. (2023, October). *More than handwashing: Why OCD should be taught in graduate counseling programs*. Roundtable session presented at Association for Counselor Education and Supervision National Conference, Denver, CO.

**Smestad, L.** (2023, March). *Obsessive-compulsive disorder and social justice advocacy*. Workshop presented at American Counseling Association National Conference, Toronto, CA.

Hatchuel, L., **Smestad, L.**, Duffey, M., & Harley, A. (2023, March). *Fake it til you make it? Imposter syndrome in students and new counselors*. Workshop presented at American Counseling Association National Conference, Toronto, CA.

Duffey, M., **Smestad, L.**, & Hatchuel, L. (2023, March). *Private practice 101: What they don't teach you in grad school*. Workshop presented at American Counseling Association National Conference, Toronto, CA.

**Smestad, L.** (2021, October). *Recognizing signs of OCD in school-aged children and adolescents*. Workshop presented at Annual Conference on Advancing School Mental Health, Virtual.

**Smestad, L.** (2021, July). *Dismantling OCD stereotypes: What it really is and what you can do about it.* Workshop presented at National Alliance on Mental Illness National Convention, Virtual.

**Smestad, L.** & Eugene, T. (2018, July). *Teaching our kids to cope.* Workshop presented at American School Counselor Association National Conference, Los Angeles, CA.

**Smestad, L.** & Martin, D. (2016, July). *Suicide prevention and intervention in middle schools.* Workshop presented at American School Counselor Association National Conference, New Orleans, LA.

## CONFERENCE PRESENTATIONS - REGIONAL LEVEL

**Smestad, L.** & Guthery, A. (2024, October). *How to create a collaborative classroom in a trauma-informed way.* Workshop presented at Western Association for Counselor Education and Supervision Regional Conference, Tucson, AZ.

**Smestad, L.** & Beall, N. (2024, October). *Beyond handwashing: Integrating social justice into OCD education in graduate counseling programs.* Workshop presented at Western Association for Counselor Education and Supervision Regional Conference, Tucson, AZ.

**Smestad, L.** (2022, August). *Advanced diagnosis of obsessive-compulsive disorder.* Workshop presented at New York Mental Health Counselors Association Convention, Virtual.

**Smestad, L.** (2022, May). *Advanced diagnosis of obsessive-compulsive disorder.* Workshop presented at Mississippi Licensed Professional Counselor Association Virtual Conference, Virtual.

**Smestad, L.** (2022, March). *Recognizing signs of OCD in children.* Workshop presented at Washington School Counselor Association State Conference, Seattle, WA.

Eugene, T. & **Smestad, L.** (2019, October). *Using EFT principles in student conflict resolution sessions.* Workshop presented at Louisiana Counseling Association State Conference, New Orleans, LA.

**Smestad, L.** (2018, October). *Making the school counselor/intern relationship work.* Roundtable session presented at Louisiana Counseling Association State Conference, Baton Rouge, LA.

Eugene, T. & **Smestad, L.** (2018, October). *Creative ways to engage families in your school counseling program.* Workshop presented at Louisiana Counseling Association State Conference, Baton Rouge, LA.

**Smestad, L.** & Eugene, T. (2017, October). *Teaching our kids to cope*. Workshop presented at Louisiana Counseling Association State Conference, Baton Rouge, LA. Won Best in Show award.

**Smestad, L.** & Eugene, T. (2016, October). *Are you taking control of your school counseling program?* Workshop presented at Louisiana Counseling Association State Conference, Baton Rouge, LA.

Casares, D. & **Smestad, L.** (2015, October). *Clinical and school counselor collaboration*. Workshop presented at Louisiana Counseling Association State Conference, Baton Rouge, LA.

## INTERVIEWS

**Smestad, L.** (Interviewee). (2024). *The fraud factor*. Counseling Today Magazine. Interviewed about imposter syndrome in the field of counseling.

**Smestad, L.** (Guest). (July 24, 2023). *Imposter syndrome* [Audio podcast]. The Voice of Counseling Podcast. American Counseling Association.

**Smestad, L.** (Guest). (October 7, 2022). *Compulsion spotlight* [Audio podcast]. OCD Family Podcast. <https://www.ocdfamilypodcast.com/blog/s1e10-compulsion-spotlight-with-laura-smestad-lmhc>

**Smestad, L.** (Interviewee). (2017). *50 Inside Secrets from School Employees*. Parents Magazine. Interviewed for anxiety management techniques as well as the role of the school counselor.

## PROFESSIONAL MEMBERSHIPS

International OCD Foundation, Member

American Counseling Association, Member

Association for Counselor Education and Supervision, Member

Western Association for Counselor Education and Supervision, Member