

AHEC-SSW Training Partnership Consultant Information Sheet

Name: Becca Edwards-Powell, MSW, LCSW

Position/Title: Psychotherapist, Cognitive Psychiatry

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Education/Degrees: BA, MSW

Professional Certifications:

Licensed Clinical Social Worker, 2008
Nationally Certified in Trauma-Focused Cognitive Behavioral Therapy
Nationally Certified in Dialectical Behavioral Therapy

Academic Experience:

Clinical Lecture Series Speaker UNC – 2014, 2017
UNC SSW Field Instructor, 2010-2018

Brief Summary of Work Experience

Becca E. Edwards-Powell, MSW, LCSW is currently a psychotherapist with Cognitive Psychiatry in Chapel Hill, where she treats adults and adolescents with severe emotional dysregulation, personality disorders, PTSD, depression, anxiety, and other mental health concerns. Previously, she was the Director of Staff Development at Carolina Outreach, LLC., where she trained and supervised clinical staff, and provided case consultation and clinical quality management. Her background includes working with adult and child survivors of trauma in both group and individual therapy. Additionally, she has extensive training and experience in Dialectical Behavioral Therapy (DBT) to assist individuals with severe emotional dysregulation and impulsive behaviors. She is nationally certified in Trauma-Focused Cognitive Behavioral Therapy and Dialectical Behavioral Therapy (DBT) through the Linehan Board of Certification. Becca is currently a training consultant with UNC-CH School of Social Work's AHEC Training Partnership. She has also been a field instructor with the School for eight years.

Specialization/Research Areas:

- Dialectical Behavioral Therapy
- Borderline Personality Disorder and other disorders involving significant emotional dysregulation

- Adult survivors of sexual and interpersonal violence
- Behavior Management for 2-12 year olds
- Trauma Focused CBT

Available for presentations on the following:

- Dialectical Behavioral Therapy – an overview of the model and starting a DBT program: what's involved
- Where Angels Fear To Tread: Becoming more effective with emotionally vulnerable clients (drawing primarily from DBT)
- Adult survivors of sexual and interpersonal violence (impact of trauma, establishing safety, treatment approaches based in CBT)
- Adapting DBT for Adolescents
- Growing the Toolbox: The Fundamentals of Dialectical Behavior Therapy (DBT) Skills Training