



Caroline Kobin, MSW, LCSW, QMHP, Certified Mediator

“That’s why therapists are so important. Without them, we are very unreliable narrators of our own stories”. - Ruth from *Russian Dolls*, 2019.

Unique Services:

I provide therapeutic services to individuals (over 18) with Developmental Disabilities and Multi-Axial Diagnoses. My clients are referred by the County IDD (Intellectual Developmental Disability) and County Mental Health, Doctor’s offices, and Vocational Rehabilitation. I have 20 years experience, including Intellectual Disabilities, Mental Health and Substance Abuse fields both inpatient and outpatient, ethnic and cultural minorities and urban/rural. Through experience, I notice that many clients with these criteria struggle to find stable counseling due to lack of therapists with IDD experience, or frequent turnover in current OHP agency supports.

I incorporate advocacy efforts and innovative, culturally relevant techniques into my practice. I am a founder of the Oregon Behavioral Consultant Coalition, a member of the National Association of Social Workers (NASW), a practitioner of the Ordinary Mind Zen School of Meditation. My article, "[Thematic Analysis of Hip-Hop: Can Hip-Hop in Therapy Facilitate Empathic Connections when Working with Clients in Urban Settings?](#)" was published in the Journal of Arts and Psychotherapy in 2006.

I am working to bridge a gap in Mental Health and Disability services.

1. What are your credentials?

- Masters in Social Work (MSW), June 2006
Columbia University Graduate School of Social Work, New York, NY
- BA in Psychology, January 2000
New York University, New York, NY
- Board Certified Clinical Social Worker (LCSW), June 2015
Oregon License: L6561
- Board Certified Master in Social Work (LMSW), June 2011
Oregon License: A2015

Additional Certifications/ Modalities:

1. Gottman Institute Training, Couples Therapy, Level II
2. Mindfulness Training, “Radical Acceptance”, Tara Brach, July 2018
3. Certified Mindfulness Based Cognitive Behavioral Therapy Training, June 2018

4. Dialectical Behavioral Therapy Advanced Training with Marsha Linehan, Sept 2016
5. Certification: Motivational Interviewing, June 2008

You may also [view my résumé](#) for more details.

2. Where is your practice located?

I am located in NW Portland at Activspace. The building is right off the street car in a handicap accessible building, dog friendly building. I serve Multnomah, Washington and Clackamas Counties. Please view the instructions for directions in getting to my office.

3. What types of mental health services do you provide?

- Radical Acceptance/ Mindfulness Based Therapy
- Dialectical Behavioral Therapy
- Motivational Interviewing
- Solution Focused Work
- Client Centered Rogerian Therapy
- Biopsychosocial-Spiritual Model

4. Do you belong to any panels?

- OHP, Healthshare Multnomah, Clackamas, Washington Counties
- Intercommunity Health Network
- Yamhill County Mental Health
- Medicare. NPI number: #1629460357
- DMAP, Open Card Medicaid. Provider number: #500689483.
- Regence
- Providence/Optum/United Behavioral Health

5. What makes your service unique?

I have formal training in Dialectical Behavioral Therapy (Marsha Linehan) and modify it for use with people with Cognitive disabilities (Julie Brown). This is not typical talk therapy, but an effort to teach skills to incorporate into practice. I utilize Art Therapy and ask clients to bring binders to store our visual work together in order to facilitate learning and improve memory.

I work with my dogs, Fizzgig and Melvin who provide Animal Assisted Interventions to Clients with sensory issues.

In order to ensure the holistic health of clients, I refer people to my professional network; a Clinical Nurse Practitioner who specializes in Autism, an Irlen based Visual/Occupational therapist who treats light sensitivity/Sensory sensitivity and I work with a number of doctors who specialize in treating patients with ID/DD and co-occurring issues.

