

# CHARLOTTE MCKERNAN, MS, LMFT

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## **CLINICAL EATING DISORDER CLINICIAN BLOOM COUNSELING AND NURTITION EXPERIENCE** 2021 – PRESENT

- Manage 10-15 outpatient clients per week.
- Bill insurance and provide Super Bills as needed.
- Network with community for referrals and partnerships
- Perform client assessments & develop comprehensive treatment plans.
- Document client progress with SOAP notes.
- Actively collaborate with consultation groups and supervisors.

## **INDIVIDUAL AND COUPLE THERAPIST CHARLOTTE MCKERNAN THERAPY** 2017 – PRESENT

- Manage private practice of 15-20 outpatient clients per week.
- Perform client assessments & develop comprehensive treatment plans.
- Document client progress with SOAP notes.
- Market services on Instagram, Google, Facebook, and through referrals.
- Actively collaborate with consultation groups and supervisors.

## **NEUROFEEDBACK CONTRACTOR CHARLOTTE MCKERNAN THERAPY** 2018 – 2020

- Conducted thorough assessments with youth in juvenile detention.
- Created research-based treatment plans to address neurological trauma.
- Communicated with client teams for coordinated care and progress.

## **MARRIAGE & FAMILY THERAPIST INTERN CENTER FOR FAMILY & COUPLE THERAPY** 2016 – 2017

- Provided therapy to diverse client populations.
- Assisted in implementation of electronic health records system and online scheduling system for therapists and clients.

## **THERAPIST INSTRUCTOR CAMPUS CONNECTIONS** 2016 – 2017

- Taught undergraduate class on peer support and mentorship.
- Implemented the therapeutic mentoring model to teens 11-18 years.
- Conducted brief therapy sessions with youth and families.

## **PRIMARY ASSESSMENT CLINICIAN CTRAC** 2015 – 2017

- Conducted comprehensive child-centered assessments to children & teens.
- Assessed multiple complex trauma uses trauma-informed care and ACES.
- Created strength-based recommendations for treatment.

## **TEEN GROUP THERAPIST, CENTER FOR FAMILY AND COUPLE THERAPY** 2016 – 2016

- Designed and facilitated weekly curriculum for youth 13-18 years.
- Increased youth's self-efficacy, self-regulation, and social support.

- Developed social skills through group activities.

**CLUB STAFF AND MENTOR, BOYS AND GIRLS CLUB OF EMERALD VALLEY  
2013 – 2015**

- Ran the fourth grade room with up to 40 children at a time.
- Lead activities to develop compassion and pro-social skills.
- Managed homework help and mentorship program.

**EDUCATION COLORADO STATE UNIVERSITY, FORT COLLINS, COLORADO  
M.S. MARRIAGE AND FAMILY THERAPY**

Thesis: *Marital Conflict, Autonomic Nervous System Coordination, and Adolescent Externalizing Behavior*

**UNIVERSITY OF OREGON, EUGENE, OREGON  
BA IN PSYCHOLOGY, INTERNATIONAL STUDIES, AND FRENCH**

**TRAININGS Be Nourished No More Weighting e-course**

**Mindfulness-Based Stress Reduction (MBSR)**

**Learning to BREATHE Mindfulness Program**

**Compassion-Focused Therapy (CFT) e-course**

**Psychobiological Approach to Couples Therapy (PACT Level 2)**

**Gottman Couples Therapy (Level 2)**

**Othmer Method Neurofeedback (Level 1)**

**RESEARCH AND TEACHING EXPERIENCE LAB COORDINATOR AND GRADUATE RESEARCH ASSISTANT  
FAMILY RELATIONSHIPS & DEVELOPMENT LAB AT CSU  
2015 – 2018**

- Administered 4-hour structured protocols with physiological measurements.
- Administered standardized stressors tasks.
- Collected physiological indications of stress, including RSA and cortisol.
- Supervised, trained, and mentored a team of research assistants.
- Managed schedules and administrative tasks.
- Recruited and maintained contact with family participants.
- Conducted statistical analysis of data.
- Lead group mindfulness programing.

**GRADUATE RESEARCH ASSISTANT**

ADVANCING IDEAS FOR HEALTH AT COLORADO STATE UNIVERSITY  
2016 – 2018

- Collaborated with a team of researchers to develop evidence-based strategies.
- Managed relationships with school administrations.
- Conducted and summarized focus groups.
- Performed rigorous research to define best practices for healthy schools.
- Designed marketing material.
- Disseminated information on policy change.

**GUEST LECTURER ON PARENTING** HDFS 411: ADOLESCENT DEVELOPMENT, September 2017

**GUEST LECTURER ON ADOLESCENCE** HDFS 327: PSYCHOLOGY OF WOMEN, July 2017

**PRESENTER ON HUMAN SEX TRAFFICKING AWARENESS** CAMPUS CONNECTIONS, November 2016

**GRADUATE TEACHING ASSISTANT** HUMAN DEVELOPMENT AND FAMILY STUDIES

HDFS 350: Research Methods | HDFS 311: Adolescent Development | HDFS 334 Parenting | HDFS 402: Family Studies

- Assisted with class material preparation.
- Maintained and updated online class portals.
- Developed APA teaching curriculum.
- Conducted small study groups.
- Supervised undergraduate teaching assistants
- Graded exams, papers, and homework assignments.
- Guest lectured and lead classes.

**UNDERGRADUATE RESEARCH ASSISTANT** EMOTION REGULATION IN FAMILIES LAB AT THE UNIVERSITY OF OREGON  
2013-2015

- Administered semi-structured protocols.
- Assessed executive function, emotion regulation, theory of mind, and cognitive ability in 3-5 year olds.
- Assessed cognitive ability, depression/anxiety, trauma, emotion regulation in mothers.
- Monitored dyadic EKG and RSA values.
- Delivered cortisol collection instructions.

**UNDERGRADUATE RESEARCH ASSISTANT** ACQUIRING MINDS LAB AT THE UNIVERSITY OF OREGON  
2014-2015

- Assisted graduate student in developing and running a pilot study.

- Examined the physiological and subjective perception of music.

## PUBLICATIONS & PRESENTATIONS

**Lucas-Thompson, R. G., Henry, K. L., & McKernan, C. J. (2019).** Is cortisol production in response to an acute stressor associated with diurnal cortisol production during adolescence? *Developmental psychobiology*.

**McKernan, C. J., & Lucas-Thompson, R. G. (2018).** Autonomic nervous system coordination moderates links of negative, threatening interparental conflict with adolescent externalizing behaviors. *Developmental Psychology*.

**Lucas-Thompson, R. G., McKernan, C. J., & Henry, K. L. (2018).** Unraveling current and future adolescent depression: The role of stress reactivity across physiological systems. *Developmental Psychology*.

**McKernan, C. J., & Lucas-Thompson, R. G. (April 2017).** Coordination of Sympathetic and Parasympathetic Nervous Systems Moderates Link between Interparental Conflict and Externalizing Behavior.

In R. G. Lucas-Thompson (Chair), *A Multi-System Approach to Understanding Stress Physiology and Youth Functioning*. Symposium conducted at Society for Research in Child Development, Austin TX.

**McKernan, C. J. (November 2016).** *Marital Conflict, Autonomic Nervous System Coordination, and Adolescent Externalizing Behavior*. Poster presented at Colorado State University Graduate Student Showcase.

## FELLOWSHIPS & AWARDS

**GRADUATE COUNSEL TRAVEL AWARD** Colorado State University

**GRADUATE STUDENT FELLOWSHIP** Colorado State University

**DEAN'S SCHOLAR** University of Oregon

**DEAN'S ACADEMIC ACHIEVEMENT SCHOLARSHIP** University of Oregon

## REFERENCES

**BROOK BRETTHAUER, LMFT** | BrookBretthauer@gmail.com

**BETH O'BRIEN, LPC, PHD** | Beth@bethobrienphd.com

**RACHEL LUCAS-THOMPSON, PHD** | rlucasth@gmail.com