



City of Seattle Boards & Commissions Notice of Appointment

Appointee Name: <i>Emily Rose Barr</i>		
Board/Commission Name: <i>Seattle Women's Commission</i>		Position Title: <i>Member</i>
<input checked="" type="checkbox"/> Appointment OR <input type="checkbox"/> Reappointment		City Council Confirmation required? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Appointing Authority: <input checked="" type="checkbox"/> City Council <input type="checkbox"/> Mayor <input type="checkbox"/> Other: <i>Fill in appointing authority</i>		Term of Position: * <i>7/2/2023</i> to <i>7/1/2025</i> <input type="checkbox"/> <i>Serving remaining term of a vacant position</i>
Residential Neighborhood: <i>Columbia City</i>	Zip Code: <i>98118</i>	Contact Phone No.:
Background: <p>Emily is a mental health therapist (LCPC, LMHC) and founder of A Soul Awake Psychotherapy, LLC, where she works with women struggling with depression, anxiety, life transitions, and similar concerns. Emily's drive to advance equality and bolster traditionally underserved community's dates back to her time as an undergraduate student at the University of Illinois at Urbana-Champaign, where she served as a member of the Girls Advocacy Project, a program that connects adolescent girls involved in (or at risk for involvement in) the juvenile justice system with trained advocates for 10 to 15 weeks to pursue their chosen goals.</p> <p>A Midwest native and Pacific Northwest transplant, Emily is thrilled to call Seattle home. She believes that there are various responsibilities accompanying her identity as a woman, including working for and promoting women's equality, honoring women's legacy, and empowering women to go after their dreams in a society that often encourages otherwise. In addition to serving on the Women's Commission, Emily volunteers for PEPS, Backpack Brigade, and the Seattle Symphony. In her free time, she enjoys reading, hiking, baking, running, and exploring her new surroundings. Emily is incredibly honored to be a part of the Women's Commission and can't wait to see what it accomplishes in the coming years.</p>		
Authorizing Signature (original signature): 		Appointing Signatory: <i>Cathy Moore,</i> <i>Seattle City Councilmember</i>

*Term begin and end date is fixed and tied to the position and not the appointment date.

Emily Rose Barr

SUMMARY

Licensed Mental Health Counselor (LMHC) with 5+ years of experience within a private practice setting, working with women struggling with depression, anxiety, life transitions, work and familial responsibilities, relationships, and chronic stressors.

CORE COMPETENCIES

Building Relationships | Problem-solving | Empathy | Creativity | Communication

PROFESSIONAL EXPERIENCE

A Soul Awake Psychotherapy, LLC | April 2022 – Present

Founder, Therapist

- Provide individual therapy services to adult females struggling with depression, stress, anxiety, life transitions, relationship difficulties, and healthy identity formation within a private practice setting
- Attend a diverse array of in-person and online trainings to maintain professional practice standards and develop new skills to better serve clients
- Employ digital and interpersonal marketing strategies to advertise practice and generate referrals
- Maintain timely and accurate records, memoranda, progress notes, and other documentation

Space Between Counseling Services | January 2019 – April 2022

Therapist

- Provided individual therapy services to young adults struggling with depression, stress, anxiety, life transitions, relationship difficulties, and healthy identity formation within a private practice setting
- Participated in regular supervision to review assigned cases, address clinical concerns, and ensure continuation of personal growth and professional development
- Attended a diverse array of in-person and online trainings to maintain professional practice standards and develop new skills to better serve clients

EDUCATION

Master of Science, Counseling Psychology

Loyola University Maryland
September 2014

Bachelor of Arts, Psychology

University of Illinois at Urbana-Champaign
May 2010

SKILLS

Teamwork

Active Listening

Attention to Detail

Writing

Editing

Research

Organization

Flexibility

Critical Thinking

The Mosaic Group | June 2018 – July 2021

Technical Writer

- Developed strategic content for key stakeholders in the health and human services fields including local and regional foundations, educational institutions, health systems, municipal health departments, and non-profit organizations
- Created and edited original content for brochures, one-pagers, and promotional materials highlighting organizational accomplishments, industry expertise, and scope of services
- Collaborated with internal subject matter experts to gather data and insights for content

Loyola University Maryland | May 2015 – November 2017

Research Assistant & Co-Author

- Served on academic research team studying the impact of a group-based mindfulness workshop for undergraduate students
- Developed hypotheses and specific outcome measures in collaboration with team members
- Synthesized and summarized existing research for journal article
- Edited for grammar, punctuation, spelling, clarity, sentence structure, organization, and consistency

VOLUNTEER EXPERIENCE

Backpack Brigade | December 2023 – Present

Driver

- Provide weekend-hunger relief by delivering meals to schools in Seattle, Renton, Highline, and Bellevue where they're distributed by school staff to students in need

PEPS | December 2023 – Present

Group Leader

- Lead a weekly group of first-time mothers of infants ages 5 – 12 months old to discuss topics such as child development, early learning, feeding, sleeping, temperament, routine, and self-care

Seattle Symphony | December 2023 – Present

Usher and Family Program Assistant

- Welcome and assist patrons with performance inquiries, seating, and other needs as an usher during concerts
- Facilitate learning, curiosity, and hands-on exploration during family events for children of all ages

Seattle Women's Commission March 2024

21 Members: Pursuant to [SMC 3.14.920](#), all members subject to City Council confirmation, 2-year terms:

- 8 City Council-appointed
- 9 Mayor-appointed -plus one Get Engaged.
- 4 Other Appointing Authority-appointed: Commission-appointed

*D	**G	RD	Position No.	Position Title	Name	Term Begin Date	Term End Date	Term #	Appointed By
2			1.	Member	Marcia Wright-Soika	7/02/23	7/01/25	3	Mayor
			2.	Member	Abriel Johnny	7/02/22	7/01/24	2	Mayor
			3.	Member	VACANT	7/02/22	7/01/24		Mayor
			4.	Member	VACANT	7/02/22	7/01/24		Mayor
			5.	Member	VACANT	7/02/23	7/01/25		Mayor
			6.	Member	VACANT	7/02/23	7/01/25		Mayor
6			7.	Member	Rebecca Bryant	7/02/22	7/01/24	2	Mayor
3			8.	Member	Krystal Guerrero	7/02/22	7/01/24	1	Commission
			9.	Member	VACANT	7/02/23	7/01/25		Mayor
9			10.	Member	Kyla Evans	7/02/22	7/01/24	1	City Council
			11.	Member	Emily Rose Barr	7/02/23	7/01/25	1	City Council
			12.	Member	Mariah Rivera	7/02/23	7/01/25	1	City Council
1			13.	Member	Vinati Mamidala	7/01/22	7/02/24	1	City Council
1			14.	Member	Sarah Liu	7/02/22	7/01/24	1	City Council
			15.	Member	Jennifer Tran	7/02/23	7/01/25	1	City Council
			16.	Member	VACANT	7/02/23	7/01/25		City Council
6			17.	Member	Rachel Morowitz	7/02/22	7/01/24	1	Commission
			18.	Member	VACANT	7/02/22	7/01/24		City Council
1			19.	Member	Whitney Nakamura	7/02/22	7/01/24	2	Commission
			20.	Member	VACANT	7/02/23	7/01/25		Commission
			21.	Get Engaged	Veronica Lamont	9/01/23	8/31/24	1	Mayor

SELF-IDENTIFIED DIVERSITY CHART

	SELF-IDENTIFIED DIVERSITY CHART												
					(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	Men	Women	Transgender	Unknown	Asian	Black/ African American	Hispanic/ Latino	American Indian/ Alaska Native	Other	Caucasian/ Non-Hispanic	Pacific Islander	Middle Eastern	Multiracial
Mayor	0	4	0	0	0	0	0	0	0	0	0	0	0
Council	0	6	0	0	0	0	0	0	0	0	0	0	0
Comm	0	3	0	0	0	0	0	0	0	0	0	0	0
Total	0	13	0	0	0	0	0	0	0	0	0	0	0

Key:

*D List the corresponding Diversity Chart number (1 through 9)

**G List gender, M = Male, F= Female, T= Transgender, U= Unknown

RD Residential Council District number 1 through 7 or N/A

Diversity information is self-identified and is voluntary.

*Term begin and end date is fixed and tied to the position and not the appointment date.