
Raychelle Cassada Lohmann, Ph.D.

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EDUCATION

Ph.D.

Educational Leadership, Policy, and Human Development, 2018

Emphasis: Counselor Education and Supervision

North Carolina State University, Raleigh, NC

M.S.

Counselor Education, 1998

Emphasis: School Counseling

North Carolina State University, Raleigh, NC

B.A.

Psychology, 1995

Emphasis: Family and Child Counseling

North Carolina State University, Raleigh, NC

LICENSE AND CERTIFICATION

National Board Certified Counselor (#67729)

North Carolina Licensed Professional Counselor Supervisor (#S3954)

North Carolina Licensed Professional Counselor (#3954)

South Carolina Licensed Professional Counselor (#4802)

Global Career Development Facilitator (#GCDF11126-US)

North Carolina Professional Educator's License - School Counselor (799328)

AWARDS AND HONORS

2014 Recognized as a "Difference Maker" in Bullying Prevention - Crisis Prevention
Institute

2014 SC Counselors Association Counselor of the Year Award

2013 Top 10 Online Children's Mental Health Influencer's (#8) - ShareCareNow

2012 SC Commission on Higher Education HEART Award Finalist

PROFESSIONAL MEMBERSHIPS

American School Counselor Association
American Counseling Association
Association for Counselor Education and Supervision
Chi Sigma Iota, Nu Sigma Chi Chapter
National Career Development Association

PROFESSIONAL EXPERIENCE

Academia

Graduate Assistant, *July 2017- July 2018*
Counselor Education Program
➤ Support for CACREP and Recruitment and Admissions
North Carolina State University, Raleigh, NC

Author and Media Contributor

Parenting contributor to US News and World Report, *January 2017 – present*
Expert contributor to Pro Corner on Recovery.com, *October 2014 – present*
Expert contributor to Sharecare, *June 2013 – present*
Author of Psychology Today's *Teen Angst*, *August 2010 – present*

Clinical Experience

Clinician, *May 2018 – present*
Etheridge Psychology
Cary, NC

School Counseling

Lead Middle School Counselor, *July 2014 – May 2017*
Wake Young Men's Leadership Academy
Wake County Public Schools, Raleigh, NC.

High School Lead Counselor, *August 2010–June 2013*
Beaufort County School District
➤ Coordinated Programs for Five High Schools
Beaufort County Public Schools, Beaufort, SC

High School Counselor, *August 2008 – June 2014*
Hilton Head Island High School
Beaufort County School District, Beaufort, SC.

Lead Middle School Counselor, *August 2006 – August 2008*
Myrtle Beach Middle School
Horry County Public Schools, Myrtle Beach, SC.

High School Counselor, *August 1999 – June 2006*
Cary High School
Wake County Public Schools, Cary, North Carolina.

High School Counselor, *August 1998 – October 1999*
Clayton High School
Johnston County Public Schools, Smithfield, SC.

ACADEMIA AND TEACHING EXPERIENCE

Instructor

ECD 642 Practicum in Counseling

North Carolina State University, *January 2016 – May 2016*

Course Description

This course requires student participation in individual and group counseling and consultation experiences under supervision in a school, college or agency setting.

General Information

This course is the third component of the Department's clinical experience sequence in the application of counseling theory. The course is a supervised practicum experience offered in several individual seminar sections which focus on case conceptualization, client assessment

and evaluation, oral and written case reporting, and the overall evaluation of counseling performance in individual and group interventions. The purpose of this course is to provide participants with the opportunity to further develop their skills in individual counseling, group work, and consultation while under direct supervision.

Co-Instructor

ECD 510 Orientation to Counseling Profession

North Carolina State University, *May 2016 – June 2016*

Course Description

This course examines each of the following: (1) the purpose of counseling, (2) the historical context for counseling, (3) the basic principles of major counseling theories, and (4) the practice of counseling in various professional settings. The course will be offered in a hybrid format, with online instruction meetings and face-to-face instruction noted on “Tentative Learning Schedule.”

General Information

The course integrates the use of face-to-face instructions and online instructions, which includes narrated presentations, digital film demonstrations, student-teacher interactions through face-to-face meetings, and assignments, both online and during on campus instruction. This course is demanding given the hybrid nature (i.e., face-to-face and online components) and 5 week duration of the course.

Responsibilities

- Developed and set-up online components of course via Blackboard Collaborate
- Created assessments, weekly reflections and information portals for students to participate in the online forums
- Developed lesson plans and lecture PowerPoint slides
- Developed and set-up assessments and electronic scoring via online platform
- Provided course feedback on assignment submissions
- Instructed face-to-face meetings
- Corresponded with students electronically, face-to-face and via phone regarding course materials, tests, projects and addressed any other questions or concerns

Graduate Assistant

Counseling and Counselor Education Department

North Carolina State University *July 2018 – June 2018*

Roles

The roles of the Counseling and Counselor Education Department Graduate Assistant included: (a) directly participating in the extension, outreach and engagement mission of the unit, or an on-campus or off-campus organization that is affiliated with the unit, in the design of projects, data collection, analysis, application, or reporting of results in the field of study; and (b) supporting the extension, outreach and engagement mission of the program, including substantive interaction with individuals or groups beyond the university.

Responsibilities

- Developed and implemented program evaluation tools and assessments using Qualtrics, a web-based survey data analysis service
- Collected and wrote program evaluation report for CACREP
- Collected and completed CACREP Vital Statistics report
- Analyzed and quantitatively reported data to departmental chair
- Coordinated and co-facilitated program information sessions for Masters and Doctoral program
- Co-developed internal departmental website via WordPress with North Carolina State University's IT department
- Coordinated and assisted with Doctoral program interviews
- Assisted with and consolidated data for Master's program admission
- Manages and responded to counseling email inquiries
- Coordinated campus National Counselor Exam for graduating students
- Attended and took minutes at monthly departmental meetings
- Managed University departmental website
- Edited and contributed to the Counseling and Counselor Education program handbook
- Edited and contributed to the Education, Leadership and Policy Development Ph.D. department handbook
- Developed and streamlined more efficient and effective ways to disseminate information via electronic applications

CLINICAL AND SUPERVISION EXPERIENCE

Clinical Experience

Clinician, Etheridge Psychology *May 2018 – present*

- Perform intake assessments, develop treatment plans, and conduct individual, family, and group counseling
- Participate in monthly staff meetings, group supervision, and individual consultation
- Insurance credentialed (Blue Cross Blue Shield, and in progress Aetna and Tricare)

Supervision Experience

North Carolina State University *August 2015 – May 2016*

- Fall 2015: Conducted group and individual supervision to master's students enrolled in Counseling Techniques
 - Spring 2016: Conducted weekly group and individual supervision to master's students enrolled in Practicum
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PUBLICATIONS

Thesis

Lohmann, R.C. (1998). *Assessing career decision status: How and why do college career counselors use the career decision profile in practice*. North Carolina State University, Raleigh, NC.

Dissertation

Lohmann, R.C. (2018). *The effects of a customized school-based anger regulation and aggression reduction intervention*. North Carolina State University, Raleigh, NC.

Current Works

Lohmann, R. C. (in press). *The anger workbook for teens* (2nd ed.). New Harbinger Publications. Oakland, CA.

Peer-Reviewed Journal Articles

Jones, L. K., & Lohmann, R. C. (1998). The career decision profile: Using a measure of career decision status in counseling. *Journal of Career Assessment*, 6, 209-229.

Books

Lohmann, R. C. (2009). *The anger workbook for teens*. Oakland, CA: New Harbinger Publications.

Lohmann, R. C. (2011). *Staying cool when you're steaming mad*. New Bern, NC: Marco Products Publications.

Lohmann, R.C. (2015). *Teen anxiety: A CBT and ACT activity resource book for helping*

- anxious adolescents*. London: Jessica Kingsley Publishers.
- Lohmann, R.C., & Raja, S. (2016). *The sexual trauma workbook for teen girls*. Oakland, CA: New Harbinger Publications.
- Lohmann, R.C. & Taylor, J.V. (2013). *The bullying workbook for teens*. Oakland, CA: New Harbinger Publications.

International Translation of Books

- Lohmann, R. C. (2016). *Hoe krijg ik die boosheid onder controle?* (2nd ed.) Amsterdam-Zuidoost: BV Uitgeverij SWP
- Lohmann, R. C. (2011). *Hoe krijg ik die boosheid onder controle?* Amsterdam: Nino
- Lohmann, R. C. (2011). *Journal pour gérer ma colère*. Canada: Boîte à livres.
- Lohmann, R. C. (2012). 분노 표현하기 교사 청소년 상담사 명상캠프 지도자 부모를 위한 지침서 위기의 청소년을 돕는 워크북 5. Seoul, Korea: Meditation Counseling Institute.
- Lohmann, R.C. & Raja, S. (2017). *Dừng Cảm Lên Em - Sách Hướng Dẫn Vượt Qua Sang Chấn Xâm Hại Tình Dục Dành Cho Tuổi Teen*. Vietnam.
- Lohmann, R.C. & Raja, S. (2016). *Genç Kızlar İçin Cinsel Travma Çalışma Kitabı: Cinsel Saldırı ve İstismarı Atlamada Bir Kılavuz*. Beyoğlu-İstanbul: Nobel Yaşam

Book Chapters

- Espejo, R. (2015). *Sexting*. Farmington Hills, Michigan: Greenhaven Press, a part of Gale, Cengage Learning.
- Scherer, L. (2015). *Cyberbullying*. Cyberbullying versus traditional bullying. Farmington Hills, Michigan: Greenhaven Press, a part of Gale, Cengage Learning.

Featured in Magazines and Newspapers

- Daly, B. (2013, September). Creating a safety 'net' for kids. *Chicago Tribune*. Retrieved from <http://www.chicagotribune.com/lifestyles/sc-fam-0903-internet-sense-20130903-story.html>.

- Fink, J. (2016). Defusing defiance in the classroom. *Scholastic Teacher Magazine*. Retrieved from <https://www.scholastic.com/teachers/articles/teaching-content/defusing-defiance-classroom/>
- Gregoire, C. (2014, February). From Gah! To ahh... How to deal with stress. *Scholastic Choices Magazine*, 29, 5, 10-13.
- Hawkins, R. (2017, September). Hurricane Harvey: How to begin recovery after tragedy. *Blackdoctor.org*. Retrieved from <https://blackdoctor.org/516145/hurricane-harvey-how-to-begin-recovery-after-tragedy/2/>
- Irvine, M. (2013, January). From pets to recess: High school stress relief. *Associated Press*.
- Lamphere, C. (2012, October). Experts: Cyberbullying no laughing matter. *Cadillac News*.
- Lohmann, R.C. (2016). Emotional health: 5 principles that matter for your child. *Roots of Action*. Retrieved from <https://www.rootsofaction.com/emotional-health-children/>.
- Lohmann, R.C. (2015, September). Foster good sibling relationships and they'll reap the rewards later in life. *Family Life Magazine, Belfast Telegraph Ireland*.
- Lohmann, R.C. (2016, July). Practical tips on how to avoid becoming a victim of trolls. *Complete Wellbeing, India*.
- Lohmann, R.C. (2016, September). Slay the first day. *Seventeen Magazine*, 119.
- Lohmann, R.C. (2014, February 17). What about those doing the bullying? They deserve our help, too. *Goodtherapy.org*. Retrieved from <https://www.goodtherapy.org/blog/what-about-those-doing-bullying-they-deserve-our-help-too-0217144>.
- Lowry, R. (2012, August). Teen rage: Mental disorder or psychological crisis. *Desert News*. Retrieved from <https://www.deseretnews.com/article/765599220/Teen-rage-mental-disorder-or-psychological-crisis.html>.
- Lutz, C. (2017, May 25). Why You Shouldn't Believe Everything You Read About Marijuana, Raychelle Lohmann Unravels Teen Drug Use. *Psyc2go.net*. Retrieved from <https://psych2go.net/shouldnt-believe-everything-read-marijuana-raychelle-lohmann-unravels-teen-drug-use/>
- Shallcross, L. (2011, September). Beyond the books. *Counseling Today*, 54, 3.
- Shallcross, L. (2013, February). Bully pulpit. *Counseling Today*, 26-34.
- Teen Safe (2016, August 15). Parents as digital role models for their children. *Teen Safe*. Retrieved from <https://www.teensafe.com/blog/parents-digital-role-models-children/>

Tranell, K. (2016, January). How to fight fair. *Scholastic Choices Magazine*.

MEDIA AUDIO INTERVIEWS AND PODCASTS

Hall, B. (2012, July) “Sexting’ trend highlights needs for laws to catch up with technology” *CNN*, online.

Carp, D., & Thrasher, J. (2017). Martinis and Murder. Body in the Swamp. *Oxygen*. Retrieved from <https://player.fm/series/series-1454841/episode-15-body-in-the-swamp>

Cefalo, J. (2018, April). Too Much Homework. *IHeart Media*. Miami/Ft. Lauderdale, FL.

Jones-Fosu, J. (2011, August) Listen Up Show. Teen Sexting. *Maryland's Public Radio Station WEEA 88.9 FM*.

Kotove, S. (2012, July 31). The Texas Conflict Coach – The dangers of teen sexting. *The Texas Conflict Coach*. Retrieved from <http://www.blogtalkradio.com/texas-conflict-coach/2013/12/25/the-dangers-of-teen-sexting>

Monaghan, S. (2018, May). Teens and Prom. *KYW Newsradio 1060*. Philadelphia, PA.

Quarto, C. J. (2017, March 7). *Make a Mental Note. Women Survivors of Childhood Sexual Abuse*. Retrieved from <https://www.youtube.com/watch?v=43e4QBtjxnw>

South Carolina Educational Television (2014). Career Aisle – Barriers to Career Decision-Making, Part One and Two. *Know It All SCETV*. Retrieved from Part One:

<http://knowitall.sctv.org/careerisle/guidance/programs.cfm?programID=649>

Part Two:

<http://knowitall.sctv.org/careerisle/guidance/programs.cfm?programID=699>

Skeen, M. (2012, July 31). Relationships 2.0 – Teen anger. *KCAA AM-1050 Radio*. Retrieved from <http://michelleskeen.com/blog/?p=223>

Skeen, M. (2015, January 20). Relationships 2.0 – Teen anxiety. *KCAA AM-1050 Radio*.

Retrieved from <http://www.michelleskeen.com/media-center/relationships-2-0-2015-q1/>

Skeen, M. (2013, June 26). Relationships 2.0 – Teen bullying. *KCAA AM-1050 Radio*.

Retrieved from https://us.ivoox.com/en/guest-raychelle-cassada-lohmann-and-julia-taylor-authors-audios-mp3_rf_7073774_1.html

WHHI Television (2010, November). Cyberbullying. Hilton Head Island, SC.

WHHI Television (2011, January). Anger and Aggression. Hilton Head Island, SC.

- Williams, Z. (2011, June 16). Voice of Reason with Zo Williams – Anger. *Foxxhole Sirius-xm Satellite Radio*. Retrieved from <https://www.youtube.com/watch?v=jDtg6Y5yU3k>
- Wilson, M. (2011, June 16). *The Grass is Greener Bullying Summit*. Retrieved from <http://thegrassgetsgreener.com/bullying-survivors-virtual-summit/>
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PROFESSIONAL PRESENTATIONS

Conference Presentations

- Lohmann, R.C. (2013, July). Adolescent Anger. *American School Counselors Association*. Philadelphia, PA.
- Lohmann, R.C. (2011, February). Adolescent Anger. *South Carolina Counselors Association*. Myrtle Beach, SC.
- Lohmann, R.C. (2014, February). Breaking the Silence on Teen Suicide. *South Carolina Counselor Association*. Myrtle Beach, SC.
- Lohmann, R.C. (2013, October). *C3 Career Conference*. Hilton Head Island, SC.
- Lohmann, R.C. (2014, July). Developing a Comprehensive School Bullying Action Plan. *American School Counselors Association*. Orlando, FL.
- Lohmann, R.C. (2006, November). Teen Anger. *North Carolina School Counselors Association*. Greensboro, NC.
- Lohmann, R.C. (2010, March). Teen anger: A comprehensive approach to teaching teens to control their anger. Poster Session. *National Youth at Risk Conference*. Savannah, GA.
- Lohmann, R.C. (2011, March). Teen anger: A comprehensive approach to teaching teens to control their anger. Poster Session. *National Youth at Risk Conference*. Savannah, GA.
- Lohmann, R.C. (2015, November). Teen Anxiety. *Kentucky Counselors Association*. Louisville, KY.
- Lohmann, R.C. (2015, November). Teen Sexual Trauma. *Kentucky Counselors Association*. Louisville, KY.
- Lohmann, R.C. (2014, March). Teen Suicide and Self-harm. *Kentucky School Counselors Association*. Lexington, KY.

- Lohmann, R.C. (2011, June). Understanding and Identifying the Barriers of Career Decision Making. *SC Business Summit*. Greenville, SC.
- Lohmann, R.C. (2013, October). Violence in the Community. *Hilton Head Island Women's Association*. Hilton Head Island, SC.
- Lohmann, R.C. (2010, December). Working with Angry Youth. *Beaufort County School Counselors*. Beaufort, SC.
- Lohmann, R.C. (2015, February). *North Carolina Counselors Association*. Greensboro, NC.
- Lohmann, R.C. (2012, November). *North Carolina School Counselors Association*. Greensboro, NC.
- Lohmann, R.C. (2010, November). *North Carolina School Counselors Association*. Greensboro, NC.
- Lohmann, R.C. (2013, February). *South Carolina Counselors Association*. Hilton Head Island, SC.
- Lohmann, R.C. (2010, February). *South Carolina Counselors Association*. Charleston, SC.
- Lohmann, R.C. (2010, November). *South Carolina School Counselors Association*. Greensboro, NC.
- Lohmann, R.C. (2009, November). *South Carolina School Counselors Association*. Columbia, SC.
- Lohmann, R.C. (2015, February). *North Carolina Counselors Association*. Greensboro, NC.

Conference Guest Speaker

- Lohmann, R.C. (2011, June). Identifying and Understanding the Importance of Career Decision Making. *SC Business Summit*. Greenville, SC. Division Designee Speaker.
- Lohmann, R.C. (2015, November). Helping Clients by Going Back to Basics. *Kentucky Counselors Association*. Louisville, KY. Keynote Speaker.
- Lohmann, R.C. (2015, March). From Stress to Rest. *NC School Social Workers Association*. Charlotte, NC. Keynote Speaker.
- Lohmann, R.C. (2014, March). The World of Bullying. *Kentucky School Counselors Association*. Lexington, KY. Closing Conference Speaker.

Webinars

- Lohmann, R.C. (2018, May). Overcoming stress and anxiety: How social and emotional resilience helps students' long-term success. *Indiana Youth Institute*. Retrieved from <https://www.iyi.org/professional-development/webinars/webinar-overcoming-stress-and-anxiety-how-social-and-emotional-resilience-helps-students-long-term-success>
- Lohmann, R.C. (2014, March). What about those doing the bullying? They deserve our help, too. *Goodtherapy.org*, Retrieved from <https://www.goodtherapy.org/blog/what-about-those-doing-bullying-they-deserve-our-help-too-0217144>

Workshops

- Lohmann, R.C. (2018, April). Adolescent Anxiety. *North Carolina School Counselor Association Regional Conference*, Raleigh, NC. Two-hour training.
- Lohmann, R.C. (2012, January). Anti-Bullying Strategic Planning Student Summit. *Beaufort County School District*. Beaufort, SC; Full-day training.
- Lohmann, R.C. (2014, February). Bullying Prevention in Schools. *South Carolina Counselor Association*. Myrtle Beach, SC; Half day training.
- Lohmann, R.C. (2013, August). Anti-bullying School Action Plan Development. *Dorchester Two School District*. Summerville, SC. Half day training.
- Lohmann, R.C. (2013, March). Pre-conference *South Carolina Counselors Association*. Hilton Head Island, SC.
- Lohmann, R.C. (2013, July). Adolescent Anger Management Training. *Erie School District*. Erie, PA. Full-day training.
- Lohmann, R.C. (2015, November). Inside the World of Bullying. *Kentucky Counselors Association*. Lexington, KY. Pre-conference workshop full-day workshop.
- Lohmann, R.C. (2018, February). Teen Anxiety and Stress. *Wake County Public School System*. Raleigh, NC. Two-hour training.
- Lohmann, R.C. (2014, June). Teen Suicide Part I. *NC and SC Naval ROTC Instructors*. Shaw Air Force Base, Sumner, S.C. Half day training.
- Lohmann, R.C. (2015, June). Teen Suicide Part II. *NC and SC Naval ROTC Instructors*. Shaw Air Force Base, Sumner, S.C. Half day training.

Lohmann, R.C. (2012, March). Understanding Your Teen. *Parent University* Hilton Head Island High School, SC.

Lohmann, R.C. (2011, November). Working with Angry Students. *SC Counselors Regional Counselors Conference*, Greenwood, S.C.

RESEARCH INTERESTS

ASCA National Model Implementation

Adolescent Anger and Aggression

Career College Readiness

Child and Adolescent Use of Technology

Childhood Sexual Trauma

Decision-making Processes and Implementation of Choices

Mindfulness and Adolescent Anxiety

Technology in School Counseling