

Katharine McArthur Competencies

- Certifications
 - Youth Psychological First Aid (Red Cross)
- Settings/Populations
 - Adolescents
 - Adults (all genders)
 - Children
 - LGBTQ+ community
 - School-based
- Treatment Modalities/Approaches
 - Adolescent Psychotherapy
 - Client-Centered Therapy
 - Cognitive Therapy
 - Couples Therapy
 - Family Therapy
 - Logotherapy
 - Solution Focused Brief Therapy
 - Family Systems Therapy
 - Narrative Therapy
 - Individual Therapy
 - Intake Assessment
 - Gender Affirming Therapy
 - Sexuality Affirming Therapy
- Disorders/Issues
 - Adjustment Disorder
 - Adolescent Behavior Disorder
 - Anxiety/Panic Disorder
 - Crisis Stabilization
 - Child/Parent Bonding
 - Depression
 - Family Dysfunction
 - Gay/Lesbian/Bisexual
 - Gender Identity Exploration
 - Mood Disorders
 - Parenting Issues
 - Post-Partum Mental Health
 - PTSD
 - Stress Management
 - Self-Injury
 - Suicide
 - Women's Issues
 - Work-related problems