

**CASSIDI LONG, LCMHC-S**

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**EDUCATION**

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- Ph.D.** James Madison University, Harrisonburg, VA *Anticipated May 2027*  
Counseling and Supervision
- M.S.** North Carolina A&T State University, Greensboro, NC *December 2013*  
Clinical Mental Health Counseling
- B.A.** University of North Carolina at Wilmington, Wilmington, NC *May 2010*  
Communication Studies

**LICENSES & CREDENTIALS**

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- Licensed Clinical Mental Health Counselor (LCMHC)** *February 2017-Present*  
**Supervision Credential** *October 2022- Present*  
*State of NC*

**PROFESSIONAL EXPERIENCE**

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**Assistant Director** *July 2023-Present*  
*Counseling Center, Meredith College (Raleigh, NC)*

- Provide clinical supervision to counselors, interns, and practicum students
- Serve as acting director in the Director's absence, ensuring continuity of clinical operations and staff oversight
- Collect and analyze data on counseling center utilization, client outcomes, and service trends

**Owner** *April 2023-Present*  
*Mind Your Body Counseling, PLLC (Raleigh, NC)*

- Ensure compliance with local, state, and federal regulations, including maintaining licensure and business permits
- Operate tools like EHR system, telehealth platform, and marketing analytics software to improve efficiency
- Navigate changing regulations, client needs and market trends

**Assistant Clinical Director** *July 2022 -May 2024*  
*Urban Healing Counseling, PLLC (Raleigh, NC)*

- Provided clinical supervision and consultation to counseling staff, ensuring adherence to ethical and professional standards
- Advocated for clients to receive high-quality, client-centered care that met their needs
- Tracked client outcomes, licensed staff productivity, and other key metrics to inform operational decisions

**Care Coordinator & Hospital Liaison** *October 2016-February 2019*  
*Alliance Healthcare*

- Identified gaps in services and developed interventions to ensure that members received appropriate care
- Collaborated with multidisciplinary treatment teams and providers to develop supportive and preventative treatment and discharge planning
- Provided support and advocated for clients to ensure autonomy was upheld

## **CLINICAL EXPERIENCE**

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### **Clinician/Counselor**

*July 2023-Present*

*Meredith College Counseling Center (Raleigh, NC)*

- Provide culturally responsive, trauma-informed counseling to a diverse college student population, addressing concerns such as anxiety, depression, identity development, academic stress, and relational issues

### **Clinician/Psychotherapist**

*April 2023-Present*

*Mind Your Body Counseling, PLLC (Raleigh, NC)*

- Specialize in treating anxiety, depression, and trauma-related concerns within a diverse client population

### **Clinician/Psychotherapist**

*December 2018-May 2024*

*Urban Healing Counseling, PLLC (Raleigh, NC)*

- Specialized in individual and group counseling services that centered racial identity, systemic stress, and healing for BIPOC clients

### **Inpatient Clinician**

*March 2015-October 2016*

*Holly Hill Hospital (Raleigh, NC)*

- Provided crisis intervention, diagnostic assessments, and short-term therapy to individuals in acute psychiatric distress within a multidisciplinary inpatient setting

### **Intensive-In-Home Therapist**

*September 2014-March 2015*

*Serenity Counseling & Resource Center (Burlington, NC)*

- Provided therapeutic support to at-risk youth and their families, addressing behavioral concerns, trauma, and family dynamics through strength-based, culturally responsive interventions

## **TEACHING EXPERIENCE**

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### **Midwestern State University (MSU)**

*June 2025- December 2025*

*Teaching Internship*

Courses: Practicum, Internship, and Counseling Children

## **LEADERSHIP & ADVOCACY**

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### **Licensed Clinical Counselors of North Carolina (LCCNC)**

*2025*

*Secretary*

### **Meredith College Black Student Union**

*June 2025-Present*

*Co-Advisor*

**PROFESSIONAL AFFILIATIONS**

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Licensed Clinical Counselors of North Carolina (LCCNC)  
American Counseling Association (ACA)  
Counselors for Social Justice (CSJ)  
American College Counseling Association (ACCA)

**PUBLICATIONS & PRESENTATIONS**

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**Counselors for Social Justice Conference**

April 12, 2025, Puerto Rico

*Rising Above: Advocating for BIPOC Students as DEI is Under Fire*

**Meredith College Pedagogy, Innovation, and Enhancement Conference**

May 13, 2025, Raleigh, North Carolina

*Rising Above: Advocating for BIPOC Students as DEI is Under Fire*

**Cooperating Raleigh Colleges Conference**

July 24, 2025, Raleigh, North Carolina

*Supporting the Mental Health Needs of Marginalized Students*

**American College Counseling Association Conference**

March 8, 2026, Myrtle Beach, South Carolina

*Beyond the Screen: Counselors Responding to Campus Polarization on Anonymous Platforms*

Long, C. (2025). Teaching in the divide: Using relational cultural theory to address political polarization in counselor education. *SACES Newsletter*, 21(1), 35-36.

<https://saces.wildapricot.org/resources/Documents/SACES%20FALL%202025%20Newsletter.pdf>