



Lauren Kosc, LCPC, NCC, BC-TMH

Licensed Clinical Profession Counselor, #LC3698

National Certified Counselor, #1733064

Board Certified- Telemental Health Provider, #BC-TMH-4092

CONTACT

linkedin.com/in/laurenkosc/
lwuethrichkosc@gmail.com
Cell: 609-744-4718

EDUCATION

Johns Hopkins University:
Clinical Community Counseling
(Post-graduate education), 2008

Argosy University American School of
Professional Psychology: Master of
Arts in Professional Counseling
(CACREP certified), 2008

George Washington University:
Bachelor of Arts in Sociology, Minors
in Spanish Language & English, 2004

AFFILIATIONS

- Maryland Board of Professional Counselors and Therapists
- American Counseling Association; ACA Division for Resilience and Trauma Counseling
- National Board of Certified Counselors (NBCC)

SKILLS

- 16 years of diverse clinical mental health experience
- Expertise in first responder wellness
- Seasoned presenter, trainer and educator
- Excellent writing, analytical, and presentation skills
- Thrives independently or as an integral team member

Clinician- Independent Contractor- current

HEADWAY headway.co April 2025

OCTAVE HEALTH GROUP INC. findoctave.com July 2024

- Provides short-term, evidence-based therapy and evaluation to clinically diverse population
- Incorporates measurement-based approach using telehealth delivery model

Behavioral Health Program Clinical Manager, March 2022- current

Behavioral Health Specialist, September 2017- March 2022

INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS iaff.org

- Provides clinical oversight to all aspects of IAFF behavioral health program and services, including peer support and resiliency training, on-demand virtual education, clinician consultation, and the IAFF Center of Excellence residential treatment center
- Delivers mental health training to a multidisciplinary national stakeholder audience
- Provides clinical support and education to affiliates impacted by critical stress incidents
- Designed 18-month longitudinal study for fire fighters discharged from inpatient care
- Principal creator and facilitator of the IAFF mental health clinician training program
- Co-chaired the United States Fire Administration (USFA) Mental Health Taskforce
- Appointed as management representative to improve internal labor-management relations

Crisis Intervention Therapist, PRN October 2017- December 2019

Behavioral Health Therapist, December 2012- September 2017

Inpatient Case Manager, September 2011- December 2012

MEDSTAR HEALTH medstarmontgomery.org

- Seven-time recipient of Medstar's SPIRIT employee recognition award
- Provided compassionate, patient-centered individual and group therapy, diagnostic evaluation, care coordination and discharge planning to clinically and culturally diverse patient population, as part of multidisciplinary treatment team
- Served as primary therapist in partial hospitalization and intensive outpatient program, completed timely documentation, treatment planning, and insurance authorizations
- Developed and delivered comprehensive psychoeducational curriculum for adults 18-65+
- Provided supervision for two rotating graduate level interns

Clinical Interviewer- Contractor, September 2011- December 2011

CENTER FOR THE STUDY OF TRAUMATIC STRESS, USU cstsonline.org

- Conducted in-depth diagnostic interviews to evaluate mental health risk and resilience in active-duty military personnel for the Army (STARRS-LS) project, sponsored by the U.S Department of Defense and the Department of Psychiatry at the Uniformed Services University; proficient in the SCID (Structured Clinical Interview of the DSM-V)

Substance Use Counselor, October 2008- June 2011

SUBURBAN HOSPITAL/ JOHNS HOPKINS MEDICINE suburbanhospital.org

- Two-time recipient of hospital "Making a Difference" employee recognition award
- Conducted diagnostic assessments for individuals seeking substance abuse treatment
- Led weekly adolescent treatment groups, family psychoeducation, and meetings
- Provided ongoing case management, documentation, & referrals for 20+ caseload

Clinician - Contractor, October 2008- June 2011

VESTA, INC. OUTPATIENT MENTAL HEALTH- vesta.org

- Conducted comprehensive diagnostic assessments, treatment planning and weekly psychotherapy for underserved clinically diverse adult, adolescent, and child population
- Responsible for timely case management, documentation, and treatment plan reviews
- Obtained client authorizations for outpatient mental health services



Lauren Kosc, LCPC

Licensed Clinical Profession Counselor
National Certified Counselor

CONTACT

- [linkedin.com/in/laurenkosc/](https://www.linkedin.com/in/laurenkosc/)
- lwuethrichkosc@gmail.com
- 609-744-4718

*References, transcripts, and license
available upon request

Graduate Professional Counselor/ Intern, September 2007- May 2008

CONTEMPORARY THERAPEUTIC SERVICES, INC.

- Conducted diagnostic assessments, treatment planning, and weekly counseling for underserved adult, adolescent, and child populations connected to foster care system
- Responsible for timely case management, documentation, and treatment plan reviews
- Obtained client authorizations for outpatient mental health services

Research Assistant, July 2007- December 2007

UNITED BIOSOURCE CORPORATION, unitedbiosource.com

- Reported to Executive Director of pharmaceutical research and consulting firm
- Conducted research data entry, analysis, and project support for a variety of pharmaceutical research studies

Project Manager, Consulting & Training Department, April- October 2006

Research Assistant, Consulting & Training- September 2004-April 2006

INNOVATION NETWORK INC., innonet.org

- Served as lead Project Manager for non-profit/philanthropic program evaluations
- Conducted focus groups, in-person and telephone interviews with program stakeholders
- Created customized data collection instruments designed to measure qualitative and quantitative outcomes.

PRESENTATIONS AND PUBLICATIONS

- Kosc, L. (2025, January 7) *Suicide Prevention in the Fire Service: Strategies to Save a Life*. IAFF Affiliate Leadership Training Summit, New Orleans, LA.
- Kosc, L. (2024, September 13). *Special Populations: Treating Fire and Rescue Professionals*. American Counseling Association Virtual Practice Summit.
- Kosc, L. (2024, June 26). *Treating Fire and Rescue Professionals: Mental Health and Primary Care Considerations*. American Association of Nurse Practitioners annual conference, Nashville, TN.
- Kosc, L. (2024, April 10). *Creating Psychologically Resilient Responders: The Role of Peer Support in the Fire Service*. American Burn Association 2024 Meeting, Chicago, IL.
- Kosc, L. (2023, March 6). *Exploring Behavioral Health in the Fire Service: Challenges and Opportunities*. Johns Hopkins University Occupational Medicine Program- Residency Program, Baltimore, MD.
- Kosc, L and Koob, G. *Exploring Alcohol Use Disorder in the Fire Service: Risks and Recovery*. National Institute on Alcohol Abuse and Alcoholism (NIAAA). Available at https://www.youtube.com/watch?v=34HV8nr_QW0.
- Kosc, L. et al. (2022, September 7-8; 2022, October 12-13; 2023, October 14-15) *Treating Fire Service Professionals in Behavioral Health Settings*. Delivered at New Hampshire Fire Academy, Kansas City, MO Training Academy and the Maryland Fire and Rescue Institute.
- Kosc, L. (2022). *International Association of Fire Fighters. Understanding the Fire Service or Mental Health Clinicians*. Available at <https://lms.iaff.org>
- Kosc, L. (2022, June 2). *Understanding Peer Support in the Fire Service: Best Practices for Clinicians*. Available at <https://www.iaff.org/behavioral-health/video-resources/>
- Kosc, L. (2021, 2022). *Trauma in the Fire Service for Fire Service Professionals*. Advanced Recovery Systems. <https://www.iaff.org/behavioral-health/video-resources/>
- Kosc, L. & Price, J. (2020, August 13). *Understanding Peer Support in the Fire Service: For Clinicians and Healthcare Providers*. Advanced Recovery Systems. Available at <https://www.iaff.org/behavioral-health/video-resources/>
- Kosc, L. (2020, July 30). *Understanding Trauma in the Fire Service: For Clinicians and Healthcare Providers*. Advanced Recovery Systems. Available at <https://www.iaffrecoverycenter.com/continuing-education/trauma-fire-service>.
- Kosc, L. Robinson, S., Stein, S. (2020, January 19-22). *Building Your Peer Support Program and Accessing Treatment*. IAFF Affiliate Leadership Training Summit, Lake Buena Vista, FL.
- Kosc, L. & Robinson, S. (2019, September 5-6). *Building Your Peer Support Program*. National Fire Service Behavioral Health Symposium, Denver, CO.
- Kosc, L., Ramella, K., & Morrison, P. (2018, October 10-13). *The State of Employee Assistance Programs in the Fire Service*. Employee Assistance Professionals Association Annual Conference, Minneapolis, MN.