



NATIONAL ANXIETY AND OCD TREATMENT CENTER

Stephanie Woodrow, LCPC, NCC
5425 Wisconsin Avenue, Suite 600
Chevy Chase, MD 20815
(301) 968-2426
swoodrow@NationalAnxietyOCD.com
www.NationalAnxietyOCD.com

SUMMARY OF QUALIFICATIONS

Recently named an Emerging Leader by the Anxiety and Depression Association of America, I am a professional counselor licensed in Maryland, Virginia, and Washington, DC. In addition to being a National Certified Counselor, I am an approved supervisor in Maryland. I specialize in the treatment of young adults, college students, and professionals with anxiety disorders, obsessive-compulsive disorder, and related disorders from a cognitive-behavioral perspective.

EDUCATION

Master of Science in Counseling, Clinical Mental Health, Johns Hopkins University

- Chi Sigma Iota – Honor Society for Professional Counselors
- Council for Accreditation of Counseling and Related Educational Programs – Approved

Master of Arts in Government, Johns Hopkins University

Thesis: “Why Campaign Finance Reform Needs Small Changes to Improve the System Rather Than a Large Overhaul”

Bachelor of Arts in Print Journalism, Hofstra University

Minor in Public Affairs, Legal Issues

PROFESSIONAL EXPERIENCE

Owner and Clinical Director

January 2022 – Present

National Anxiety and OCD Treatment Center, Washington DC Metro Area

- Provide adults with anxiety disorders, obsessive-compulsive disorder (OCD), and related disorders with therapy from a cognitive behavioral therapy (CBT) perspective, including Exposure and Response Prevention (ERP), Acceptance and Commitment Therapy (ACT), and mindfulness

Practicing Clinician

January 2019 – December 2021

Solo Private Practice, Washington DC Metro Area (previously Greater Baltimore)

- Provided adults with anxiety disorders, OCD, and related disorders with therapy from a CBT perspective, including ERP, ACT, and mindfulness
- Offered presentations to the general public and other clinicians to improve understanding and treatment of OCD and anxiety disorders, and advocate for reducing the stigma of mental illness

Clinical Associate and Internship Program Coordinator

March 2016 – January 2019

The Maryland Anxiety Center, Towson MD

- Provided individuals therapy for anxiety, OCD, and related disorders from a CBT perspective, including ACT, Dialectical Behavior Therapy, and mindfulness
- Co-presented and assisted with research for psychoeducational presentations on anxiety and related disorders for clinicians, students, professionals, sufferers, and loved ones
- Coordinated the undergraduate and graduate internship training programs, including psychoeducation, treatment protocols, evidence-based theoretical orientations, and guidance for graduate interns on ERP exercises

Counseling Intern

January 2015 – March 2016

Adventist Behavioral Health, Adult Partial Hospitalization Program, Rockville MD

- Conducted psychosocial intake assessments
- Wrote treatment plans with patients
- Led and co-led process group therapy, CBT, and individual therapy
- Participated in family meetings, treatment planning, and discharge planning

Practice Manager

October 2011 – July 2015

Steven B. Israel, MD, Solo Psychiatric Practice, Rockville MD

- Responsible for handling phone calls, scheduling, emergencies, and patient records
- Fulfilled record requests including drafting letters and completing prior authorizations
- Worked with billing company on insurance authorizations, payments, and claims
- Converted the office's filing system and paper records to electronic medical records
- Rewrote and designed website and handled all communication with graphic design firm

AFFILIATIONS

American Counseling Association (ACA)

Anxiety and Depression Association of America (ADAA)

- Annual Conference
 - Attendee, 2017 – 2019, 2021 (2020 conference cancelled due to COVID)
 - Sessions Submissions Reviewer, 2020 for 2021, 2021 for 2022
- Child and Adolescent Special Interest Group
 - Member, September 2021 – present
- Early Career Professionals and Students Special Interest Group
 - Chair Emeritus, June 2019 – present
 - Chair, June 2018 – June 2019
 - Co-Vice Chair, June 2017 – June 2018
- "Emerging Leader Award," March 2019
- Membership Committee
 - Vice Chair, August 2021 – Present
 - Member, August 2019 – August 2021
- OCD and Related Disorders Special Interest Group
 - Vice Chair, March 2021 – Present
 - Member, January 2019 – March 2021
- Social Anxiety Special Interest Group
 - Member, January 2019 – present
- Women's Mental Health Special Interest Group
 - Member, January 2019 – present

International OCD Foundation (IOCDF) and the regional affiliate OCD Mid-Atlantic

- Annual Conference attendee, 2016, 2018, 2020 (virtual)

Licensed Professional Counselors of Maryland (LCPCM)

National Board for Certified Counselors (NBCC)

- National Certified Counselor, May 2016 – present

PROFESSIONAL DEVELOPMENT

- Dr. Reid Wilson's 2-Day Treatment Program *Scheduled July 2022*
- Observe Dr. Wilson's intensive CBT for OCD treatment group at the IOCDF's annual conference, providing therapy to those who might not otherwise have access (scheduled for the 2020 conference, but postponed due to COVID-19)
- ADAA's OCD & Related Disorders and Social Anxiety Special Interest Groups *January 2019 – present*
- Participate in monthly virtual peer-consultation groups with other therapists, including presenting cases and providing other clinicians with suggestions on their cases
- Rebecca Sachs, PhD ABPP's Autism Assessment Training *May 2021*
- Attended a five-hour training on developing a differential diagnosis for people with OCD or an anxiety disorder who might be on the Autism Spectrum
- My OCD Care Presents: Rebecca Sachs, PhD on OCD and Autism Spectrum Disorder *November 2019*
- Webinar on the treatment implications of cooccurring OCD and Autism Spectrum Disorder including adaptive skills, differential diagnosis, and adjusting traditional ERP
- Stuff That's Loud: Integrating ERP and ACT for Youth with Anxiety and OCD *Fall 2019*
- Completed an eight-week virtual training on improving treatment outcomes for people with anxiety, OCD, and related disorders by incorporating ACT with ERP
 - Training run by Dr. Coyne and Ben Sedley, PhD, a clinical psychologist and author specializing in ACT
- ADAA Annual Conference *March 2019*
- Chaired organizing the annual luncheon for early career professionals and students, including coordinating speakers and 40 table hosts for more than 300 attendees
- Advanced Forum Behavior Therapy Training Institute *October 2018*
- Accepted to and attended IOCDF's advanced training program aimed at "Promoting Treatment Engagement in OCD-Related Disorders" at McLean Hospital
- Mental Health Advocacy Capital Walk *October 2018*
- Assisted with acquiring sponsors and promoting the IOCDF and OCD Mid-Atlantic's walk on the National Mall to raise awareness and advocate for the OCD community
- 6th Annual Hoarding Pre-Conference Training Session *July 2018*
- Participated in a six-hour interactive seminar at the IOCDF conference
- "Who Should I Treat? Specialization vs. Generalization in Clinical Practice" *May 2018*
- Organized ADAA webinar including securing speakers, collecting, and preparing questions, and developing PowerPoint presentations
- ADAA Annual Conference *April 2018*
- Assisted in organizing the annual luncheon for early career professionals and students, which included coordinating three speakers and 40 table hosts for 250 attendees
- OCD Capital Walk *October 2017*
- Assisted planning and organizing of the IOCDF and OCD Mid-Atlantic's first walk on the National Mall to raise awareness and advocate for the OCD community
- ADAA Annual Conference *April 2017*
- Selected to participate in the Alies Muskin Career Development Leadership Program, a mentoring and professional-development opportunity for early career professionals
- OCD Mid-Atlantic *March 2017*
- Attended presentation on OCD: Breakout Sessions with Experts

- OCD Mid-Atlantic October 2016
 ➤ Assisted with the annual OCD Awareness Week by promoting the organization's fundraiser and helping with public education
- OCD Mid-Atlantic March 2016
 ➤ Attended presentation on OCD and the Family: Breakout Sessions with Experts
- OCD Mid-Atlantic October 2016
 ➤ Attended psychoeducation presentation on OCD from expert perspectives

PRESENTATIONS

Woodrow, S., DuPont Spencer, E., Lippin, R., & Morrow, K. (scheduled for 2022, March 20). *Rebuilding therapeutic relationships: Helping patients make progress after past negative experiences in treatment* [Conference presentation]. Anxiety and Depression Association of America 2022 Conference, Denver, CO.

Woodrow, S. & Sheckler, A. (scheduled for 2022, March 18). *Language matters: How changes in language from reactionary and inflexible to accepting and fluid have impacted patients and treatment* [Conference presentation]. Anxiety and Depression Association of America 2022 Conference, Denver, CO.

Thomas, S. & **Woodrow, S.** (scheduled for 2022, March 17). *Your therapist asked you to do what? Utilizing ERP while respecting religious practices when treating scrupulosity* [Conference presentation]. Anxiety and Depression Association of America 2022 Conference, Denver, CO.

Woodrow, S. & Jakatdar, T. (2021, August 26). *Setting up patients for success: Psychoeducation increases success in treatment* [Webinar]. Anxiety and Depression Association of America. <https://adaa.org/professionals/education/live-webinars>

Woodrow, S., Martinez, M., & Sheckler, A. (2021 March). *Therapists in therapy: Promoting resilience in mental healthcare providers* [Conference presentation]. Anxiety and Depression Association of America 2021 Conference, Virtual conference.

Woodrow, S. (2020, August 26). *Flipping the script: How becoming a COVID-19 patient challenged my skills as an anxiety therapist* [Conference presentation]. Social Determinants of Community Well-Being, University of Southern California, Virtual conference.

Woodrow, S. (2019, October 16). *Obsessive-compulsive disorder 101*. Chevy Chase, MD. A community presentation during the International OCD Foundation's annual OCD Week.

Alcantara, C., DuPont Spencer, E., & Taylor, C. (2019, March 31). *Getting your guide – The importance of identifying supervisors and mentors as early career trainees and professionals* [Conference presentation].

Moderator S. Woodrow. Anxiety and Depression Association 2019 Conference, Chicago, IL.

Batton, A. G. & **Woodrow, S.** (2018, July 27). *I'm more than my OCD: Putting things in perspective* [Conference presentation]. International OCD Foundation 2018 Conference, Washington, DC.

Bilek, E., Bomyea, J., Keller, K., Korte, K., Peterman, J., & Steinman, S. (2018, April 7). *Demystifying the process of applying for postdoctoral fellowships* [Conference presentation]. **Moderator S. Woodrow.** Anxiety and Depression Association 2018 Conference, Washington, DC.

Batton, A. G. & **Woodrow, S.** (2017, August 2). *Underneath it all: Understanding the nature of hoarding disorder*. Towson, MD. A community presentation to sufferers, family members, and professional organizers.

Batton, A. G. & **Woodrow, S.** (2016, September 21; 2016, September 22; 2016, September 28; 2016, October; 2017, March 2) *Anxiety problems in youth: Understanding the nature and consequences of anxiety and making a difference*. Towson, MD; Sparks, MD. Three community presentations to educate parents, teachers, and school counselors.

Batton, A. G. & **Woodrow, S.** (2016, July 14; 2016, November 2). *Life Interrupted: Understanding the Nature of Anxiety and Related Disorders*. Towson, MD. Two community presentations to educate sufferers and their loved ones.

SELECTED MEDIA

Woodrow, S. (2020, June 24). *Flipping the Script: When the therapist becomes the patient*. Anxiety and Depression Association of America. <https://adaa.org/learn-from-us/from-the-experts/blog-posts/professional/flipping-script-when-therapist-becomes>

Irving-Johnson, D. (2020, May). Helping people thrive in spite of anxiety: A profile of **Stephanie Woodrow**. *Counseling Today*, 62(11), 18–19.

Woodrow, S. (2020, April 28). *Flipping the script: How becoming a COVID-19 patient challenged my skills as an anxiety therapist*. Anxiety and Depression Association of America. <https://adaa.org/learn-from-us/from-the-experts/blog-posts/professional/flipping-script-how-becoming-covid-19>

Woodrow, S. (2020, April 7). *Transgender OCD: A new theme following a familiar pattern*. Anxiety and Depression Association of America. <https://adaa.org/learn-from-us/from-the-experts/blog-posts/professional/transgender-ocd-new-theme-following-familiar>

Woodrow, S. (2020, March 6). *Going away to college can lead to an uptick in OCD distress*. Anxiety and Depression Association of America. <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/going-away-college-can-lead-uptick-ocd-distress>

Anxiety and Depression Association of America (2020, February 25). *Member Spotlight: Stephanie Woodrow*. <https://adaa.org/resources-professionals/member-spotlight>