

# PHEBE BRAKO, PHD, LMFT, LMHC, NCC

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phebebrakolmft@gmail.com

## EDUCATION

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**Doctor of Philosophy in Counselor Education and Supervision** 2025  
Antioch University, Seattle, WA

**Master of Arts in Marriage and Family Therapy** 2013  
Seton Hill University, Greensburg, PA

**Bachelor of Arts in Psychology** 2011  
Salem College, Winston-Salem, NC

## CERTIFICATIONS

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**Licensed Mental Health Counselor** 2023  
Washington - LH61482491

**National Certified Counselor** 2023  
National Board for Certified Counselors

**Transcultural Counseling** 2022  
International Association for Counseling International Association for Counseling.

**Licensed Marriage and Family Therapist** 2021  
Washington D.C. – LMFT200001200

**Washington State Approved Supervisor** 2021  
Washington

**Licensed Marriage and Family Therapist** 2015  
Washington – LF60607100

**CBT-Plus (Formerly Trauma-Focused Cognitive Behavioral Therapy)** 2015  
University of Washington – Harborview, WA

**Nonviolent Crisis Intervention** 2014  
Crisis Prevention Institute

## WORK EXPERIENCE

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**Antioch University**  
Seattle, WA

**January 2024 - December 2024**

**Adjunct Faculty** **September 2024 - December 2024**  
*Graduate Course Teaching*  
● COUN 6305 Introduction to Internal Family Systems

**Adjunct Faculty** **March 2024 - June 2024**  
*Graduate Course Teaching*  
● COUN 6003 Internship Case Consultation  
● COUN 6005 Internship Case Consultation

**Adjunct Faculty** **January 2024 - March 2024**  
*Graduate Course Teaching*  
● COUN 6003 Internship Case Consultation  
● COUN 6005 Internship Case Consultation

**Antioch University** **September 2023 - December 2023**  
*Keene, NH*

**Adjunct Faculty**  
*Graduate Course Teaching*  
● COUN 5542 Counseling Theories

**Antioch University** **January 2023 - March 2023**  
*Seattle, WA*

**Teaching Assistant**  
● Collaborate with Counseling Department faculty on syllabus and content development  
● Research material for instruction enhancement  
● Lecture multicultural topics to Masters-level students  
● Grade student assignment and provide timely feedback

**Research Intern** **October 2022 - December 2022**  
● Critically evaluated literature in counseling  
● Participated in doctoral dissertation data analysis  
● Researched designs appropriate to quantitative and qualitative research questions  
● Explored refereed journals in counseling for publication purposes.  
● Developed a manuscript that adheres to professional counseling journal requirements – *Counseling Considerations for Black Transracial International Adoptees*  
● Developed a proposal for the Association of Counselor Educators professional conference.

**253 Therapy and Consult**

*Tacoma, WA*

**September 2016 – Present**

**Founder & Chief Executive Officer**

- Lead team of 15 multidisciplinary therapists and clinical interns to provide psychotherapy services to individuals, couples and families of diverse backgrounds
- Diagnose mental health disorders and support clients on how to manage their symptoms
- Develop culturally sensitive and comprehensive treatment plans focusing on client recovery
- Collaborate with EAP companies in coordinating services with members and member companies
- Train, supervise and provide relevant clinical consultations to staff therapists

**Lyra Health**

*Burlingame, CA*

**July 2021 – May 2022**

**Blended Care Therapist**

- Provide short-term, evidence-based treatment via live video
- Assign digital lessons, videos, and assessments to clients between video-based sessions to enhance learning and monitor outcomes
- Conduct peer-based quality assurance reviews to ensure high-quality outcomes in the program from a multicultural lens

**Magellan Healthcare**

*Maryland Heights, MO*

**Healthy Steps Specialist**

**July 2020 – April 2021**

- Provide the full breadth of Healthy Steps counseling services to military parents/guardians and their children ages 0-5 at Madigan Army Medical Center.
- Provide services include assessment, walk-around counseling, brief solution-based counseling and consultation, anticipatory guidance, action planning, psychoeducation and referral to community and military resources.

**Military & Family Life Counselor (Child & Youth Behavioral)**

**January 2016 – July 2020**

- Provide non-medical, short-term, solution-focused counseling to service members and children of service members stationed at Joint-Base Lewis-McChord, Washington
- Provide support, training and guidance to staff at schools, childhood development centers and youth centers who are in direct contact with children of service members
- Connect service members and their families to community resources and facilitate warm hand-off to service providers
- Create a presence on the installation upholding anonymity and confidentiality for all service members and their families
- Partner with Champion Physician to provide Healthy Steps Specialist services in a manner that addresses the needs of the medical facility as well as supporting the pediatric physicians and staff while providing parent support, consultation, training, and guidance.

**My Brother's Keeper Community Services**  
Tacoma, WA

**May 2015 – March 2020**

**Clinical Consultant**

- Provide culturally sensitive and relevant clinical consultation with staff
- Implement therapeutic services for residential clients
- Design and deliver professional development and clinical trainings to staff
- Review paperwork and monthly reports, ensuring compliance with state standards

**Greater Lakes Mental Healthcare**  
Lakewood, WA

**September 2013 – January 2016**

**Child and Family Therapist**

- Provide therapy and case-management services to individuals and families in main office and outreach locations such as schools
- Develop understanding of client needs and strengths to help generate client-centered goals
- Consult and collaborate with other professionals/agencies to maintain continuity of care
- Manage required clinical paperwork and client correspondence in a timely manner
- Provide mental health intake assessments in both office and outreach locations
- Manage general operations and logistics of outreach location

**SCHOLARSHIP**

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***Journal Article Publications (Peer Reviewed)***

- Brako-Owusu, P. (2024). Global Mental Health: A Reflection and Analysis from a Ghanaian Perspective. *The Journal of the African Studies and Research Forum*, 1 (33).
- Brako, P. (2025). Counseling Adult Black Transracial Adoptees. *The Family Journal*, 0(0).

### ***Journal Article Publications (Accepted and Pending)***

- Brako, P. (2025). *Mental Health Experiences of Transracial Adoptees of the Global Majority*. [Doctoral dissertation, Antioch University].

### **PRESENTATIONS**

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- Thorson-Olesen, S., Mensink, A., Goethel, A., Valente, J., **Brako-Owusu, P.** & Schmitz, K. (2023, October). *"From Substance Abuse to Sobriety: A Consensual Qualitative Research Approach and Tools for Counselor Education."* Association of Counselor Education and Supervision Biannual Conference
- Invited Presenter at Pacific Lutheran University (2023, September). *MFT526 Professional Panel*
- **Brako-Owusu, P.** & Conteh, J. (2023, September). *"Here's the Thing About Transracial Adoption in the African Diaspora."* African Studies and Research Forum.
- Invited Presenter at Pacific Lutheran University (2023, July). *MFT526 Professional Panel*
- Invited Presenter at Chi Sigma Iota - Omega Mu Gamma 2023 Online Social Justice Symposium (2023, April). *"Here's the Thing About Transracial Adoption"*
- Keynote Speaker at Washington Association of Marriage and Family Therapy Mentor Day (2023, April). *"Against the Grain"*
- Invited Presenter at Pacific Lutheran University (2022, September). *MFT526 Professional Panel*
- Invited Presenter at Pacific Lutheran University (2022, March). *MFT526 Professional Panel*
- Invited Presenter at Pacific Lutheran University (2021, November). *MFT526 Professional Panel*
- Invited Speaker at Seattle Counselors Association (2021, January). *"Not from Here, In Your Chair" – An Immigrant's Experience of Mental Health in the US.*
- Guest Lecturer at Pacific Lutheran University (2021, January). *Adapting Satir Model to Black Immigrant Families*

### **FELLOWSHIPS**

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- Research Fellowship through Antioch University, Seattle (2023 -2024)
- Diversity Fellowship through Antioch University, Seattle (2024)
- National Board for Certified Counselors Minority Fellow (2024)

## **HONORS & AWARDS**

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- Recipient of Dr. Ellen K. Carruth Diversity & Inclusivity in Counseling Scholarship, *Washington Mental Health Counselors Association*, 2023
- Best Graduate Student Paper Award, *African Studies and Research Forum*, 2023
- Black-owned Advocate Award and Grant Recipient, *Black Owned Business Excellence*, 2023
- Comcast RISE Grant Recipient, *Comcast*, 2022
- Tacoma's Most Inspiring Women, *Experience Tacoma*, 2021
- 40 under 40 Award, *South Sound Business Examiner*, 2017

## **CONFERENCES ATTENDED**

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- American Counseling Association Annual Conference (2024)
- National Board of Certified Counselors Annual Symposium (2024)
- Association of Counselor Education and Supervision Biannual Conference (2023)
- Not Your Typical Psychotherapist Conference (2022)
- American Association of Marriage and Family Therapists Annual Conference (2020)
- American Association of Marriage and Family Therapists Annual Conference (2018)
- American Association of Marriage and Family Therapists Annual Conference (2016)
- Washington State Behavioral Conference (2015)

## **PROFESSIONAL AFFILIATIONS**

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- American Counseling Association (Current)
- Association for Counselor Education and Supervision (Current)
- Washington Association of Marriage and Family Therapists (Current)
- American Association of Marriage and Family Therapists (Current)
- African Studies Research Forum (Current)
- Chi Sigma Iota Counseling Academic and Professional Honor Society (CSI) - Omega Mu Gamma Chapter (Current)

## **PROFESSIONAL SERVICE**

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- Western Association for Counselor Education and Supervision Diversity Equity and Inclusion Bylaws Reviewer (2023)
- Association for Counselor Education and Supervision Biennial Conference Proposal Reviewer (2023)
- Board Member, Washington Immigrant Solidarity Network (2023)
- Board Chair, Washington Immigrant Solidarity Network (2025)

## **ADDITIONAL TRAINING**

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- Diversity and Inclusion Certificate, Cornell University (2022)
  - Suicide Truths and Rumors (2022)
  - American Association of Marriage and Family Therapists Fundamentals of Supervision (2020)
  - Male Trauma (2017)
  - Assessments and Social Justice (2016)
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