

# Katie Piura, LCSW

## Licensed in DC, MD, VA & FL

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Licensed Clinical Social Worker with over 10 years of experience in behavioral health, with expertise in culturally competent mental health care, trauma-informed care, emotional wellness, and child/adolescent & young adult care. As a bilingual clinician and trainer, I've led workshops, courses, and media education segments across sectors—from Latin media to university settings. My work centers in work with diverse communities, with a focus on first & second generation immigrant, Latinx, and youth populations. I offer accessible, evidence-based education in both English and Spanish for broad-reaching impact.

I also provide coaching services to individuals who are looking to make a career shift or enhance their career. I specialize in coaching mental health professionals who are in the early stages of private practice or planning to start a private practice.

### Work Experience

#### **Speaking & Teaching Topics**

Available for workshops and course instruction on:

- Trauma-informed Care
- Emotional Wellness & Emotional Regulation
- Mental Health in Immigrant Families
- Cultural Competence in Clinical Practice
- Acculturation & Intergenerational Dynamics
- Empowerment & Mental Health for Women & Youth
- Attachment- Based Approaches in Youth & Young Adults
- ADHD & Neurodivergence
- Private practice Launch & Management

# Speaking Engagements

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Previous presentation, speaking engagements & collaborations

## **Trauma-Informed Care Trainings**

- Developed and delivered professional training to social workers at DHHS Montgomery County.
- Trained clinicians in private practice on Trauma-informed Care

## **Working with Latino/a/x Families Impacted by Trauma**

*DC DHS Department*

- Specialized training for multi-disciplinary team and mental health liaisons.

## **Women's Empowerment Panel**

- Guest panelist sharing expertise on mental health, empowerment, and cultural identity at University of Maryland Baltimore County.

## **Mental Health Symposium for Christian Mental Health Initiative**

- Guest panelist sharing expertise on mental health and faith as a resources to support the whole person

## **Psychoeducational Series for Community Groups**

- Topics included: Emotional Tools for Wellness, Understanding ADHD, Emotional Regulation Strategies for Teens, Faith & Mental Health.

## **Media Contributor – Telemundo**

- Featured in Spanish-language segments on children's mental health, runaway youth prevention, and family resilience.

## **Spirituality & Mental Health Workshop**

- Presented bilingual content for faith-based and community institutions.

# Teaching & Training Style

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## Teaching & Training Style

- Engaging, interactive & creative
- Bilingual delivery (English and Spanish)
- Trauma-informed & culturally responsive and interactive.
- Customizable for different audience levels (e.g. employees, clinicians, community and students).

# Education History

## Education History



### **Master of Clinical Social Work**

Institution: Catholic University

*Year of Graduation: 2015*

- Advanced Standing



### **Bachelor of Social Work**

Institution: University of Maryland Baltimore Campus

*Year of Graduation: 2014*

- Phi Alpha Honor Society

## Professional Experience

Founder & Clinician of Haven Youth Counseling

Private Practice (2024–Present)

- Provide clinical services, practice management, marketing and outreach for practice growth, partnering with community members.
- Services provided: individual and family therapy, couples counseling, parent coaching, and psycho-educational groups

Mental Health Clinician, Various Agencies (2014–2024)

- Worked across nonprofit, government, and clinical organizations.
- Specialized in cultural competence, child & adolescent mental health, and mental health awareness & education to communities.

Mental Health Consultant

2023- Present

Collaborate with various private and public organizations on providing mental health education to their members, employees and students

# Resource Page

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You can learn more about  
my work on my website :  
[www.katiepiura.com](http://www.katiepiura.com)

And on my LinkedIn page

<https://www.linkedin.com/in/katie-piura-lcsw-dmv-area-fl-a395b38b/>