

Meghan Holmes, LPC

The Center for Emotional Health of Greater Philadelphia
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Licensed Professional Counselor

NJ# 37PC01310600 | MD# LC11746 | VA# 0701015786

Education

Johns Hopkins University — Baltimore, MD

Master of Science in Clinical Mental Health Counseling, May 2019

University of Maryland — College Park, MD

Bachelor of Arts in Criminology and Criminal Justice, December 2015

Work Experience

The Center for Emotional Health of Greater Philadelphia — Cherry Hill, NJ

Licensed Professional Counselor | September 2026 – Present

- Provide evidence-based treatment to children, adolescents, and adults presenting with depression, anxiety, perfectionism, low self-esteem, disordered eating, OCD, specific phobias, Tourette OCD, BFRBs, tic disorders, and Tourette syndrome.

The Behavior Therapy Center of Greater Washington — Silver Spring, MD

Therapist | June 2024 – August 2026

- Provide evidence-based individual and family therapy to adolescents and adults with OCD, skin picking, trichotillomania, tic disorders, and other body-focused repetitive behaviors.
- Conduct comprehensive intake assessments.
- Develop individualized treatment plans based on clients' presenting concerns and diagnoses.
- Collaborate with multidisciplinary clinicians to enhance treatment outcomes.
- Provide accelerated and time-limited treatment when clinically indicated.

Eating Recovery Center / Pathlight Mood & Anxiety Center — Baltimore, MD

Clinical Supervisor | December 2022 – June 2024

- Provide leadership to the clinical team to enhance coordination and collaboration among staff.
- Ensure departmental compliance with HIPAA and Joint Commission standards.
- Develop and implement staff training protocols and clinical procedures.
- Collaborate with executive management to maintain quality of care and program effectiveness.
- Recruit, train, and support staff in establishing professional goals and performance objectives.
- Conduct performance evaluations and provide guidance on professional development and performance improvement.
- Provide counseling services and facilitate group therapy based on patient needs and program expectations.
- Oversee counselors' case file management and documentation, including monthly tracking reports and summary reports for leadership.

Primary Therapist | January 2020 – December 2022

- Managed and led an in-person adolescent Intensive Outpatient Program (IOP) for eating disorders.

- Provided evidence-based individual and family therapy to children, adolescents, and adults.
- Facilitated group therapy for children, adolescents, and adults.
- Developed treatment plans based on clients' presenting concerns and diagnoses.
- Completed clinical documentation following individual, family, and group therapy sessions.
- Collaborated with a multidisciplinary treatment team including psychiatrists, dietitians, and medical providers.
- Participated in ongoing clinical supervision and case consultation.
- Provided telehealth services, including individual, family, and group therapy.

Healthy Foundations Group — Bethesda, MD

Therapist | December 2022 – 2024

- Provided evidence-based individual and family therapy to children, adolescents, and adults.
- Conducted intake assessments and developed treatment plans based on client needs and diagnoses.
- Maintained timely clinical documentation.
- Referred clients to external providers when clinically appropriate.

Clear View Counseling Center — Annapolis, MD

Therapist | January 2022 – November 2022

- Provided evidence-based individual and family therapy to children, adolescents, and adults.
- Managed a caseload of 12–15 clients and coordinated scheduling.
- Conducted intake assessments and developed individualized treatment plans.
- Maintained timely documentation and billing for clinical services.
- Referred clients to outside providers when appropriate.

Treatment Modalities

Cognitive Behavioral Therapy (CBT); Enhanced Cognitive Behavioral Therapy (CBT-E); Family-Based Therapy (FBT); Exposure and Response Prevention (ERP); Dialectical Behavior Therapy (DBT); Cognitive Processing Therapy (CPT); Comprehensive Behavioral Model (ComB) for Body-Focused Repetitive Behaviors; Comprehensive Behavioral Intervention for Tics (CBIT).