

Crystal C. Joseph

(née Morrison)

817 Silver Spring Avenue | Suite 200
Silver Spring, Maryland 20910 | USA
(240) 398-3936 | (240) 823-1501 f
crystal@psycyourmind.com |
crystal@poundcakeandprivatepractice.com

As a licensed mental health clinician, author, and owner of a private practice, I serve global majority communities who has experience with anxiety, depression, cultural trauma, psycho-oncology, and racial identity development. Through PsycYourMind, I educate prospective clients on how to engage with mental health industry as well as train up-and-coming psychotherapists to engage with the global majority effectively. PsycYourMind is currently in its seventh cycle of hosting graduate student interns and supervising residents.

*PsycYourMind carries two pro bono clients annually.
PsycYourMind is a federally registered trademark.*

Education

The Chicago School of Professional Psychology
Washington, DC Campus
Master of Arts, Counseling Psychology

August 2013

The College of William & Mary
Bachelor of Arts in Developmental Psychology
Secondary Major: Black Studies

August 2009

Licenses and Certifications

Virginia Board Approved Clinical Supervisor, [registry](#)

Maryland Board Approved Clinical Supervisor, #1370

Licensed Clinical Professional Counselor (LCPC), Maryland, #LC6912

Licensed Professional Counselor (LPC), Virginia, #0701006872

~~Board-Certified Case Manager (CCM), #4211379 [Expired 5/2019]~~

National Provider Identification: 1285007484

~~Maryland Medicaid Provider Number: 694024200-~~

Qualified Intellectual Disability Professional (QIDP)

Medication Administration—32 Hours Curriculum Course, Virginia; 2010

National Institutes of Health (NIH) Extramural Research; 2007, 2014

Publications

PoundCake & Private Practice: 5 Things I Learned During the Pandemic
June 17, 2022 [Ships September 2022]
Publisher: PsycYourMind

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Foreword by Dr. Afiya Mbilishaka

PoundCake & Private Practice: 5 Things I Learned During My First Year

June 17, 2018

Publisher: PsycYourMind

Conversation with a Clinician of Color: Likeness, Lucy & Lemonade

December 31, 2017

Publisher: PsycYourMind

Depressed While Black: Emboldened Racism Takes a Toll on African American Mental Health

By Timothy Pratt

Featured Editorial

Affiliations & Membership

White House Correspondent

October 2024-Present

Alpha Kappa Alpha Sorority, Incorporated

December 2007-Present

American Red Cross, Disaster Mental Health, National Capitol Region

August 2016

Board Appointments

William & Mary, Hulon Willis Alumni Association

June 2021

William & Mary, DC Alumni Chapter

June 2018

Clinical Training Experiences

Decolonizing Therapy for Black Folks

July 2020

Shawna Murray-Browne, LCSW

16 Continuing Education Hours

Listed in *Therapy That Liberates* Directory

Resident in Counseling (*Virginia, USA*)

September 2013-November 2015

The Key Center

Private Practice

Supervisor: Dr. Janis Manalang, LPC

Supervisory Hours (150+)

Direct Client Hours (3000+)

Indirect/Auxiliary Hours (1500+)

The Joe and Fredona Gartlan Center for Community Health

August 2012-May 2013

Adult Partial Hospitalization Program

Fairfax-Falls Church Community Services Board

Supervisors: Dr. Brian Levine, LCP; Cynthia Miller, LPC, LMFT

Practicum (180+ hours)

Internship (520+ hours)

❖ Training Modality: Cognitive Behavior Therapy (CBT); Dialectical Behavior Therapy (DBT)

❖ Training Delivery: Group therapy—Dual Diagnosis; Mental Health; Mindfulness/DBT

❖ Individual Therapy with “serious and chronically mentally ill” individuals as identified by Fairfax County-Falls Church Community Services Board

Lectures, Presentations & Community Forums

Panelist

June 23, 2022

Marjani Beauty Co.

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Black Beauty & Mental Health

Keynote Bryn Mawr College Wellness Education Week	April 15, 2022
Panelist Virginia Commonwealth University CSI Career Next Steps Panel	March 31, 2022
Guest Lecturer Marymount University Private Practice during the Pandemic	December 2021
Panelist August Wilson Cultural Center Black Women & Mental Health	December 2020; 2021
Mental Health Expert Spotify BIPOC Mental Health Highlight	December 2020
Guest Lecturer Frederick Community College Pandemic, Racial Injustice, Post-Election Presentation	November 2020
Guest Anti-Cancel Culture Show, Nina Brewton	October 2020
Mental Health in the Black Community	
Guest Lecturer University of Central Florida, Phi Eta Sigma Pandemic & College Stress	October 2020
Seminar Presenter William & Mary Alumni Webinar Series “Mental Health, Telehealth, and the Coronavirus”	April 2020
Guest Lecturer Johns Hopkins University Private Practice Business Course; Dr. LaNail Plummer	February 2020
Book Talk Featured Alumnae Author William & Mary, Swem Library	November 2019
William & Mary Psychology Diversity Week Keynote Speaker Williamsburg, VA	September 2019

BLOOM Women's Wellness Event Guest Presenter Maryland	July 2019
Mennonite Church USA Seminar Leader Kansas City, MO	July 2019
An Exploration of Counseling Entrepreneurship Expert Panelist Trinity Washington University	May 2019
PoundCake & Private Practice Presentation Guest Lecturer/Author Howard University	April 2019
Expert Panelist Celebrity Community Forum with Little Mo' Sponsored by: Movement, Music & Mental Health	March 2019
PoundCake & Private Practice Presentation Guest Lecturer/Author Bowie State University	February 2019
PoundCake & Private Practice Presentation Guest Lecturer/Author University of Maryland Eastern Shore	November 2018
Urban Alliance Self-Care Presentation Washington, DC	November 2018
Urban Alliance Speed Networking Event Washington, DC	July 2018
<i>Greenleaf</i> Oprah Winfrey Network Community Forum Expert Panelist Hosted by Lamman Rucker and Calvary Community Church Hampton, Virginia	September 2017
Pastor! You Were Not Called to be a Therapist Seminar Leader Mennonite Church USA Convention Orlando, Florida	July 2017
Onward & Upward: Conversations with Alumni of Color Panelist College of William & Mary	April 2017

Trainings & Professional Development

Achenbach Adult Self Report Achenbach System of Empirically Based Assessment Janine Harrigan, LICSW, LCSW- C, LCSW	August 2016
Child and Adolescent Functional Assessment Screening Department of Behavioral Health, District of Columbia Gloria Mensah	May 2016
Minnesota Multiphasic Personality Inventory-2 Restructured Form: Advanced Interpretation Topics Dustin B. Wygant, Ph.D., Eastern Kentucky University	June 2013
The Supervisor Training: DDA Health Initiative Georgetown University Center for Child and Human Development Toni Brathwaite Fisher, Associate Director	March 2012
Informed Consent and Guardian Training Department on Disability Services Neha Patel, Attorney General of Department on Disability Services	October 2011
Level of Need Training Department on Disability Services Laura Nuss, Deputy Director of Department on Disability Services	September 2011
Ethics & Person-Centered Planning Training Virginia Department of Mental Health, Mental Retardation, and Substance Abuse (DMHMRSAS)	May 2010
160-hours of Leadership Training in Zimbabwe/South Africa	Summer 2002/2003

Electronic Health Records: Credible, Therap, InSync, Simple Practice

Professional Experiences

Therify, Inc.
315 H Street NE
Washington, DC 20002

Advisor

June 2019-Present

- A mental health corporation raising money for therapy for people of color and connecting people of color with therapists of color.
- Introduced founders to common thematic pain points and challenges faced when attempting to

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engage with clients of color.

- Provide insight to ethical and legal nuances related to provisions of counseling and therapy

PoundCake & Private Practice, LLC

12221 Parklawn Drive

North Bethesda, MD 20852

Owner

January 2018-Present

- Shared office space/Incubator for therapist-entrepreneurs
- Approved sponsor of continuing education via Maryland Board of Professional Counselors and Therapists
- Professional Peer Consultation, Residency and Internship Programs
- *PoundCake & Private Practice: 5 Things I Learned During My First Year* | Publish Date: June 2018 | ISBN 978-0-692-05043-9
 - Sold to 23 states in the first three months
 - Approved curriculum in graduate psychology programs

PsycYourMind Consulting, LLC

817 Silver Spring Avenue

Silver Spring, MD 20910

Owner/Clinical Executive Officer

February 2016-Present

- Counsels those with rare cancers (e.g., soft tissue sarcoma; triple negative breast cancer) and provide with resources to support psychological needs pre-, peri- and post treatment.
- PsycYourMind is a Maryland Board of Therapists and Counselors board approved sponsor of continuing education units for licensed clinical professional counselors.
- Authorized agent is an approved clinical supervisor in the state of Maryland and the Commonwealth of Virginia;
- PsycYourMind is an approved internship site for Wake Forest University Graduate Department of Psychology; Trinity Washington University Graduate Department of Psychology; and, Washington Adventist University Graduate Department of Psychology;
- PsycYourMind is an approved internship site for University of Maryland Undergraduate Department of Psychology;
- Oversee operations and participate in the following services: Counseling; Clinical Outreach; Mental health presentations; Research and publishing; Training seminars;
- Contract with private agencies, local government agencies, and state managed care organizations: Subcontractor with Community Lodgings, Inc., City of Alexandria and Bridges to Success/Fairfax County Community Services Board, Department of Health and Human Services in partnership with AutumnLeaf Group, Inc.

The Key Center

21155 Whitfield Place

Sterling, VA 20165

Resident Counselor

25-35 client hours per week: September 2014-March 2016

- Managed a caseload of adolescent, individuals, couples and families, providing services on an intensive level and utilizing short-term, solution and researched based treatment focus/strategies;

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- Provided direct face-to-face clinical services to clients for 45-60 minutes unless otherwise specified, including individual, family, couple, and group therapy, and issue-specific or educational groups;
- Prepared written conceptualization assessment; documents case activities in progress notes;
- Collaborated and coordinates with other case involved service providers and professionals such as attorneys, school personnel, social workers and probation officers which will further assist the client in increasing their ability to function.

Mindoula Health, Inc.

4630 Montgomery Avenue, Suite 520

Bethesda, MD 20814

45 hours per week: May 2014-December 2014

Board Certified Case Manager

Research Coordinator

- Provided targeted case management services for a caseload involving complex case work in difficult mental health areas: Monitor complex, unstable, or chronic cases to successfully carry out treatment plans for chronically mentally ill clients. Assist in the development, implementation and monitoring of long and short-term treatment plans with the aim of improving and restoring individual, family, and community functioning;
- Provided literature and in vitro experience as subject matter expert to local university research team for upcoming white paper.

AutumnLeaf Group, Inc.

8983 Hersand Drive, Suite 2

Burke, VA 22015

25 hours per month: October 2013-April 2014

Training Consultant

- Facilitated training through creative visual and auditory representations of approved Department on Disability Services curriculum for incoming paraprofessional and professional staff for government-contracted agencies as it relates to communicating with persons who have Developmental Disabilities.

O'Connor Associates, LLC

4000 Albemarle Street NW, Suite 304

Washington, DC 20016

40 hours per week: August 2012-April 30, 2014

Mental Health Specialist

- *Clinical Duties:* Active support to clients to help achieve psychiatric and/or medical goals as indicated in his or her rehabilitation plan in order to prevent psychiatric failure or relapse. Conduct in-home visits; Partner and execute with the client—medical case coordination, entitlement management, crisis intervention, risk assessment, clinical outreach, volunteer development, teach adult living skills; and, participate in family meetings to assess goals and initiate conflict resolution. Developed Risk Management Policy with team review.
- *Administrative Duties:* Enter case notes into online platform in timely manner; telephonic communication with client's circle of support; and, maintain accurate records for short-term and long-term review.

RCM of Washington, Incorporated

900 2nd Street, Northeast, Suite 8

Washington, DC 20002

50 hours per week: April 2011-July 2012

Qualified Intellectual Disability Professional (QIDP)

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- Management and liaison of facility operations for an Intermediate Care Facility and Individual and community; family; day program and employment services; government entities— Department of Disability Services; DC Superior Court; and, Department of Health to ensure compliance of all set forth licensing standards and laws;
- Completed reports for District of Columbia Superior Court, Mental Health and Habilitation Branch for Evans Class Members and presented in court during annual review;
- Assigned, directed, supervised, reviewed and evaluated, as needed, the work of professional and paraprofessional staff involved in the implementation of individual and group habilitation activities in a variety of program areas ensuring consumer habilitation, health, safety, and welfare;
- Assured compliance of all adaptive equipment (AE) and durable medical equipment (DME) and reports to Department of Disability Services (DDS) Service Coordinator any deficiencies and progress on acquiring, replacing or repairing equipment.

Pathways to Housing

101 Q Street, Northeast, Suite G

Washington, DC 20002

45 hours per week: July 2010-February 2011

Assertive Community Treatment (ACT) Counselor

- Maintained the mission of the agency: “Housing first; treatment, second;”
- Provided outreach, case management, counseling, advocacy, and other needed services to clients in any environment including: Public areas of the city, shelters, jails, hospitals, apartments, and office

INSIGHT/The Arc of Greater Prince William County

13505 Hillendale Drive

Woodbridge, Virginia 22193

45 hours per week: September 2009-June 2010

Program Manager

- Acted as direct supervisor of the Assistant Program Manager, Residential Counselor and Substitute Residential Counselors employed at the program, including development of monthly staff schedule; approval of leave; and supervisory notes;
- Acted as primary liaison to agencies, families and other groups communicating with the residents of the program;
- Met Virginia State Department of MHMRSAS Licensure requirements and any other licensing regulations and supports defined by Medicaid Waiver.

Aunt LaFerne’s House

Hampton, Virginia

25 hours per month: June 2007-January 2008

Home Counselor

Hampton-Newport News Community Services Board

300 Medical Drive

Hampton, Virginia 23666

20 hours per month: May 2007-January 2008

Mental Health Intern

Research Activities

Contributing Partner

January 2021

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Alter Agents “Facing Fear III; Consumer Anxiety”	
Research Coordinator Mindoula Health, Inc. Georgetown University Department of Psychiatry “Case Management: A New Approach”	May-December 2014
Research Design Proposal “Black Male Rappers’ Mental Health & Its Influence on Their Art” Dr. Kamilah Woodson The Chicago School of Professional Psychology, Washington, DC	Summer 2013
Comprehensive Clinical Examination (CCE) Oral/Written Defense “Cognitive Behavior Therapy & Skills Training applied to Schizophrenia” Dr. Jason Mathison/Dr. Brian Levine The Chicago School of Professional Psychology, Washington, DC	Spring 2013
Senior Research (<i>BA Psychology</i>) “Self Perception in Senescence” Dr. Danielle Dallaire The College of William & Mary	May 2009
Senior Thesis (<i>BA Black Studies</i>) “The Effects of Hurricane Katrina on the Economic state of Black Americans” Dr. Mei-Mei Sanford The College of William & Mary	May 2009
“Brother vs. Friend” Case Study/Developmental Psychology Research Dr. Danielle Dallaire The College of William & Mary	March 2007
Operant Conditioning Rat Lab Research Methods Dr. Robert Barnet The College of William & Mary	Spring 2007
<u>Teaching Experiences</u> Maryland DHMH Board of Therapists & Counselors Approved Sponsor Continuing Education (3 CEUs) “Absorption of All Colors” (Cultural Competence)	January 2018
Mennonite USA Convention Seminar Leader “Pastor You Were Not Called to be a Therapist!”	July 2017
Training Consultant New Hire Orientation, RCM of Washington, Inc. Department on Disability Services paraprofessional curriculum	Oct 2013-Apr 2014

Teacher's Assistant, Introduction to Women's Studies Dr. Hilary Marcus	Fall 2008
The College of William & Mary's Gifted Education for the Arts & Sciences 80 Practicum hours, Developmental Psychology concentration Dr. Danielle Dallaire	February May 2007
<u>Volunteer Experiences</u>	
DC Metro Alumni Board College of William & Mary	June 2017-Present
Class Ambassador College of William & Mary	March 2017-Present
American Red Cross; Disaster Mental Health Baton Rouge Parish, Louisiana: Great Historic Flood 100 hours	September 2016
Armed Forces Retirement Home Washington, DC	February 2014
Easter Seal's Respite Volunteer Event Silver Spring, Maryland	September 2012
Miriam's Kitchen Soup Kitchen 2401 Virginia Avenue NW, Washington, DC 20037	November 2010
Project D.I.V.A.—Developing Intellectual and Valuable Adolescents Berkley Middle School, Williamsburg, Virginia	Fall 2007-Spring 2009

