

# | CARRIE ALLYSON DYER CAREER GOALS |

## | **Carrie A. Dyer**, BFA, MFA

Outpatient Therapist Student Intern, *Clinical Mental Health Counseling*  
*Wake Forest University, Department of Counseling*  
Irenic Therapy PLLC, Practicum & Internship Site

## | **Education**

/ MA, Wake Forest University, Master of Arts in Counseling Candidate (2026)  
/ MFA, School of the Art Institute of Chicago, Master of Fine Arts in Visual Communication, 2006  
/ BFA, East Tennessee State University, Bachelor of Fine Arts, 2004

## | **Professional Affiliations**

CSI, Chi Sigma Iota Counseling Academic and Professional Honor Society  
ACA, American Counseling Association  
ACC, Association for Creativity in Counseling Creative Arts  
AMCD, Association for Multicultural Counseling & Development  
CSJ, Counselors for Social Justice

## | **Specialized Training**

- > EMDRIA-approved EMDR Training (completed)
- > Integrated EMDR & Internal Family Systems (IFS) Model (completed)

# | ACTION STEPS |

## **Introduction: Entering the Work of Therapy**

The early years of becoming a therapist feel less like arriving somewhere and more like entering a process of untangling, learning to listen carefully to stories, to bodies, and to the layered systems through which people make meaning of their lives. Graduate training provides a foundation, but clinical understanding continues to unfold through practice, consultation, and ongoing study throughout our career.

## **After Graduation: Building Clinical Foundations**

After graduation, my professional goal is to continue working in an outpatient clinical setting where I can deepen my experience providing trauma-informed counseling to adults, particularly individuals navigating ADHD and other forms of neurodivergence. During this stage, I plan to focus on strengthening core clinical skills through supervision, consultation, and ongoing training in evidence-based approaches. Action steps during this period include completing additional EMDR consultation hours, participating in case consultation groups, and

continuing specialized education in neurodivergence-informed therapy.

## **Clinical Orientation and Areas of Practice**

My work as a trauma-informed therapist centers on neurodivergent-affirming care. Training in Eye Movement Desensitization and Reprocessing (EMDR) and Internal Family Systems (IFS) forms part of this foundation, with continued consultation and advanced training supporting deeper clinical integration. Additional modalities shaping this work include Acceptance and Commitment Therapy (ACT), somatic and mindfulness-based approaches, emotionally focused work, and expressive and experiential therapies. Further training in Accelerated Resolution Therapy (ART) will expand the range of trauma-processing tools available for clients working through distressing memories and experiences.

## **One-Year Goal: Deepening Specialization**

Within the first year after graduation, my goal is to deepen specialization in trauma-informed care and

neurodivergence-affirming practice. During this period, I plan to pursue advanced EMDR consultation toward certification, participate in continuing education related to ADHD assessment and treatment, and expand my clinical understanding of somatic and experiential approaches. Action steps include attending specialized training workshops, engaging in ongoing professional supervision, and integrating structured assessment tools and treatment planning strategies into clinical practice.

**Depth-Oriented Perspectives**

Alongside these approaches, I am also drawn to depth-oriented perspectives, including Jungian analytical psychology and contemporary psychodynamic approaches, which offer ways of understanding symbolism, unconscious processes, and the longer arcs of psychological development.

**Clinical Focus: Neurodivergence and Trauma**

Clinically, my path moves toward specialization with adults navigating ADHD and other forms of neurodivergence, particularly where these experiences intersect with trauma, shame, and identity development. Continued education in ADHD assessment and treatment supports this direction, alongside a commitment to multicultural competence and cultural humility. Experiences of trauma and neurodivergence do not emerge in isolation; they are shaped by culture, systems, histories, and the broader contexts in which people live.

**Integrating Cognitive, Somatic, and Experiential Approaches**

The clinical approach guiding this work integrates cognitive, somatic, and experiential perspectives. Many individuals arrive in therapy with experiences that feel

fragmented or difficult to name. Part of the therapeutic process involves creating language and structure around those experiences so that they can be explored with curiosity rather than shame, allowing new understanding to emerge over time.

**Three-Year Goal: Developing Specialized Practice and Therapeutic Tools**

Within three years of graduation, my professional goal is to develop a more specialized clinical practice focused on trauma-informed care for neurodivergent adults. In addition to clinical work, I plan to continue developing therapeutic tools that translate complex psychological concepts into accessible visual frameworks for both clients and clinicians. Action steps toward this goal include pursuing additional training in trauma-focused modalities such as ART, participating in professional consultation networks, and refining therapeutic tools and visual frameworks such as the “Maps of the Self-scape” project to support psychoeducation and clinical insight.

**Creative Therapeutic Tools and Visual Frameworks**

Alongside clinical practice, my background in visual communication and design informs the development of therapeutic tools that translate complex psychological experiences into accessible forms. Visual maps, metaphors, and conceptual frameworks can help illuminate processes such as executive functioning challenges, emotional regulation, and internal parts dynamics. These tools aim to support both therapists and clients in seeing patterns that might otherwise remain abstract, creating shared language for navigating the layered experiences of trauma and neurodivergence with greater clarity and compassion.

