

| ABOUT |

/ **CARRIE A. DYER**, BFA, MFA

| T H E R A P I S T | D E S I G N E R | E D U C A T O R |

/ *Building visual systems for healing,
regulation, and meaning-making.*

| Education

- / MA, Wake Forest University, Master of Arts in Counseling Candidate, August 2026
- / MFA, School of the Art Institute of Chicago, Master of Fine Arts in Visual Communication, 2006
- / BFA, East Tennessee State University, Bachelor of Fine Arts, 2004

| Professional Affiliations

- CSI, Chi Sigma Iota Counseling Academic and Professional Honor Society
- ACA, American Counseling Association
- ACC, Association for Creativity in Counseling Creative Arts
- AMCD, Association for Multicultural Counseling & Development
- CSI, Counselors for Social Justice

| Specialized Training

- > EMDRIA-approved EMDR Training (completed)
 - > Integrated EMDR & Internal Family Systems (IFS) Model (completed)
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| ABOUT |

/ Origins: Why This Work Exists

Before counseling, I spent nearly two decades working in creative higher education, teaching graphic design, building curriculum, and helping students translate abstract ideas into tangible visual systems. Over time, I noticed that many of the same challenges students faced in creative development mirrored what clients often face in therapy:

- difficulty organizing internal chaos
- fear of failure
- perfectionism
- fragmented identity
- emotional overwhelm
- difficulty translating internal experiences into language

When I entered clinical mental health counseling, I began recognizing a recurring pattern: many clients did not need more advice, they needed frameworks that helped them understand themselves with greater clarity and less shame. Many arrive in therapy deeply self-aware but profoundly disoriented. They often know something feels wrong but struggle to understand how trauma histories, nervous system activation, executive functioning challenges, identity development, grief, attachment wounds, and environmental systems interact. My work attempts to make those invisible systems visible. Not to reduce complexity, but to help people feel less lost inside it.

/ Clinical Philosophy

I believe symptoms often make sense in context. What is frequently labeled as dysfunction may be an adaptive response to overwhelming environments, trauma exposure, chronic invalidation, neurodivergent stress, or systemic pressures. My work is grounded in:

Trauma-informed care

Understanding survival adaptations through nervous system awareness rather than pathology.

Neurodivergent-affirming practice

Recognizing ADHD, sensory differences, masking, rejection sensitivity, and executive functioning challenges through strengths-based frameworks.

Parts work

Helping clients understand protective systems, internal conflict, and fragmented self-states with greater compassion.

Systems thinking

Viewing individuals within relational, institutional, cultural, and environmental ecosystems.

Relational authenticity

Using connection, attunement, and thoughtful collaboration to reduce shame and isolation.

Healing often begins when people can finally see the full map of what they've been carrying.



/ How I Work

Many therapeutic models assume clients enter treatment with clear goals: “I want to reduce anxiety, I want better communication. I want healthier coping skills.” In reality, many trauma survivors and neurodivergent clients enter therapy feeling fragmented and overwhelmed. **They often say:**

“I don't know what's wrong, I've tried everything, I can't connect the dots, I feel like too many different versions of me exist.” This work often begins with collaborative mapping.

Together we identify:

- patterns
- protective responses
- nervous system states
- emotional triggers
- environmental demands
- internal parts
- values
- unmet needs

Visual tools can help clients externalize complexity in ways that reduce shame and increase self-understanding.



/ Selected Frameworks + Therapeutic Tools

Maps of the Self-Scape

A systems-based visual framework helping clients understand:

- executive functioning
- identity
- emotional regulation
- environment
- values
- relationships
- nervous system responses

The Adaptive Worry System

A psychoeducational framework that reframes anxiety as adaptive information rather than personal failure. Designed specifically for ADHD populations navigating:

- perfectionism
- overwhelm
- rejection sensitivity

- avoidance
- executive dysfunction

Emotive Objects

An expressive arts intervention that helps clients externalize emotions through metaphorical object creation.

Anxiety Machine

A visual framework illustrating recursive anxiety loops and protective behavioral patterns.

Nervous System Weather

A regulation tool that helps clients identify fluctuating emotional and physiological states.

Grounding + Hope Box Tools

Practical regulation resources for clients experiencing overwhelm, trauma activation, grief, and emotional dysregulation.



/ Who This Work Supports

- therapy practices
- clinicians
- universities
- wellness organizations
- mental health startups
- ADHD communities
- trauma recovery spaces
- psychoeducational workshops
- creative wellness initiatives



/ Professional Background

Clinical Mental Health Counseling
Wake Forest University
M.A. Candidate / Clinical Training

Outpatient Therapist Intern
Irenic Therapy PLLC

Creative Higher Education Leadership
Nearly 20 years of experience in design education,
curriculum development, and visual communication.



/ Future Directions

I am interested in building:

- therapeutic workbooks
- clinician resources
- psychoeducational curricula
- workshops
- visual therapy tools
- collaborative design projects
- digital mental health resources

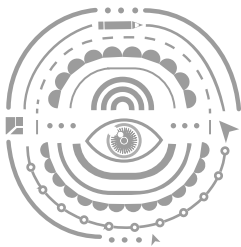
My long-term goal is to help bridge the gap between clinical knowledge and human understanding through visual systems that make healing more accessible.

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/ Contact

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