

# 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

- Participated in a town hall with WFAE Live on Mental Health Conversations (July 2022)
- Taught Restorative Yoga classes for Above Yoga Travel Retreats in Morocco (August 2021) & Mexico(January 2022)
- 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 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> 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, Mexico, and 22 states