

Carissa Hodgson, LCSW, OSW-C

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SUMMARY

Seasoned therapist with a specialization in chronic illness, caregiving, grief and family systems. Respected expert in the field of oncology and social work, having received invitations to speak at national conferences and trainings. Educator and Supervisor of students pursuing a career in social work.

SKILLS & EXPERTISE

Psychotherapy • Teletherapy. • Program Development & Management • Education & Field Supervision
Outreach & Public Speaking • Psycho-Oncology • Chronic Illness • Death, Loss & Grief • Caregiving
Kids, Teens & Parenting • Family Systems • LGBTQIA+ • Trauma-informed • Mind/Body/Spirit Approach

EXPERIENCE

PRIVATE PRACTICE | Verona, WI

Telehealth Psychotherapist & Speaker

January 2021 - Present

- Conduct therapy with individuals and couples over a telehealth platform
- Speak in-person or virtually on topics of chronic illness, caregiving, grief, family systems and parenting

UNIVERSITY OF WISCONSIN | Madison, WI

Associate Lecturer

January - May 2021

January - May 2020

- Teach SW 825: Grief, Death, Loss and Life in the Part-Time Master of Social Work Program

GILDA'S CLUB MADISON | Middleton, WI

Program Manager

March 2009 - Present

Teen Time Group Facilitator

August 2008 - February 2009

- Facilitate support groups for adults, teens, and children who are affected by cancer
- Develop and supervise all youth programs, including support groups, healthy living workshops, lectures, and social activities; train and supervise all volunteers working with the youth programs
- Co-create the psychoeducational curriculum for Grief Busters, Kid Support, and Teen Time support groups
- Provide counseling to individuals and families
- Act as a subject-matter expert on cancer, caregiving and grief at professional lectures, organizational in-services, and community workshops
- Conduct research to inform and validate best practices
- Work closely with the Program team to create, build, and assess our program; collaborate with the Administrative team in marketing, fundraising and outreach
- Supervise undergraduate and graduate student interns in the field of Social Work, Child Life, and Art Therapy
- Strengthen cancer support in the community by creating and maintaining effective partnerships with other cancer and wellness organizations

BIRCH TREE MENTAL HEALTH SERVICES, LLC | Fitchburg, WI

Psychotherapist, Co-Owner of Practice

July 2011 - July 2014

- Built a private practice with partner, including business and legal set-up, design of intake and assessment forms, and creation of practice guidelines
- Provided psychotherapy services specializing in areas of anxiety, depression, chronic illness, caregiving, grief and loss, trauma, parenting and family systems

NETWORK, INC. (Tellurian) | Madison, WI

Individual, Group & Family Therapist

June 2007 - March 2009

- Provided mental health and substance abuse counseling to adolescents through a day-treatment program model; conducted assessments, provided individual therapy, facilitated treatment groups and family therapy sessions; planned and coordinated a weekly recreational group
- Worked as part of a multidisciplinary team to advocate for adolescents at legal, school, and community meetings

OREGON MENTAL HEALTH SERVICES, LLC | Oregon, WI

Lead In-Home Therapist & Psychotherapist

November 2007 - January 2010

Psychotherapist Intern

August 2006 - May 2007

- Provided psychotherapy to families with children and adolescents who had severe mental health and emotional challenges; focus areas included anxiety, depression, grief, trauma, gender identity, alcohol and drug abuse, communication, parenting, conflict resolution, and family systems

BOLTON REFUGE HOUSE, INC. | Eau Claire, WI

Domestic Violence and Sexual Assault Advocate Intern/Volunteer

September 2002 - May 2006

- Managed crisis situations by calling law enforcement, coordinating transportation for survivors, and offering support to women over the phone
- Conducted shelter intakes and assisted women with completing legal forms, filing restraining orders, preparing for court, locating employment, and securing permanent housing
- Co-facilitated a PTSD support group and met one-on-one with survivors to provide emotional support
- Provided administrative assistance to the organization by writing grants, providing community outreach, and creating a volunteer mentorship program

PRESENTATIONS

- **Ambiguous Loss and our Way Through Grief**
 - o Heartland Farm Sanctuary (Virtual), January 2021
- **Avoiding Caregiving Burnout While Caring for a Loved One with Cancer**
 - o DigiTEAL Learning Series (Virtual), December 2020
- **What Do I Tell the Kids? Supporting Kids and Teens Affected by Cancer During COVID**
 - o Gilda's Club Madison, Webinar (Virtual) - June 2020
- **Fostering Resilience in Families Facing Cancer**
 - o Cancer Support Community Affiliate Leadership Conference, Philadelphia, PA - August 19, 2019
 - o Triage Cancer Conference, Chicago, IL - May 16, 2019
 - o Triage Cancer Webinar, May 2018

- **Youth, Families and Cancer**
 - Association of Oncology Social Workers National Conference, Tucson, AZ - June 5, 2019
- **The Many Layers of Coping with Cancer**
 - Triage Cancer Conference, Chicago, IL - May 16, 2019
- **What about the Kids? Helping Young Survivors and Co-Survivors Parent Through a Cancer Diagnosis**
 - UW Carbone Cancer Center 17th Annual Cancer Symposium, Madison, WI - October 19, 2018
 - Midwest Young Adult Cancer Conference, Madison, WI - April 14, 2018
- **The Impact of Cancer on Children and Teens (Clinical Practice Intensive)**
 - Association of Oncology Social Workers National Conference, Atlanta, GA - May 31, 2018
- **Helping Clients and Families Through Cancer with Healing and Hope**
 - BrightStar Care, Madison, WI - July 25, 2017
- **A Look into the Impact of Cancer on Family and Caregivers, and Those who Work with Caregivers**
 - Wisconsin Comprehensive Cancer Control Program, Wisconsin Dells, WI - October 17, 2019
 - Wisconsin Comprehensive Cancer Control Program, Eau Claire, WI - June 8, 2016
 - Wisconsin Marriage and Family Therapist Conference, Madison, WI - April 3, 2016
- **Holiday Grief Toolbox**
 - Gilda's Club Madison, Madison, WI - November 2013

RESEARCH

- **Resilience in Families Facing Cancer at Gilda's Club Madison**
 - Survey and interviews conducted in March, 2018
 - Data woven into further presentations, specifically "Fostering Resilience in Families Facing Cancer"
- **Effectiveness of the Kid Support Program for Children Affected by Cancer**
 - Presented to ExCEL in Social Work Committee, February 2014

PUBLISHED ARTICLES

- **The "Outsiders"—How to Support Siblings of Children Who Have Cancer**
 - OncoLink - September 2019
- **Fitting Cancer Into the School Year**
 - Coping Magazine - July/August 2019
- **How Do I Tell My Kids I Have Cancer?**
 - Coping Magazine - March/April 2019

PROFESSIONAL AFFILIATION LEADERSHIP

ASSOCIATION OF ONCOLOGY SOCIAL WORKERS (AOSW)

Youth, Families and Cancer Special Interest Group, Co-Leader
Member

November 2018 - Present
July 2015 - Present

- Co-lead the Youth, Families and Cancer Special Interest Group (SIG)—write articles for the newsletter, communicate regularly with members of the SIG to share resources, generate discussion on the listserv, and engage members in outreach/education
- Complete at least 20 hours of continuing education credit every two years in the content areas of psychosocial oncology, palliative care and/or end of life care

ONCOLOGY SOCIAL WORKER CERTIFICATION

Board of Oncology Social Work, #918

July 2015 - Present

CLINICAL SOCIAL WORKER LICENSE

State of Wisconsin, #773-123

June 2011 - Present

MASTER OF SOCIAL WORK

University of Wisconsin, Madison

Summa Cum Laude

2007

BACHELOR OF SOCIAL WORK

University of Wisconsin, Eau Claire

Summa Cum Laude

2006