

## **Karen Ludwig, LPC, NCC, MAC**

- State of Oregon Licensed Professional Counselor
- Nationally Certified Counselor
- Master Addiction Counselor
- Supervisor of counselor interns working on their state licensure
- Critical Incident Stress Management and Trauma Debriefing

### **Education:**

- Bachelor of Social Sciences, Masters in Counseling and Special Ed/deaf Ed
- Ongoing education classes, workshops, conferences and certification training

### **Experience:**

- **Educator:** 20 years working with adolescents as a teacher, counselor. Developed, implemented curriculum, programs and conducted trainings for students and staff.
- **Private Practice Counselor -Cascades Professional Group:** 20 years including individual, couples, family, and groups for children, adolescents, and adults. Practice also includes Alcohol/drug evaluations, recovery, relapse prevention.
- **Employee Assistance Counselor** for employees of numerous companies located in Central Oregon.

### **Community Service Work and Memberships**

- Soroptimist International of Redmond, Oregon
- Central Oregon Retired Educators
- Redmond School District Task Force
- Meth Action Coalition
- Central Oregon Clinician's Network
- Oregon Mental Health Association
- Mental Health Alliance
- National Association Drug Alcohol Counselors
- National Association of Christian Counselors
- National Certified Counselor Association

### **Personal Information**

- Mother of six grown children, a grandmother, great grandmother, and a previous foster parent of over 100 children.
- She has had both personal and professional experience working with young people at risk and knows what it feels like as a parent to feel alone, hopeless, and worried that she might not be able to get the help and the tools that she and her child need.
- Karen's personal philosophy includes the idea that we need to give back to our community. Her personal and professional belief is that **every** human being has the right to feel safe and to feel loved.