

Martha Avery Cook, MSW, LCSW

Education: **University of North Carolina at Chapel Hill**, Chapel Hill, NC. Masters of Social Work degree, May 2004. Course concentration in direct practice, adult mental health.
Duke University, Durham, NC. Masters of Divinity. First year course work completed.
Davidson College, Davidson, NC. Bachelor of Arts in English, May 1998. Specific Course Concentration in Education.
University of Aberdeen, Aberdeen, Scotland. Fall 1996. Courses include World Religions, Shakespearean literature, Gender and Madness in Literature.

License: LCSW license number C005511

Social Work Experience:

Director, Counseling and Psychological Services, University of North Carolina, Chapel Hill, NC. February 2023- Present.

- Oversee the delivery of departmental services and outreach, including triage, brief and group therapy, medication management, the multicultural health program, outreach, integrative health, referral coordination, and academic interventions
- Work collaboratively with embedded wellness coaches in the professional schools.
- Establish and maintain connection with telehealth providers that have been vetted for inclusive practices.
- Develop and manage the departmental budget, including the process for requesting student fee increases.
- Serve as liaison with campus partners including serving as a member of the Emergency Evaluation Action Committee, the university Care Team, and the Academic Advising Appeals Committee
- Serve as the primary mental health consultant for the University. Respond to queries and interview request from the media; university officials, including the Vice Chancellor for Student Affairs; and the Undergraduate and Graduate and Professional Student Governments.
- Use data driven decision making to evaluate and plan for development, enhancements, and the reallocation of resources.

Associate and Clinical Director, Counseling and Psychological Services, University of North Carolina, Chapel Hill, NC. January 2019- Present.

- Lead and direct the management and coordination of daily operations of all clinical services including the assessment, development, implementation and evaluation of program activities, policies and resources
- Monitor the clinical caseloads and client flow for providers and interns on staff.
- Collaborate with campus partners around issues of student academic success and safety, including participation in the care team, the threat assessment team, and the academic appeals committee.
- Provide safety assessments and threat assessments as needed to the campus community.
- Coordinate crisis response to the campus when needed

- Provide supervision, consultation, and evaluation of providers and trainees on staff.

Clinical Coordinator, Counseling and Psychological Services, University of North Carolina, Chapel Hill, NC. September 2009- December 2018.

- Monitor the clinical caseloads and client flow for providers and interns on staff.
- Provide clinical consultation for providers and interns on staff with a focus on crisis work and safety assessments.

Clinical Social Worker, Counseling and Psychological Services, University of North Carolina, Chapel Hill, NC. October 2006- Present

- Provide individual therapy and assessment. Utilized psychotherapy, CBT and DBT techniques.
- Provide crisis intervention services.
- Collaborate with interdisciplinary staff to coordinate treatment.
- Supervise interns and provisionally licensed therapists

Consultant Trainer, SSW/AHEC Partnership, Chapel Hill, NC. January 2012- Present.

- Provide continuing education and training throughout North Carolina
- Professional presentations focus on cultural understanding in work with the LGBT* community, Substance Abuse treatment with LGBT* clients, and Ethical work with Trans* identified clients.

Private Practice, Chapel Hill, NC. January 2008-Present.

- Provide individual and family therapy and assessment. Utilize psychodynamic, CBT and DBT techniques

Individual Therapist and Family Therapist, OPC Area Program/ Caring Family Network, Chapel Hill, NC. January 2005-2007.

- Provided individual therapy with a specific focus on depression, anxiety and other mood disorders, trauma work and adjustment issues. Utilized psychotherapy, CBT and DBT techniques.
- Prepared comprehensive diagnostic assessments and created individualized treatment plans.
- Collaborated with local middle schools to provide primary prevention services and interventions with students.
- Collaborated with interdisciplinary professional staff to coordinate treatment.

Clinical Case Manager, OPC Area Program, Chapel Hill, NC. May 2004-January 2005.

- Prepared diagnostic assessments and created individualized treatment plans.
- Facilitated team meetings composed of client's family, community and mental health support systems.
- Coordinated services to meet client and family needs.

LGBT Office Intern, UNC-CH Lesbian, Gay, Bisexual and Transgender Office, Chapel Hill, NC. Fall 2003-Spring 2004.

- Provided individual counseling, focusing on issues relating to sexuality, depression and anxiety. Utilized psychotherapy and CBT techniques.

- Co-facilitated the Rap Group, a coming out support group. Conducted intakes, planned and led weekly group sessions.
- Connected the office to faith groups on campus. Created a LGBT spirituality group and supervised the student facilitator.
- Conducted special classes for sociology and education courses educating on LGBT issues and language. Led Safe Zone courses aimed at educating participants on how to be an ally to LGBT individuals.

Court Counselor Intern, Office of Juvenile Justice, Fall 2002-Spring 2003. Worked with Court Counselors to help supervise the probationary terms of specific juvenile offenders, working with different systems to attain mental health treatment, drug counseling, and placement as needed.

Leadership:

Director of Community Mental Health, Bad Believer Inc, 2021-Present. Providing mental health support, programming and resources to an online community focused on LGBTQ individuals healing from spiritual trauma.

Member, NASW NC Ethics Committee, 2013- Present.

Board Member, Orange County Mental Health Association, 2008-2011.

LGBT Caucus Chair, 2003-2004. Worked to promote a better understanding of issues related to sexual orientation relevant to the community in general and to social workers in particular. Served as a resource for students and faculty.

Committee on Students member, UNC School of Social Work 2003-2004. Responsible for reviewing and making recommendations on students who are referred because of field or classroom concerns regarding profession skills, self-management, professional behavior and scholastic performance.

Honors:

Aldersgate Scholarship, Duke Divinity School, 2001-. A distinguished service scholarship awarded to three members of the incoming class each year.