Charity Eugair, MA

Psychotherapist | Crisis Clinician | IFS Therapist | Business Growth Consultant
Vermont, USA

Registered Psychotherapist, Vermont OPR Roster
Psychologist Candidate | EPPP Examination Pending
Qualified Mental Health Professional (QMHP)

Professional Summary

Psychotherapist and crisis clinician with over a decade of experience in trauma-informed mental health care across private practice, domestic violence services, and community crisis systems. Institute-trained Internal Family Systems (IFS) therapist with a clinical focus on trauma, professional transitions, complex relational dynamics, and Self-leadership.

In addition to clinical practice, I maintain a scholarly and applied interest in extending IFS-informed practices into personal, professional, and spiritual development, with careful attention to ethical boundaries between clinical and non-clinical applications of the model.

Core Clinical Areas of Practice

- Internal Family Systems (IFS) psychotherapy
- Trauma and complex trauma
- Crisis evaluation and high-acuity assessment
- Involuntary hospitalization and emergency commitment procedures (QMHP)
- Professional transitions and identity development
- Power, attachment, and relational dynamics
- Domestic violence and interpersonal trauma
- Ethical practice and boundary management in clinical and applied settings

Clinical & Professional Experience

Crisis Clinician / QMHP
Counseling Service of Addison County (CSAC) | 2023–Present

Hospital- and community-based crisis evaluation, emergency mental health assessment, and interagency coordination. Conduct high-acuity psychological evaluations, risk assessment, involuntary hospitalization determinations, and disposition planning in collaboration with medical providers, law enforcement, and community systems. Apply trauma-informed and systems-oriented clinical judgment in time-sensitive, high-stakes contexts.

Founder & Psychotherapist
Phases of Change Therapeutic Arts | 2017–2023
Founded and led a specialized trauma-informed private practice providing psychotherapy to adults navigating trauma, professional identity transitions, relational conflict, and complex life decisions. Applied Internal Family Systems as a primary clinical modality, with particular emphasis on self-leadership, ethical decision-making, and sustainable functioning for professionals in high-responsibility roles.

Domestic Violence Advocate & Clinical Services Coordinator
New Story Center | 2014–2016
Provided trauma-focused psychotherapy, crisis intervention, and safety planning for survivors of domestic violence. Coordinated interdisciplinary services across legal, housing, and healthcare systems. Developed clinical acumen in power dynamics, coercive control, and organizational response under constraint.

Applied IFS & Model Development (Secondary Focus)

- Business growth navigation specialist for impact-driven female founders, supporting Self-leadership for those leading in the work of change.
- Designed and taught IFS-informed educational programs for therapists, coaches, and helping professionals: Goddard College, Vermont Psychological Association, Expressive Therapies Summit
- Focus on ethical distinctions between clinical IFS practice and integrative, non-clinical applications
- Ongoing interest in methodology education and responsible model translation

Leadership & Professional Service

Board of Directors
Dorset Equine Rescue | East Dorset, VT | 2023–Present

Contribute psychological and clinical systems insight to governance, ethical stewardship, and organizational decision-making. Provide consultation to executive leadership on team dynamics, conflict navigation, and sustainable organizational functioning.

Education & Formal Training

M.A., Psychology - Goddard College | 2016
B.A., Behavioral Science - College of Saint Joseph | Rutland, VT | 2013
Internal Family Systems Institute
- Level I Clinical Training
- Level II Clinical Training (2020)