

CAT GOULD

(541) 512-8887

catgould@gmail.com

Certifications

- EMDR Trained 2026
- Flash Technique 2025
- Motivational Interviewing 2025
- Psychological First Aid 2025
- Geek Therapy® 2025

CE Credits

- IFS & Trauma Treatment
- EB Interventions for Youth
- EB Interventions for Youth- NSSI
- EB Interventions LGBTQI youth

Coursework completed

- Lifespan development
- Advanced Ethics in Counseling
- Cultural Competency/Diversity
- Person Centered Skills
- Counseling Theories
- Assessment in Counseling
- Couples and Family
- Career Counseling
- Psychopathology & Diagnosis
- Group Counseling
- Counseling Youth
- Substance & Behavioral issues
- Crisis & Trauma Counseling
- Research Evaluation
- Treatment Planning
- Integrated care models

Key Performance Indicators that have been met or exceeded:

- Ethics
- Self-awareness
- Cultural competency
- Client assessment
- Human development
- Counselor communication skills
- Counseling theories
- Risk assessment

Clinical Work

Counseling Intern Ashland School District, 2025 to Present

Serving Elementary and Middle School aged children under the supervision of Britt Humphrey ([email](#)), working alongside Diane Berry ([email](#))

EDUCATION

Eastern Oregon University, Graduating June 2026

Masters in Clinical Mental Health Counseling 4.0 GPA

Southern Oregon University, 2003

BFA in Acting & Minor in Creative Writing (Summa Cum Laude)

College of the Siskiyous, 1993

Associates Degree in Music (Honor Roll, President's List)

Hornsby Girls High, NSW Australia

Other Work History

SAG AFTRA Union Audiobook Narrator, 2013-present

Owner & Bookkeeper Tognar Inc, 2003-present

Store Manager - Berryvale Natural Foods, 1993-2000

Clinical Interests and Skills

- Person Centered
- Play Therapy Techniques
- Sand tray Interventions
- Expressive Arts therapy - Drawing, Improv
- Active, empathetic listening and emotional support
- Conflict resolution, collaboration and creative problem-solving
- Strong time management and organizational skills
- Community initiative, collaboration and engagement
- Commitment to environmental stewardship
- Leadership and interpersonal skills

COMMUNITY SERVICE

- 2023 Presidential Medal for Volunteer services to Ashland
- Leadership team of Community Emergency Response
- Ashland Food Project - Coordinator 2017-present
- City of Ashland - Climate Energy Policy Advisory Committee
- Conservation Committee 2011-2015
- Tree Managerial Advisory Committee 2018-2024
- Ashland Parks restoration volunteer 2020-present
- Oregon Master Naturalist 2022-present
- Audubon Society CBC Coordinator-2023
- Southern Oregon Land Conservancy volunteer 2022-present