

LAURA G. FOSTER

NATIONAL CERTIFIED COUNSELOR

EDUCATION

Master of Science in Clinical Mental Health

Missouri State University (December 2023)

- CACREP Accredited
- 4.0 GPA
- American Counselor Association
- American School Counselor Association

Bachelor of Science in Education,

Secondary Education Speech & Theatre

Missouri State University (December 2008)

- 3.65 GPA, cum laude
- National Honors Society
- National Education Association

SKILLS

Solution Focused Brief Therapy

Person-Centered Therapy

Dialectical Behavior Therapy

Child-Centered Play Therapy

Sand Tray Therapy

Emotional Regulation

Telehealth

Conscious Discipline

Mandated Reporter Training

QPR Institute Suicide Prevention

Public Speaking

Previously Teacher Certified (Missouri)

Microsoft Office

QuickBooks

Titanium

TherapyNotes

REFERENCES

Amy Chenoweth MS, LPC, LCSW

Senior Instructor

Mental Health & Behavioral Sciences

Missouri State University

Amelia302@MissouriState.edu

417-836-4918

Dr. Christopher Herr

Professor & Department Chair

Theatre and Dance

Missouri State University

CJHerr@MissouriState.edu

417-576-6444

Rhonda Lesley MA, LPC

Retired Counseling Center Director

Missouri State University

rlesley2210@gmail.com

816-383-3332

CLINICAL WORK EXPERIENCE

Missouri State University Counseling Center; Springfield, MO

Graduate Assistant (June 2022 – December 2023)

Internship (Spring 2023), Faculty Supervisor Amy Chenoweth MS, LPC, LCSW

Internship (Summer 2023), Faculty Supervisor Margaret Werner MA, LPC

Provided therapeutic services through the Personalized Care Model to university students utilizing Solution Focused Brief Therapy individualized sessions; created and led mental health workshops and outreach events; facilitated group therapy; curated individualized resources; conducted crisis appointments; engaged in professional development related to cultural competency, trauma, and evidence-based practices; maintained case notes; supported front office operations; served on university search committees; operated as student representative for the Jordan Porco Foundation's Fresh Check Day; participated in weekly supervision with a licensed mental health professional.

Missouri State University Center City Counseling Clinic; Springfield, MO

Practicum (Summer 2022), Faculty Supervisor Jef Cornelius-White PsyD, LPC

Provided therapeutic services utilizing Person-Centered Therapy and Child-Centered Play Therapy to children, teens, and their families; curated individualized resources; conducted appropriate evidence-based assessments; maintained case notes; participated in weekly individual and group supervision with a Licensed Professional Counselor.

Missouri State University Counseling Center; Springfield, MO

Part-Time Office Assistant (September 2021 – June 2022)

Supported the day-to-day operations and success of the Counseling Center including, but not limited to, scheduling, processing paperwork, and answering student, staff, and parent questions; maintained currency on referral resources; upheld confidentiality; participated in relevant trainings; completed field-related research and projects; served as a first point of contact for students in crisis.

OTHER WORK EXPERIENCE

Oasis Lawncare, LLC; Springfield, MO

Executive Assistant (September 2018 – September 2021)

The Virtual Savvy; Springfield, MO

Personal Assistant (January – September 2021)

James River Church; Springfield, MO

Weekday Preschool Afternoon Coordinator (January 2016 - May 2018)

Early Childhood Assistant Coordinator (January 2015 - January 2016)

Missouri State University; Springfield, MO

Missouri Fine Arts Academy (Summer 2012, 2013, 2015)

Foster Photography; Battlefield, MO

Owner and Principal Photographer (October 2010 – October 2015)

O'Fallon Christian Church; O'Fallon, MO

Children's Ministry Intern and High School Youth Sponsor (May – August 2007)

YouthFront Camp West; Edgerton, KS

Program Staff Assistant and Director of Drama and Arts (May - July 2006)

Cabin Leader (May – July 2005)