

NPA Member Spotlight

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Carrie Semke, PhD

What do you like most about being an NPA member?

Becoming an NPA member has allowed me to access relevant, high-quality trainings to improve my clinical skills. I have also appreciated staying informed on advocacy, legislative, and business-related updates. The best part of membership is definitely the connection to fellow psychologists across the state and staying up-to-date as our field continues to evolve.

Tell us about your path to becoming a psychologist.

I am originally from Independence, Missouri. I went to Northwest Missouri State to earn my undergraduate degree and moved to Nebraska to pursue my doctorate in school psychology at UNL. I completed my internship at the Munroe-Meyer Institute at UNMC and went into private practice for my postdoc. Along the way, I met my husband (a Lincolnite) and we made

Lincoln our permanent home to raise our two children. In 2016, alongside two amazing partners, I co-founded Encompass Care and continue to work in private practice here. Choosing private practice was a deliberate choice to maintain work-life balance, giving me the ability to run my business and set my own hours to allow me to also remain present for my family.

Tell us about your current role and what you love most about your position.

I spend my days at Encompass Care providing assessment and evidence-based therapy for children and adolescents. I also provide supervision to clinicians seeking full licensure and spend time managing the business side of our practice. Encompass Care is a multidisciplinary mental health clinic, and I work alongside licensed psychologists, LMHPs, and psychiatric nurse practitioners. I feel completely privileged and grateful for the team I work with every day as they provide me with ongoing emotional support and elevate my skills.

What do you find most challenging about your current work?

One of my biggest career challenges has been learning to run a business on the fly. I did not have previous training in business, so launching and growing a business and navigating setbacks has been challenging. However, watching our practice flourish through those efforts has been incredibly gratifying. What I love most about my current position is our integrated care model, which co-locates licensed psychologists with psychiatric nurse practitioners. This model allows for daily consults, coordinated treatment plans, and seamless patient transitions. I believe our patients receive better care because of this collaboration.

What do you like to do when you aren't working?

When I'm not working, you'll usually find me involved with volleyball in some way—whether playing on a women's team, coaching young girls, or cheering on Nebraska Volleyball! Coaching lets me translate my psychology background into a team environment to support youth growth, while playing gives me a fun, physical outlet to connect with friends and recharge. I draw huge professional inspiration from the Husker volleyball team; watching their discipline and teamwork is a powerful reminder that extraordinary success comes from small, consistent micro-behaviors over time. That same principle keeps me motivated in the clinic as I help my young clients make steady, step-by-step progress toward their goals.