

Katie McLean Hoar, LCSW, MFA

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www.fireflycounselingvt.com

EDUCATION

Hamilton College, Clinton, New York

Bachelor of Arts in History, Art, and Education

NYU Silver School of Social Work, New York, New York

Master of Social Work

Certificate in Trauma-Focused Cognitive Behavioral Therapy

Certificate in Childhood Traumatic Grief

Vermont College of Fine Arts, Montpelier, Vermont

Master of Fine Arts in Fiction Writing

SCOPE OF PRACTICE

Therapeutic Orientation

- Queer
- Feminist
- Psycho-somatic
- Narrative Therapy
- Attachment Theory
- Parts work
- Cognitive Behavioral Therapy
- Mindfulness-based practices

Areas of Specialty

- Relationships
- Creativity
- Sexual wellness
- Grief and loss
- Caregiver and health care practitioner support
- Spiritual seeking

EXPERIENCE

Firefly Counseling, LLC

October 2016 – Present

Psychotherapist and Founder

- Facilitate individual and relationship therapy

Vermont

- Facilitate coaching for individuals and couples who are seeking support out of the state of Vermont
- Offer consultation for clinicians seeking additional support in their work
- Provide Telehealth services via a HIPAA-compliant platform

Howard Center CYFS Comprehensive Care Burlington, Vermont
 May 2013 – February 2017

Family Counselor

- Facilitated in-home family counseling, including providing psychoeducation on communication
- Provided coaching to parents and emotional self-regulation skill building support to children
- Connected families to relevant community resources
- Collaborated with client treatment teams, including school support services

Crisis Stabilization Clinician

- Facilitated trauma-informed and strengths-based therapeutic case management for clients and their families
- Collaborated with program leadership and interventionists to creatively and effectively serve clients
- Flexibly supported the program by working in the milieu, as the on-site supervisor, and as the on-call clinician

Substitute Residential Interventionist

- Provided trauma-informed direct care to children ages 6-12 in a therapeutic residential treatment milieu
- Modeled healthy life skills, taught emotional self-regulation, facilitated positive relationships, and implemented conflict resolution strategies as needed on an individual and milieu basis

Memorial Sloan Kettering Cancer Center New York, New York
 Sept. 2013 – May 2014

MSW Intern

- Completed 600 placement hours, including weekly individual and group supervision and in-service trainings
- Provided supportive counseling, community resource education, and psychoeducation to individuals and families
- Worked with patients and families to develop biopsychosocial assessments to inform treatment recommendations and planning

Y Scholars Program (Greenpoint YMCA) Brooklyn, New York
 Sept. 2012 – May 2013

MSW Intern

- Completed 600 placement hours, including weekly supervision with a licensed clinician

- Provided support for teens enrolled in the program (ages 14-19)
- Managed a caseload of sixteen teens, ensuring basic needs, goal-oriented and emotional support
- Facilitated weekly groups, including poetry and art, college access, and open forum discussion on age-appropriate topics

RECENT
CONTINUING
EDUCATION

Sessions Live (by Esther Perel Global Media)

- 2022: Inside the Office of Esther Perel
- 2021: The Great Adaptation
- 2020: Forbidden Conversations
- 2019: The Masculinity Paradox

ANTE UP! SAR (Sexual Attitude Reassessment) with Bianca Laureano, PhD, MA, CSE, CSES and Goody Howard

Sex Therapy for the 21st Century with Ian Kerner, PhD, LMFT

Sensate Focus – 1 with Linda Weiner, LCSW

The Shame Spiral with Debra Alvis, PhD

NMT Master Clinician Series with Bruce Perry, MD

Counseling on Access to Lethal Means (CALM)

Collaborative Assessment and Management of Suicidality (CAMS)