

Ann Elliot

Mental health practitioner, educator and community leader

Moberly, Missouri, USA · Exploring employment opportunities in Scotland

+1 660-269-9577 · Lighthouse123@sbcglobal.net

AnnElliot.com

Professional profile

Missouri-licensed clinical social worker with more than 30 years in private counselling practice. Experience spans trauma-focused work with children and families, suicide-prevention education, community mental wellness and professional teaching. Owner of The Lighthouse Counseling Center, with a background in community services, practice development and animal-assisted work.

Core areas of experience

Trauma and child/family work · Individual and group counselling · Suicide prevention and bereavement support · School and first-responder education · Community collaboration · Professional workshops · Animal-assisted and equine practice

Employment

Private practice · Moberly, Missouri

Mental Health Counselor and Educator | March 1993-present

The Lighthouse Counseling Center established in 2000.

- Provides individual, family and group counselling, including work with children and families affected by trauma and abuse, relationship difficulties, grief and crisis.
- Works with referrals from schools, local agencies, hospitals and justice services; develops and delivers professional and community education.
- Contributes to suicide-prevention teaching, school mental-wellness work and community partnerships; incorporates canine- and equine-assisted approaches within her US practice.

Earlier community-service roles

Case Manager · Ozark Area Care and Counseling

May 1992-March 1993

West Plains, Missouri. Direct in-home and community support for people with mental illness, daily-living education and referrals.

Family Support Counselor / Case Manager · Collin County MHMR

September 1985-October 1988

McKinney, Texas. Family support, treatment/discharge planning, community living and staff/law-enforcement education.

Level III Foster Care Specialist / Job Coordinator

April 1983-July 1985

Comprehensive Juvenile Services, Fort Smith, Arkansas. Foster-home recruitment and training, family support and employment-skills workshops.

Rehabilitation Counselor / Day Treatment Coordinator

May 1982-April 1983

Four County Mental Health Services, St. Charles, Missouri. Designed and coordinated a day-treatment programme and managed volunteers.

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Selected teaching, leadership & contributions

- **Higbee school mental-wellness pilot, 2022:** contributed to an eight-week programme for seventh- and eighth-grade pupils, with 16 teaching hours documented across the separate sessions and a subsequent parents' CALM class.
- **Suicide prevention and first responders:** delivered community CALM classes and CIT presentations, with specific teaching corroborated in 2020–2022. Experience includes suicide-bereavement support and helping establish the Randolph County Suicide Prevention Coalition and North Central CIT Council.
- **Professional leadership:** former president of the Missouri Association for Play Therapy. MAPT lists an Ann Elliot Scholarship supporting playroom supplies.
- **AAPT conference contributions:** Listening Through Horses' Ears (2022); Equine Assisted Play Therapy: Preparation of Horses (2023); What Is My Horse Saying and Why Does It Matter? (2024).
- **Writing:** author of What Is My Horse Saying and Why Does It Matter?, a guide to interpreting equine behaviour and communication.

Education & US professional credentials

- **Licensed Clinical Social Worker — Missouri.** First licensed December 1992; renewal valid through 30 September 2028.
- **BA, Psychology and Theatre — Drury College, 1982.** One degree with two majors.
- **Certified Cognitive Behavioral Therapist — National Association of Forensic Counselors.** Certificate valid through 30 September 2027.
- **Cognitive Processing Therapy Provider — CPT Implementation / FLARES programme.** Awarded October 2016 following workshop, consultation and reviewed cases.
- **Animal-assisted specialist awards:** Certified Professional Practitioner of Animal Assisted Play Therapy (CPP-AAPT), awarded 2023; Certified Animal Ethology and Behavior Specialist, Animal Assisted Play Therapy (CAEBS-AAPT), awarded 2024 with horse-focused scope. Contact Ann for current specialist renewal details.

Selected continuing development

- 2026:** Suicide Bereavement Support Group Facilitator Training; first-responder suicide-prevention learning; AAPT conference.
- 2025:** Missouri Suicide Prevention Coalition Academy; Youth Mental Health First Aid course; firearm-suicide prevention learning cohort.
- 2022:** Applied Suicide Intervention Skills Training (ASIST), 15 hours.
- 2020:** CALM Training for Instructors; First Responder CALM instructor recognition.
- 2018–2020:** Complex-trauma and trauma-informed supervision learning.

UK employment interests

Seeking an employer-sponsored role in Scotland in mental-health programmes, suicide prevention, community education, training or suitably matched clinical work. Missouri licensure is separate from UK registration. Supporting qualification records can be provided for employer review.