

About the Author and Program Developer

DR. MARGARET A. ROBERTSON

DMin, LMHC, LPC, ACS; LCDR, CHC, USN-Ret.
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Professional Profile

Christian counselor, clinical supervisor, educator, retired U.S. Navy officer, and ministry leader with extensive experience in clinical mental health counseling, crisis intervention, trauma-informed care, counselor development, online instruction, curriculum design, and veteran services. Licensed in Washington, Oregon, and Virginia, with advanced training in supervision, instructional design, traumatology, ministry, and marriage and family therapy. Known for integrating ethical practice, faith-informed care when welcomed by clients, evidence-based clinical judgment, and practical training systems that support competent, compassionate care.

Core Competencies

Clinical Practice	Trauma, PTSD, depression, anxiety, crisis response, suicide prevention, substance-use concerns, marriage and family counseling, and veteran mental health.
Supervision & Training	Clinical supervision, supervisee development, competency evaluation, documentation review, remediation planning, and professional identity formation.
Leadership & Service	Military chaplaincy, crisis leadership, nonprofit development, veteran housing support, multidisciplinary collaboration, and community education.
Instructional Design	Online learning, curriculum design, e-learning modules, syllabi, workshops, training manuals, and supervision program development.
Ethics & Documentation	Risk assessment, treatment planning, case presentation, clinical documentation, supervision records, and ethical decision-making.
Faith Integration	Spiritually sensitive counseling and teaching that respects client autonomy and integrates faith only when clinically appropriate and client-directed.

Licensure and Certifications

Licensed Mental Health Counselor (LMHC), Washington.
Licensed Professional Counselor (LPC), Oregon.
Licensed Professional Counselor (LPC), Virginia.
Certified Mental Health Supervisor (WA, OR, VA); Approved Clinical Supervisor (ACS), NBCC.
Certified Prescreener, Virginia; certified in CISD/CISM.
Gottman Marriage Counseling, PREP, MBTI, Taylor-Johnson, and Expressive Art Therapy for the Trauma Informed.
EMDR Basic Course completed; Mindfulness Certification, current student.
Clinical Pastoral Education (4 units), Naval Medical Center Portsmouth, 1996-1997.

Education

Liberty University - PhD, Instructional Design and Technology, in progress; expected 2027.

Regent University - PhD, Psychology Counseling: Traumatology, in progress; expected 2028.

Liberty University - Doctoral Certificate, Instructional Design and Technology in Education, 2024.

Capella University - PhD Studies (ABD), Human Services Counseling/Education; Post-Master Certificate, Education: College Teaching; GPA 3.90.

Liberty University - M.A., Marriage and Family Therapy, 2006.

Regent University School of Divinity - D.Min., Doctor of Ministry, 1999.

Western Evangelical Seminary - M.Div., with Honors, 1992.

University of Oregon - B.S., Sociology, 1989.

International Correspondence School - Diploma, Desktop Publishing, 1996.

Professional Experience

Mental Health Clinician | Valera Health | 2025-Present

Provide telehealth mental health counseling services with attention to ethical practice, clinical documentation, client engagement, and continuity of care.

Support clients experiencing anxiety, depression, trauma-related symptoms, life stressors, relational strain, and adjustment concerns.

Mental Health Counselor and Clinical Supervisor | MAR Mental Health Therapy, PLLC | 2016-Present

Provide individual, couples, family, and telehealth counseling with specialization in trauma, PTSD, depression, anxiety, crisis, grief, military transition, and relational concerns.

Provide clinical supervision and consultation for developing counselors and licensure candidates, including documentation review, ethical consultation, case conceptualization, feedback, and professional development support.

Design and refine supervision tools, rubrics, informed consent materials, evaluation templates, and training resources for multi-state clinical supervision.

Founder | Center for Trauma & Resilience Research | 2025-Present

Develop research-informed psychoeducational, clinical, and spiritually integrative resources addressing trauma, emotional health, resilience, and counseling practice.

Author and develop publications, training materials, and supervision resources for clinicians, ministry leaders, and helping professionals.

Founder | Ann Grace Hub Hobby Center | 2018-Present

Founded a nonprofit initiative to support needy veterans and foster families through community-focused programming and practical support.

Supportive Housing Case Manager | VA Supportive Housing, American Lake Veterans Hospital | 2012-2016

Supported homeless and housing-insecure veterans through case management, service coordination, treatment planning, documentation, and community resource linkage.

Collaborated with multidisciplinary teams to address mental health, housing, benefits, and psychosocial needs.

Counselor IV / Certified Prescreener | Norfolk Community Services Board | 2008-2011

Provided crisis counseling, prescreening, assessment, case coordination, and emergency services for clients experiencing acute mental health and substance-related concerns.

Worked with clients in crisis, including individuals with serious mental illness, substance-use concerns, and complex psychosocial needs.

Supervisory Chaplain | U.S. Navy | 2006-2008

Provided pastoral care and crisis support for approximately 1,800 military personnel and family members.

Led religious education, personnel support, administrative operations, and mentoring for chaplaincy and support staff.

PERS Clinician | Sentara Norfolk General Hospital | 2003-2006

Provided psychiatric emergency response services, assessment, crisis intervention, and disposition support in a hospital setting.

Counselor III, Emergency Services | Norfolk Community Services Board | 2001-2006

Provided emergency mental health services, crisis assessment, intervention, case management, and aftercare planning.

Chaplain / Religious Education Director / Division Officer | U.S. Navy | 1990-2001

Provided pastoral counseling, crisis intervention, religious education, leadership, personnel supervision, and family support services in military settings.

Supervised administrative staff and coordinated services for chaplains, congregants, and military communities.

Religious Program Specialist 1st Class | U.S. Navy | 1980-1990

Served in enlisted Navy leadership and religious program support roles prior to commissioning as a chaplain. **Teaching,**

Curriculum, and Training Experience

Delivered online higher education instruction and facilitated student engagement, discussion, and applied learning in structured virtual environments.

Designed and administered e-learning modules in hospital-based settings.

Developed syllabi, lesson plans, training modules, and instructional resources for counselor training, teacher training, religious education, and team development.

Developed and taught workshops and seminars in bereavement, suicide prevention, ethics, crisis intervention, marriage preparation, critical incident stress debriefing, Myers-Briggs Temperament Inventory, and general military education.

Developing Interactive, Multi-State Clinical Mental Health Supervision Training, a 30-clock-hour, 10-module training program.

Selected Publications and Projects

Robertson, M. A. (2025). Bridging the gap: Integrating emotions and cognitions for lasting therapeutic change. Center for Trauma & Resilience Research.

Robertson, M. A. (2025). Anchored in promise: Finding emotional stability through Scripture. Center for Trauma & Resilience Research.

Robertson, M. (2025). Building the bridge: Tools that prepare the brain, body, and emotions for healing. Center for Trauma & Resilience Research.

Robertson, M. A. (2025). Walking the bridge: The wisdom of difficult emotions. Center for Trauma & Resilience Research.

Robertson, M. A. (1999). Using TQL tools in a retreat setting. Doctor of Ministry dissertation, Regent University.

Manuscript submitted: Steward leadership and human flourishing in clinical mental health supervision (2026).

Manuscripts in progress: The other side of the bridge: Positive emotions; Interactive, multi-state clinical mental health supervision training.

Professional Service and Leadership

Retired U.S. Navy Chaplain Corps officer with prior enlisted Navy service and extensive experience supporting military personnel and families.

Former Division Officer, Religious Education Supervisor, Student Action Council Chair, and Sociology Honor Society Chair.

Experienced in hiring support, relocation support, performance evaluation, committee leadership, board facilitation, and multidisciplinary collaboration.

Extensive computer, desktop publishing, online teaching, and instructional technology experience.

PROFESSIONAL BIOGRAPHY



Dr. Margaret A. Robertson is a licensed mental health counselor, clinical supervisor, educator, retired U.S. Navy chaplain, and founder of MAR Mental Health Therapy, PLLC. She is licensed in Washington, Oregon, and Virginia and serves clients, supervisees, and training participants through an integrative professional background in counseling, ministry, military service, crisis intervention, trauma-informed care, and instructional design. Her clinical and supervisory work focuses on trauma, PTSD, depression, anxiety, crisis response, veteran mental health, marriage and family concerns, ethical documentation, and counselor development. She is currently pursuing advanced doctoral work in instructional design and technology and counseling psychology/traumatology while developing an interactive, multi-state clinical mental health supervision training program.
