

Ascent Counseling  
PO Box 1425  
North Conway, NH 03860  
603.319.4512

[nick@ascentcounselingnh.com](mailto:nick@ascentcounselingnh.com)

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## **Nicholas A. H. Hudson-Swogger, LCMHC**

### **Qualifications**

Licensed clinical mental health counselor with 9 years of clinical experience working in community mental health, hospital and residential settings. Clinical areas of interest include Borderline Personality Disorder, Post Traumatic Stress Disorder, Eating Disorders and Obsessive-Compulsive Disorder. Clinical experience includes individual psychotherapy, Dialectical Behavior Therapy (DBT), DBT Skills group facilitation, diagnosis and assessment, emergency services, and hospital psychiatric assessment.

### **Licensure**

*Licensed Clinical Mental Health Counselor*  
New Hampshire #766

### **Education**

*Eating Disorder Institute, in progress*  
Plymouth State University  
Plymouth, NH

*M.A. Counseling, 2005*  
University of New Hampshire  
Durham, NH

*B.A. History, 1999*  
Ohio Wesleyan University  
Delaware, OH

### **Employment**

*Clinical Mental Health Counselor*  
January 2013 – present  
Ascent Counseling, North Conway, NH

*Clinical Mental Health Counselor*  
June 2012 – December 2012  
Sovereign Journey, Bethlehem, NH

*Clinical Mental Health Counselor*  
January 2006 – May 2012  
Northern Human Services, Berlin, NH

*Clinical Case Manager & Mental Health Counselor*  
June 2004 – December 2005  
Northern Human Services, Berlin, NH

*National Leadership Consultant, June 1999 – May 2000*  
Alpha Sigma Phi National Fraternity, Inc., Indianapolis, IN

## **Experience**

### *Clinical Intern*

January 2004 – May 2004

Northern Human Services Mental Health Center, Berlin, NH

### *Clinical Intern*

September 2002 – May 2003

Northern Human Services Mental Health Center, Conway, NH

## **Professional Memberships**

Academy of Eating Disorders

- Social Media Committee (October, 2013 – present)

American Mental Health Counselors Association

International Society for Traumatic Stress Studies

New Hampshire Mental Health Counselors Association

## **Professional Affiliations**

*New Hampshire Disaster Behavioral Health Response Team*

## **Advanced Trainings**

*Introductory Training for Family-Based Treatment for Anorexia Nervosa*

Training Institute for Child and Adolescent Eating Disorders

June 9-10, 2013

Fairleigh Dickenson University, Hackensack, NJ

## **Presentations**

I have presented on the following topics in a variety of settings. A detailed list is available upon request.

- Anxiety Disorders
- Assessment and Clinical Management of Diabetes and Eating Disorders. Implications for medical and mental health providers
- Bipolar Disorder
- Dialectical Behavior Therapy and Borderline Personality Disorder
- Understanding Eating Disorders. A guide to prevention, treatment and recovery for families, educators and caregivers
- Perspectives on Orthorexia: Is it an eating disorder, obsessive-compulsive disorder or unique clinical phenomenon