

KATIE OVERCASH

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Mental Health Therapist • Yoga Instructor • Trainer • Public Speaker

EXPERIENCE

DECEMBER 2012 – PRESENT

OWNER & OUTPATIENT MENTAL HEALTH THERAPIST,

OVERCASH THERAPY SERVICES, PLLC CHARLOTTE, NORTH CAROLINA

Provide outpatient mental health therapeutic services to adults and adolescents (280+ clients) combining mind-body-brain modalities. Integrate Restorative Yoga and Neurofeedback training for optimal self-regulation. Specialize in the areas of anxiety, depression, and trauma.

JANUARY 2017 – PRESENT

RESTORATIVE YOGA INSTRUCTOR, NODA YOGA CHARLOTTE, NORTH CAROLINA

Lead weekly Restorative Yoga classes (200+) and workshops (3). Guide Yoga workshops on “Restorative Yoga for Emotional Balance,” “Advanced Savasana,” for teachers and students and “Yoga: A Complement to Trauma Work” for staff on leading trauma-sensitive Yoga classes.

NOVEMBER 2016 – PRESENT

GUEST TRAINER, BELLA VITA YOGA 200-HOUR TEACHER TRAINING CHARLOTTE, NORTH CAROLINA

Develop and facilitate modules in the 200-Hour teacher training on Trauma-Sensitive Yoga (6 trainings) and Restorative Yoga (2 trainings). 100+ students in participation.

JUNE 2018 – PRESENT

CONTRACT OUTPATIENT THERAPIST, BRAVE STEP CHARLOTTE, NORTH CAROLINA

Conduct outpatient mental health therapy sessions with clients referred from agency for support with sexual abuse and assault. Led an 8-week Restorative Yoga group for participants.

AUGUST 2009 – NOVEMBER 2012

OUTPATIENT MENTAL HEALTH THERAPIST, THE CENTER FOR CREATIVITY AND HEALING CHARLOTTE, NORTH CAROLINA

Responsible for individual, family, and group therapy serving children, adolescents, and adults. Specialized in foster care, self-injury, acting out behaviors, anxiety, and depression.

EDUCATION

MASTER OF SOCIAL WORK, THE UNIVERSITY OF ALABAMA

Concentration in Mental Health

BACHELOR OF SCIENCE, THE UNIVERSITY OF ALABAMA

Human Development and Family Studies, Concentration in Childhood Development

CERTIFICATIONS

- Licensed Clinical Social Worker(2007-present)
- 200-Hour Registered Yoga Instructor(2016-present)
- Relax and Renew® Advanced Trainer(2018-present)

HONORS

- Relax and Renew® Level 1 Assistant for Judith Hanson Lasater (October 2018)

SPEAKING ENGAGEMENTS

- Taught 3 Restorative Yoga classes for Above Yoga Travel Retreats in Morocco (August 2021)
- Presented on treatment modalities for trauma in Dr. Kristie Opiola's "Topics in Counseling-Trauma" class (July 2020) at University of North Carolina at Charlotte
- Host of "Healing Charlotte" Podcast(released bi-weekly from April 2020-present)
- Presented on working with adolescents to Dr. Karen Neal's "Adolescent Psychology" Class (March 2017, February 2018, March 2019, April 2020, & September 2021) and combining mind-body-brain techniques to "Psychology of Well-Being" (February 2019) students at Queens University
- Trauma Care(October 2017) – Changing the Face of Yoga – Podcast interview on how Yoga complements mental health work around trauma
- Trauma(April 2017) – Changing the Face of Yoga - Podcast Interview on integration of Yoga and Talk Therapy
- Adolescent Development Presentations(Fall 2016) – Providence Day Middle School – workshops for staff and parents of 6th, 7th, and 8th graders
- Camp Kanata Mother-Daughter Weekend(April 2016) – facilitated Yoga and Mindfulness sessions as well as communication building.
- "Building Your Child's Character and Self-Esteem"(July 2015) – Charlotte Parent's Mom Matters Luncheon – presentation on understanding and supporting children's character development and self-esteem through childhood and adolescence
- "Cutting Through The Myths: The Latest on Self-Injurious Behavior"(July 2014) – Rebound Behavioral Health – led a training for mental health professionals on understanding and treating self-injurious behaviors in adolescents
- "A Guide to Self-Injury"(March 2014) – Johnson and Wales University – led a lunch and learn training for staff on recognizing, understanding, and communicating about self-injury with students
- "Knock Out Your Stress"(July 2014) – Employer's Association – Led a stress management workshop for staff

TRAININGS ATTENDED

- Relax and Renew® Restorative Yoga Teacher Training – Judith Hanson Lasater – Level 1 & 2
- Mindful Resilience Training – Veteran's Yoga Project – Dr. Daniel Libby
- Yoga for Trauma & PTSD – David Emerson
- EEG Info - Othmer Method Neurofeedback Training Introductory Course, Practicum 1 & 2

ACTIVITIES

- Alpha Gamma Delta Charlotte Alumnae Chapter: President (4 years), Vice President (4 years), Editor (6 years), & Junior Circle President (4 years) 2004-2019
- Traveled to Canada, England, France, Ireland, Italy, Spain, Morocco, and 22 states