

Theresa "Terrie" Goodling, MS
Undergraduate Internship Coordinator

Terrie Goodling began her role as Undergraduate Internship Coordinator at Ponessa Behavioral Health in June of 2022. Terrie received a Master of Science degree in Clinical Psychology from Millersville University and a Bachelor of Arts degree in Psychology from Shippensburg University. Terrie has worked approximately sixteen years at Ponessa mainly in the role of Behavior Consultant and Mobile Therapist in the IBHS program. She began that role in 1996 before taking several years off while raising two sons before returning to the agency in the same role in 2014. While working in that program, she provided services to children and adolescents with a variety of behavioral and emotional challenges and enjoyed working in the natural environment of the child including home, school and community settings. She has gained experience working with children and adolescents with Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder, mood disorders, Autism Spectrum Disorders, anxiety and depression. Terrie was also given the opportunity to provide group, individual and on-site supervision to Behavior Health Technician staff members within that program where she developed a passion for completing clinical supervision.

Terrie most recently spent time at the agency as an Outpatient Mental Health Therapist, working with individuals of a variety of age ranges and mental health diagnoses. Her focus in outpatient treatment included individuals with anxiety and depression, grief and loss, and management of symptoms through Cognitive Behavioral Therapy strategies and therapeutic practices. She has also taken an interest in the effects of trauma on children and ways to support individuals on their path to healing.

Throughout her years of experiences with the agency and being able to work with a variety of age ranges, Terrie found her ultimate passion in her work with children and adolescents and being able to work as a team to develop positive therapeutic relationships with the client's entire treatment team. Her extensive experiences in the IBHS program have provided her with the opportunity to provide support and guidance to undergraduate students who desire to complete internship opportunities with this agency. Terrie understands the importance of providing mental health support to children and their families as well as the importance of providing support to those who deliver these vital services to these clients.