

LAUREN CARAVELLO, LCSW
LICENSED THERAPIST & PRACTICE OWNER

L I C E N S U R E

Washington Licensed Independent Clinical Social Worker

License #: 61334739 I

Nevada Licensed Clinical Social Worker

License #: 11186-C

NPI #: 1750029104

C L I N I C A L E X P E R I E N C E

Therapist and Associate Director of Child and Adolescent Services

Seattle Counseling and Wellness

June 2022-February 2024

- Setting: outpatient
- Serving: children, adults, families
- Providing treatment & support for: Anxiety, Depression, ADHD, parenting, relationships, life-transitions

DBT Individual & Group Therapist

Thira Health LLC

March 2021-May 2022

- Setting: intensive outpatient & partial hospitalization
- Serving: adolescent and adult women
- Providing treatment for: anxiety disorders, mood disorders, & eating disorders

Parenting Coach & PCIT Provider

Brigid Collins Family Support Center

August 2018-March 2021

- Setting: non-profit, community mental health
- Serving: children & families
- Providing treatment & support for: parenting, behavioral challenges & developmental disabilities

Practicum Student & Therapist

Sunfield Center

January 2017-June 2018

- Setting: outpatient
- Serving: children, adults, and families
- Providing treatment & support for: parenting, behavioral challenges, developmental disabilities, and anxiety disorders.

E X P E R T I S E & C E R T I F I C A T I O N S

Utilizing an approach grounded in DBT principles of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness to empower clients in achieving their treatment goals.

Certified Parent-Child Interaction Therapist

January 2021- Present

Accredited Level 4 Standard, Teen, and Pathways Triple P Provider

January 2019-Present