

Krista Duarte, LCSW (State Approved Supervisor)

krista.duarte@usu.edu

Licensed Clinical Social Worker with over 12 years experience in a residential treatment and community mental health setting working with survivors of sexual assault, domestic violence and incarcerated youth; facilitating group therapy, family therapy, individual therapy, crisis intervention, and clinical supervision; and experience in macro social work and community and program development, including advocating for women's resources at a legislative level.

Academic Appointments

August 2026-Present

Kaysville Campus

Clinical Assistant Professor, College of Humanities and Social Sciences, Department of Social Work

Research Area of Interest

Women's Issues, Trauma and Dissociation, Sexual Assault, Domestic Violence, Effectiveness of the Therapeutic Relationships and Outcomes of Client Satisfaction

Grant Funding

2012- University of Alaska Student Grant Recipient **(\$5,000)**

2011- Research in the Community Grant Recipient **(\$1,000)**

Education

University of Utah-MSW (Forensic Social Work)

Advanced Standing, Honors

August 2013-May 2014

University of Alaska, Anchorage- BSW, Honors

Honors Project: Food Insecurity Research Project and Publication

Teacher Assistant and Research Assistant

August 2010-June 2012

Salt Lake Community College-ASSW, Honors

August 2007-June 2010

Practice Experience

Purple Sky Counseling

Therapist

December 2023-Present

Safe Harbor Crisis Center
Director of Mental Health, Utah State Approved Clinical Supervisor
July 2024-August 2026

Safe Harbor Crisis Center
Therapist
November 2022-July 2024

Eva Carlston Academy
Admin Support
December 2022-November 2023

Eva Carlston Academy
Clinical Director
December 2021-December 2022

Eva Carlston Academy
Therapist
June 2013-December 2022

Eva Carlston Academy
Shift Lead/Family Teacher
July 2012-June 2013

CBTS
MSW Student Intern-Therapist
Fall 2013-Spring 2014 Semesters

Planned Parenthood Votes Northwest
BSW Student Intern
Fall 2011-Summer 2012 Semesters

Juvenile Justice Services
Student Intern
Fall 2009-Spring 2010 Semester

Professional Licensing

DOPL-LCSW Supervisor Approved: License Number: Utah 8954478-3501

Professional Trainings and Certifications

Gottman Method, Level 1

MRT Facilitator Certified

EMDR Therapy Trained

Somatic EMDR Tools for Attachment Trained
Seeking Safety Trained
Ego State Therapy and Dissociative Therapy Trained
Counseling on Access to Lethal Means Trained
AWBW/Art Transforming Trauma Trained
Acceptance and Commitment Therapy Trained
Dissociation and Dissociative Identity Disorder Trained
Embodiment and Trauma Trained
Utah UADVT Pre-Service Training, 2023
Sexual Assault Expert Witness Training, 2024
Psychodrama Training, 2024
Somatic Information Processing Trained, 2024
Women Political Event Series, 2025
The Utah Domestic Violence Coalition Core Advocacy Training Certification, 2025
Prevent Child Abuse Utah "Boundary Town" Training, 2025
Utah State Certified Crisis Worker, 2026
UAMFT Utah State Approved Clinical Supervisor, 2026
EMDR Certification-In Progress

Relevant Conferences Attended

Critical Issues Facing Children and Adolescents, November 2021
Generations, May 2021
Gender Education Demystification Symposium, February 2022
Davis County Equity Forum Conference, March 2024
Safe Harbor Crisis Center Annual Leadership and Board Retreat, August, 2024
NASW Spring Conference, March 2025
Utah EMDR Summit, May 2025
Utah Crime Victims Conference, 2025

Advanced EMDR Training, 2025

Professional and Community Trainings Taught

Trauma Informed Care Training, August 2024

Somatic Therapy and Embodiment Training, November 2024

VAWA and Confidentiality Training, February 2025

EMDR 101 (Guest Speaker and Teacher)-Utah State University, June 2025

Parts Work Training, July 2025

Ethical and Effective Documentation Training, September 2025

Suicide Assessment and Safety Planning Training, October 2025

Dissociation 101 (Guest Speaker and Teacher)-Utah State University, January 2026

System Theory (Teaching Demo)-Utah State University, May 2026

Layton City Police Department (Violence Against Women Act Confidentiality Provisions), May 18-19, 2026

Professional Affiliations

Planned Parenthood Beehive Member (Legislative Community Action)
January 2020-2021

NASW Member
March 2023-March 2024

Davis County Domestic Violence Coalition
April 2024- August 2025

A Bolder Way Forward County Spoke Representative
January 2024-August 2026

Field Instructor (U or U, Kentucky University, Utah State University, Walden University, University of Phoenix), August 2024-August 2026

LGBTQ+ Affirmative Therapist Guild of Utah
November 2024-Present

EMDRIA Member
July 2026-Present

Volunteer Experience

Layton City Youth Girl's Basketball Coach, 2007-2010, 2014-2015, Present

Planned Parenthood Volunteer, 2012-2014

Food Stamp Outreach Worker, 2011-2012

Project Homeless Connect Worker, 2011

Safe Harbor Crisis Center Evergreens Committee Member, Present

Awards and Accomplishments

Safe Harbor Crisis Center Leadership Award, 2024

Martin Luther King Leadership in the Community Award, 2012

Published-Community Based Research in Food Insecurity in Alaska, 2012

UAA Student Grant Recipient, 2012

VOX President, 2011-2012

Social Work Student Coalition Vice President, 2011-2012

Community Engaged Student Scholarship Recipient, 2011-2012

Community Engaged Student Award Recipient, 2011-2012

Research in the Community Grant Recipient, 2011

Phi Theta Kappa President, 2009-2010

Phi Theta Kappa Secretary, 2008-2009

Greek Orthodox Basketball MVP Award Recipient, 2006

Greek Orthodox Basketball MVP Award Recipient, 2005

Youth in Promise Grant Recipient, 2005

Greek Orthodox Basketball MVP Award Recipient, 2004