

## Martha Avery Cook

**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:**

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

- Coordinate all clinical services at the center.
- Collaborate with campus partners around issues of student academic success and safety.
- Provide supervision and consultation for 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.

**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.

**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.

#### **Employment History:**

**Tutor**, Hill Learning Center, Durham, NC. Spring 2002-. Working with students in middle and high school on study skills, organizational skills and subject specific learning.

**English Teacher**, Upward Bound Summer Program, Chapel Hill, NC. Summer 2003. A college preparatory program for low income or first generation students with college potential. Taught grades 10-11, focusing on critical reading and writing skills.

**Editorial Intern**, Duke University Press, Durham, NC. Fall 2001-Spring 2002. Assisting the editorial staff with submissions and manuscript acquisitions.

**Oldfields School**, Glencoe, MD. 1998-2001.

- *English Teacher*: Grades 9-12, both advanced and regular level classes. Subjects included World and American literature, poetry, Shakespeare, grammar, vocabulary, basic and advanced writing skills, including research papers.
- *Head Coach*: Varsity tennis, varsity soccer and varsity softball.
- *Advisor*: Helped guide students through academic, personal and social issues.
- *Dorm Parent*: Responsible for counseling and supervising students in the dorm.
- *Head Dorm Parent*: Responsible for coordinating and organizing dorm activities, as well as supervising fellow dorm parents.

**Leadership:** **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. Advocated against discrimination towards the LGBT community. Served as a resource for students and faculty.

**Committee on Students member**, UNC School of Social Work 2003-2004. Committee composed of students, faculty and staff. Responsible for reviewing and making recommendations on students who are referred because of field or classroom concerns regarding professional 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.