

# Laura G. Smestad, PhD, LMHC, NCC, NCSC

laura@informedocd.com

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## LICENSES & CERTIFICATIONS

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**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 (BTI) Trained Practitioner**

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## EDUCATION

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**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

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## CLINICAL EXPERIENCE

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**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
- Facilitated ERP group counseling sessions with adolescents
- Implemented exposure and response prevention (ERP) therapy and cognitive behavioral therapy (CBT)
- Develop and implement 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

**Licensed Professional Counselor**

April 2016-September 2017

*NOLA Counseling Center, LLC, New Orleans, LA*

- Provided counseling services to child and adolescent clients in private practice setting
- Developed and implemented evidence-based treatment plans

**SUPERVISION & CONSULTING EXPERIENCE****Professional Consultant***Informed OCD Counseling, Seattle, WA*

2021-present

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

**Doctoral Student Site Supervisor (Teaching Internship)**

2023-present

*Antioch University Seattle, Seattle, WA*

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

**Doctoral Student Site Supervisor (Research Internship)**

2023-present

*Antioch University Seattle, Seattle, WA*

- Provide supervision and mentorship to counselor education doctoral student in research internship
- Mentor student intern in manuscript writing and publication process
- Support student in completion of research project

**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

**TEACHING EXPERIENCE****Adjunct Faculty, Antioch University Seattle**

March 2022-present

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

COUN 5160: Psychodiagnostics and Treatment Planning, Summer 2023, Fall 2023, Winter 2024

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

*\*I co-created the curriculum for this course for Antioch University's Multicultural Certificate Program*

COUN 6710: Multicultural Counseling Seminar: OCD and Social Justice Advocacy,\* Summer 2022, Spring 2023

*\*I created the curriculum for this course for Antioch University's Multicultural Certificate Program***Graduate Counselor Education Teaching Assistant, Antioch University New England**

Fall 2021

COUN 5142: Assessment and Testing

**Guest Lecturer, Antioch University Seattle**COUN 5150: Psychopathology. *Identifying Obsessive-Compulsive Disorder Symptoms*, Spring 2021, Winter 2022COUN 5160: Psychodiagnostics and Treatment Planning. *Advanced Diagnosis of OCD*, Spring 2021

**Graduate Counselor Education Teaching Assistant, Antioch University Seattle**  
COUN 5060: Communication and Counseling Skills

Fall 2020

**Guest Lecturer, University of Holy Cross**

COU 623N: Foundations and Contextual Dimensions of School Counseling. *The ASCA National Model*, Fall 2014, Fall 2016  
COU 624: Contextual Dimensions of School Counseling. *Data-Driven School Counseling Programs*, Spring 2015

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## RESEARCH EXPERIENCE

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**Counselor Education and Supervision Doctoral Research Fellow**

2021-2022

*Antioch University Seattle, Seattle, WA*

- 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

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## PUBLICATIONS

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**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)

**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.

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## RESEARCH IN PROGRESS

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Brandt, A. & **Smestad, L.** (Manuscript submitted for publication). No-Self, No Problem: A Buddhist Approach to Self-Concept Obsessive-Compulsive Disorder

**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., Guthery, A., & Hollomon, M.** (In preparation – finalizing manuscript). Relationship satisfaction, perceived wellness, and dyadic coping of graduate counseling students.

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

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## GRANTS

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**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.

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## LEADERSHIP EXPERIENCE

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**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

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## AWARDS & RECOGNITIONS

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**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** for presentation titled *Teaching Our Kids to Cope: K-8 Lessons* 2017  
*Louisiana Counseling Association State Conference*

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## PROFESSIONAL SERVICE

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**Graduate Student Committee Member** 2021-present  
*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**

*Chi Sigma Iota International*

2019-2021

**Newsletter Committee Member**

*Louisiana School Counselor Association*

2018-2019

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## INVITED PRESENTATIONS

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- 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.

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## CONFERENCE PRESENTATIONS

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### INTERNATIONAL LEVEL

- 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.

## NATIONAL LEVEL

- 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.
- 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.** (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). *Signs of OCD in school-aged children: Beyond the DSM-5*. Workshop presented at American School Counselor Association National Conference, Las Vegas, NV.
- 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.

## REGIONAL LEVEL

- 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.

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## INTERVIEWS

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**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.

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## PROFESSIONAL MEMBERSHIPS

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International OCD Foundation, Member

American Counseling Association, Member

Association for Counselor Education and Supervision, Member

Western Association for Counselor Education and Supervision, Member