

SARAH DOBEY, LPC, MAC, ACS

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WORK EXPERIENCE

Head & Heart Therapy, Portland, OR

Founder / Therapist, Feb 2018 – Present

- Provides clinical supervision to registered interns working toward licensure.
- Offers both individual and group therapy to individuals experiencing co-occurring issues ages 15 and up.
- Develops treatment plans according to diagnostic evaluations.
- Monitors, evaluates, and records client progress with respect to treatment goals.
- Conducts biopsychosocial diagnostic evaluations.
- Provides care coordination on an as needed basis.

Integrative Trauma Treatment Center, Portland, OR

Clinical Director, Nov 2016 – May 2018

- Developed and implemented organizational policies and procedures.
- Conducted recruitment, hiring and training of personnel.
- Planned, implemented and administered co-occurring programs.
- Supervised and evaluated work activities of clinical staff.
- Provided individual and group supervision to clinical staff.

Mental Health Therapist, Nov 2016 – May 2018

- Provided individual, group, and family psychotherapy, often art therapy, under a trauma informed lens, to children, adolescents, and adults experiencing co-occurring issues.
- Modified treatment plans according to changes in client status.
- Monitored, evaluated, and recorded client progress with respect to treatment goals.
- Conducted biopsychosocial diagnostic evaluations.

Cedar Hills Hospital, Portland, OR

Women's Program Coordinator , Jul 2014 – Jan 2017

- Created and implemented a co-occurring program for individuals experiencing symptoms related to trauma.
- Instructed others in program methods, procedures, and functions.
- Collaborated with a multi-disciplinary team for efficacy integrating the program.
- Concurrently maintained a caseload while providing crisis stabilization, case management, brief therapy, risk assessments and psychoeducation to family members.
- Facilitated evidence-based therapy groups.

PRN Art Therapist, Jan 2013 – Aug 2014

- Led art therapy groups for adults experiencing co-occurring issues.
- Conducted art therapy assessments to assess patient functioning.

Farmington-Square Tualatin , Tualatin , OR

Activity Director , Oct 2013 – Aug 2014

- Supervised staff while managing the schedule and department budget.
- Created a monthly newsletter highlighting facility events and residents' stories.
- Led daily art therapy groups for residents at the continuing care facility experiencing dementia.
- Developed the activity schedule and monthly events for the facility.

North West Behavioral Healthcare, Gladstone, OR

Adolescent Counselor , May 2012 – Oct 2013

- Provided support to the clients, adolescents age 12 to 17 experiencing co-occurring issues.
- Led art therapy groups promoting progress related to treatment goals.

LifeWork's Child Day Treatment Program, Tigard, OR

Student Art Therapist, Aug 2012 – May 2013

- Provided individual art therapy, family art therapy, as well as group art therapy.
- Managed a caseload of approximately 10 clients consisting of children ages 4-12 experiencing severe emotional and behavioral difficulties.
- Conducted assessments, devised treatment plans, and provided crisis intervention.

Luke-Dorf, Tigard, OR

Student Art Therapist, Aug 2011 – May 2012

- Facilitated three art therapy groups weekly to adults experiencing severe and persistent mental illness.
- Conducted art therapy assessments.

Life and Learning Services , Rochester , NY

Residential Habilitation Counselor , Jan 2011 – Jun 2011

- Worked directly, in the home, and in the community, with a 13-year old boy diagnosed with autism.
- Implemented an individual habilitation plan, providing ongoing instruction and support services.

EDUCATION

Marylhurst University , Marylhurst, OR

Master of Art in Art Therapy Counseling

State University of New York College at Buffalo , Buffalo, NY

Bachelor of Science, Individualized Studies; Art Therapy and American Sign Language

CREDENTIALS & TRAINING

Completed Part 1 & II of the EMDR training approved by the EMDR International Association

Master Addiction Counselor, #512133, National Certification for Addiction Professionals

Approved Clinical Supervisor, # 3108, Center for Credentialing and Education

Licensed Professional Counselor, #C4237, State of Oregon Board of Licensed Professional Counselors and Therapists

SPEAKING EVENTS

Presenter at the national Council for Exceptional Children 2015 Convention and Expo held in San Diego;
Shelter from the Storm: Art Therapy Treatment for a Traumatized Boy

Presenter at the ASO Mid-Year Conference, May 2019;
Course #928: Working Healthy as an Ocularist

Presenter for The Recovery Village Ridgefield, July 2019;
Working Healthy: Investigating Burnout and Trauma informed Care

CONTINUING EDUCATION

Animal-Assisted Therapy: A Practical Model to Incorporate Animals in Your Current Treatment
December 2019 – 12.5 CE

Telehealth: Legal and Ethical Issues
November 2019 – 1 hour

Grit & Grace: Multicultural Women's Mental Health Conference
September 2019 – 6 hours

Orthorexia Nervosa: When Healthy Eating Becomes an Unhealthy Obsession
April 2019 – 3 hours

MI Level Up: Advanced Motivational Interviewing Skills in Addictions Therapy
October 2018 – 6 hours

Unusual Presentations of Adolescent Eating Disorders
July 2018 – 1 CE

ADHD and Addiction
July 2018 – 2 hours

Clinical Supervision and Professional Development of the Substance Abuse Counselor
June 2018 – 8 hours

Supervision: A Guide for Mental Health Professionals - Revised
June 2018 – 6 hours

Clinical Supervision, Legal, Ethical, and Risk Management Issues
June 2018 – 4 Hours

Outcomes Based Care Supervision Training
April 2018 – 6.25 Hours

Outcomes Based Care Foundations Training
November 2017 – 12.25 Hours

Clinical Supervision

November 2017 – 30 Hours

Treating the Personality in the Addictive Personality: A Neuroplastic Approach

April 2017 – 3 Hours

Experiences of Dissociation within the Clinical Session

March 2017 – 3 Hours

Clinical Evaluation: ASAM Criteria & DSM

March 2017 – 8 Hours

Grief, Loss, and Addiction

February 2017 – 3 Hours

Basic Training in EMDR Part I

February 2017 – 20 Hours

Motivational Interviewing

July 2017 – 8 CE Credits

Breaking Free with Accelerated Resolution Therapy: The New Paradigm for Trauma-Informed Treatment

July 2017 – 3 hours

Co-Occurring Disorders

May 2017

Problem Gambling Treatment in Oregon

April 2017 - 4.5 Hours

Trauma & the Body; The Missing Piece of the Narrative

February 2016

Aspirational Ethics: Let your Best Self Decide

September 2016 – 6 Hours

Overview of Dialectical Behavioral Therapy

July 2015 – 3 Hours

Addiction Pharmacology

May 2015 – 10 CEUs

The Neurobiology of Toxic Stress: Knowledge & Clinical Applications

September 2014

REFERENCES

Greg Crosby, M.A., LPC, CGP, FAGPA

Professor

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