
Cassidy Wigal, M.A., NCC, LPCC-S

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Professional Work Experience

BH Consultation

Lancaster, Ohio

Outpatient Therapist

May 2026 - Present

- Conducts diagnostic assessments to identify presenting issues and develop personalized treatment plans
- Provides individual psychotherapy addressing client needs and concerns
- Utilizes evidence-based techniques to enhance client coping strategies
- Maintains accurate clinical records in compliance with HIPAA regulations and Ohio licensure board requirements
- Participates in training opportunities for professional growth and specialization

LifeStance Health (Formerly Nemeth Counseling)

Westerville, Ohio

Clinical Site Director and Supervisor

Sept 2019 - April 2026

- Conducted diagnostic assessments, couples, and individual counseling sessions consistently on a weekly basis
- Supervised clinical staff through orientation, training, and development both individually and in group settings to enhance team competency
- Developed individualized treatment plans for clients based on their needs and preferences
- Facilitated staff trainings and continuing education sessions to improve documentation skills and ensure compliance with regulatory standards
- Coordinator of Intern Program, which includes conducting interviews and evaluations, implementing the onboarding process, networking with various universities, leading monthly meetings, and clinical supervision
- Developed Student Handbook, Intern Program Manual, and Orientation and Onboarding Checklists to streamline onboarding process for new interns
- Perform administrative duties such as scheduling clients, organizing client data, reviewing and maintaining documentation in accordance with HIPAA regulations and standards of care
- Led Covid Task Force committee meetings to coordinate response efforts
- Developed Safety Protocol procedure for central Ohio offices
- Participated in Couples Program and Quality Assurance committees to improve service quality

Mid-Ohio Psychological Services

Lancaster, Ohio

Outpatient Clinician

June 2017 - Aug 2019

- Conducted diagnostic assessments to assist with coordination of care based on client's presenting needs
- Provided individual psychotherapy for children, adolescents, and adults for clients in outpatient setting
- Maintained compliance with ethical standards established by relevant professional organizations
- Provided school-based psychotherapy twice per week for elementary aged children
- Co-facilitated weekly court-ordered aggression management program, supporting clients in developing healthier coping mechanisms
- Administered, scored, and interpreted therapeutic screening assessments to assist in treatment
- Developed individualized treatment plans based on client needs and goals
- Coordinated case management services by collaborating with agencies and referral sources, ensuring comprehensive support for clients' needs
- Monitored client progress throughout treatment and made referrals for higher levels of care.
- Collaborated with school personnel to provide support services for students
- Attended regular continuing education trainings applicable to caseload needs and professional growth
- Engaged in supervision twice a week for an hour to discuss clinical progress, ethical care, and professional development
- Wrote blog on behalf of the agency for the local ADAMH Board

Chestnut Ridge Center

Morgantown, West Virginia

IOP Clinician and Graduate Research Assistant

May 2016 - May 2017

- Provided case management for the Addiction Intensive Outpatient Program and Comprehensive Opioid Addiction Treatment Program for pregnant women
- Provided individual psychotherapy for adults participating in the Addiction Intensive Outpatient Program
- Managed crisis situations to ensure client safety and well-being
- Educated clients on symptoms, root issues, and treatment expectations, empowering them to actively participate in their recovery journey
- Collaborated with interdisciplinary teams to enhance client care strategies.
- Co-facilitated group therapy sessions on coping skills and addiction counseling twice per week, enhancing client understanding and engagement in treatment
- Co-facilitated weekly family group therapy, enhancing interpersonal relationship dynamics and providing education on addiction
- Coordinated referrals with external and internal providers for additional services

- Maintained accurate client records and documentation according to agency policy and procedures
- Actively participated in supervision and attended a regular on-site training for professional growth
- Assisted in research and triage for the Comprehensive Opioid Addiction Treatment Program for pregnant women
- Participated in round table discussion with West Virginia Senator on how the opioid epidemic was being treated at a state and national level

Education

Master of Arts: *Clinical Mental Health Counseling* Aug. 2015 - May 2017

West Virginia University, Morgantown, WV

- Graduated Suma Cum Laude
- Received College of Education and Human Services Scholarship

Bachelor of Arts: *Psychology* Aug. 2013 - May 2015

West Virginia University

- Graduated Magna Cum Laude
- Communication Studies Minor

Associates of Arts: *General Studies* Aug. 2010 - May 2013

West Virginia University at Parkersburg

- Graduated with honors
- Received academic pin

Presentations

- *Ethical Documentation with a Legal Lens*
 - University of Dayton podcast presentation (2023)
- *Medically Necessary Documentation*
 - University of Dayton guest lecture (2023)

Licensure and Certifications

- *Licensed Professional Clinical Counselor (LPCC-S)* 2019 - Present
 - With Supervisory Endorsement
- *National Certified Counselor (NCC)* 2017 - Present