

# **Cara Pohle**

**Adjunct Lecturer Dept. of Children Youth and Families at USC Suzanne Dworak-Peck School of Social Work**

Los Angeles, CA, US

Cara Pohle specializes in the area of child and adolescent mental health, child maltreatment and trauma, and autism spectrum disorders.

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## **Biography**

CARA POHLE joined the social work adjunct faculty at USC in 2013. She teaches foundation courses related to social work research and social work practice with children and families as well as concentration-level courses related to clinical mental health practice with children and adolescents.

She was first introduced to the field of social work serving as an applied behavioral analysis therapist for a young child with autism. Her background is in child and adolescent mental health, child maltreatment and trauma, child development, parenting, autism spectrum disorders, research methods and case management.

Before joining USC, Pohle worked in a residential home for maltreated young children. There she designed and implemented developmentally based programming, provided clinical mental health services, including individual therapy, and led social skills groups for school-aged children. She also worked in a behavioral health setting as a case manager for children and adolescents.

In addition to teaching courses at USC, she is volunteering at a local elementary school as a community circle facilitator, teaching social, emotional and problem-solving skills in a group setting.

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## **Industry Expertise**

Social Services, Writing and Editing, Education/Learning

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## **Areas of Expertise**

Child Maltreatment and Trauma, Adolescent Mental Health, Social Work, Social Work Education, Child Mental Health

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## **Education**

**University of Southern California**  
Ph.D.

**Washington University in St. Louis**  
M.S.W.

**Washington University in St. Louis**  
B.A.

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