



/ CARRIE ALLYSON DYER

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Research Portfolio: Cloudwhale Collective

/ 01. PROFESSIONAL SUMMARY:

Clinical Mental Health Counseling graduate student at Wake Forest University, bringing over two decades of experience in higher education, design, and mentorship into my work as a therapist-in-training. My background in human-centered learning and creative practice shapes a systems-oriented perspective on mental health, one that views each person within a wider ecology of relationships, history, culture, and inner experience. I'm particularly drawn to working with neurodivergent individuals and those navigating trauma, identity shifts, or moments when life's internal landscape begins to reorganize. My work is grounded in trauma-informed and integrative approaches that help clients map patterns, understand emotional systems, and reconnect with their own capacity for meaning and change.

/ 02. EDUCATION:

/ WAKE FOREST UNIVERSITY

MA, Master of Arts in Counseling; CACREP accredited, Clinical Mental Health / Anticipated 2026 / GPA: 4.0 / Chi Sigma Iota Counseling Academic and Professional Honor Society (CSI)

/ SCHOOL of THE ART INSTITUTE of CHICAGO

MFA, Master of Fine Arts / 2006 / GPA: 4.0 / Graphic Design + Visual Communication / Leadership Award / Scholarship /

/ EAST TENNESSEE STATE UNIVERSITY

BFA, Bachelor of Fine Arts, 2004 / Dean's List / Holly Adams Scholarship /

/ 03. PROFESSIONAL ASSOCIATIONS:

- / [CSI] Chi Sigma Iota, Honors Society
- / [ACA] American Counseling Association
- / [ACC] Association for Creativity in Counseling Creative Arts
- / [AMCD] Association for Multicultural Counseling & Development
- / [CSJ] Counselors for Social Justice

/ 04. LICENSURE:

- / [LCMHCA] Licensed Clinical Mental Health Counselor Associate (LCMHCA), North Carolina | License Pending (Expected 2026)

/ 05. CLINICAL TRAINING:

/ EMDR

> EMDRIA-approved EMDR Basic Training, Summer 2025, [\[LINK\]](#)

/ EMDR & IFS Integration

> Integrated EMDR & Internal Family Systems (IFS) Model, Fall 2025, [\[LINK\]](#)

/ 06. CLINICAL COUNSELING EXPERIENCE:

/ Outpatient Therapist Intern

Irenic Therapy PLLC, Greensboro, NC, 2025–Present

- > Provide individual counseling to adult clients under supervision > Utilize CBT-informed, trauma-informed, and integrative approaches.
- > Conduct intake assessments and treatment planning > Maintain clinical documentation in accordance with HIPAA and agency guidelines.
- > Participate in individual and group clinical supervision

/ 07. ACADEMIC TRAINING:

Play Therapy Training; Mindfulness Training; Theories and Models of Counseling; Ways of Being Paradigm; Client Case Studies; Research, and Statistical Analysis; Literature Review on *ADHD and Rejection-Sensitive Dysphoria*; Poster Presentation on ADHD & RSD; Life Span Development Implications; Virtual Child; Group Procedures; Group Plan Proposal (*The Creative Circle*, Creativity, ADHD and Neurodiversity); Family Counseling; *The Gottman Method*; Genogram Research; Multicultural Counseling Research; Cultural Immersion; Addictions Counseling; AA attendance and Research; Additional research includes: Person-Centered, Existential Therapy, Jungian Psychology, Somatic Healing, Internal Family Systems, and EMDR (seeking certification).

/ 08. THEORETICAL ORIENTATION:

My orientation is trauma-informed, experiential, and integrative, drawing from Acceptance and Commitment Therapy (ACT), Internal Family Systems (IFS), Narrative Therapy, and Emotionally Focused Therapy (EFT) within an existential and humanistic framework. My work is grounded in Person-Centered principles and informed by experiential and creative approaches, including expressive arts and somatic awareness. I integrate evidence-based behavioral approaches such as CBT and DBT while remaining attentive to cultural humility, social justice, and the unique lived experiences of each client. I have completed EMDRIA-approved EMDR training and training in EMDR-IFS integration, and I continue to deepen my clinical knowledge in parts work, mindfulness-based approaches, and trauma-focused interventions.

/ 09. COUNSELING SKILLS:

Creative / Empathetic / Genuine / Life-long Learner / Connection Oriented / Active Listener / Reflective Listener / Advocate / Mentorship / Critical Thinking / Person-Centered Problem-Solving / Creative Collaborator / Flexible / Advising / Coaching / Tutoring / Curriculum Planning / Assessment / Leadership / Group Facilitation / Crisis Intervention /

/ 10. / RESEARCH / PRESENTATIONS:

/ THERAPEUTIC FRAMEWORK DEVELOPMENT

- Maps of the Self-scape:** Visual Framework for Executive Function and Identity Development, [[LINK](#)]
- Creator and Research Lead, Wake Forest University Counseling Program /
- Designed an integrative therapeutic framework mapping executive functioning systems using Brown's EF/A model, ecological systems theory, and existential psychology
- Developed visual tools to help clients conceptualize attention, emotion regulation, identity, and environmental influences
- Created clinical illustrations and conceptual maps to support psychoeducation and therapeutic reflection
- Integrates principles from trauma-informed care, neurodiversity-affirming practice, and expressive arts therapy

/ ACADEMIC RESEARCH

- Literature Review:** ADHD and Rejection-Sensitive Dysphoria, Wake Forest University, Department of Counseling
- Poster Presentation:** ADHD, Emotional Regulation, and Rejection-Sensitive Dysphoria, Wake Forest University Counseling Program
- Research Review:** Trauma-Informed Counseling and Neurodivergence, Wake Forest University
- Case Conceptualization Research:** Integrative treatment approaches for depression and anxiety

/ COUNSELING TRAINING PROJECTS & CLINICAL SCHOLARSHIP

- Workshop Development:** *Harnessing the ADHD Worry System: Worry as a Compass, Not a Curse*, Psychoeducational group workshop integrating ACT, IFS, and ADHD neuroscience
- Clinical Presentation:** Introduction to EMDR for Untrained Clinicians
- Program Development:** Creative Arts Therapy Group Proposal for Neurodivergent Individuals
- Clinical Consultation Case Study:** Trauma-informed consultation model

integrating cultural humility and systemic awareness

/ ACADEMIC TEACHING & CREATIVE SCHOLARSHIP

- Co-Founder & Creative Director:** *The FL3TCH3R Exhibit*, International socially engaged art exhibition exploring political and social issues
- Founder & Director:** Graphic Design Collective, interdisciplinary student collaborative initiative
- Curriculum Development:** Design pedagogy integrating creative problem-solving and human-centered learning
- Public Lectures and Presentations:** Design, creativity, and interdisciplinary visual communication (various institutions)

/ EMERGING RESEARCH INTERESTS

- Trauma-informed therapy
- ADHD and neurodivergence in adulthood
- Creative and expressive arts therapies
- Integrative therapy models (EMDR, IFS, ACT)
- Somatic and nervous-system-informed approaches to trauma

/ 11. / ADVOCACY & COMMUNITY ENGAGEMENT:

Advisor & Mentor, 2006-2024, Advisor & Mentor for art & design students

Advocate, Domestic Violence Awareness Committee, Advocate, Augusta University, 2000-present / Collaborated on initiatives promoting domestic violence awareness and prevention

Advocate & Member, Network of Promising Practices in Education, 2000-present / Supported initiatives promoting access and inclusion for individuals with disabilities

/ 12. / ACADEMIC & CREATIVE LEADERSHIP:

Associate Professor of Graphic Design (2018-2025), Tenure-track full-time professor.
> High Point University, 2018 – Spring 2025

Assistant Professor of Graphic Design (2006-2018), Tenure-track full-time professor.
> Augusta University, 2015 – 2018
> Kentucky School of Art & Design, 2014 – 2015
> University of Central Arkansas, 2006 – 2012

Designer, Illustrator, Artist, Cloudwhale, Creative Studio, 2001-2025

Co-Founder & Creative Director, The FL3TCH3R, Exhibit, 2013-2025
Socially and politically engaged international exhibit

Founder & Director, Graphic Design Collective, 2014-2021

- Taught courses in design, visual communication, and creative problem solving
- Mentored undergraduate and graduate students
- Developed curriculum and interdisciplinary creative initiatives

