

# **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 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 trauma treatment program.
- 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****2013 · Master of Arts, Art Therapy Counseling***Marylhurst University, Marylhurst, OR***2010 · Bachelor of Science, Individualized Studies; Art Therapy and American Sign Language***State University of New York College at Buffalo, Buffalo, NY***CREDENTIALS**Completed **Part 1 & II** of the **EMDR training** approved by the EMDR International Association2018 · **Master Addiction Counselor**, #512133, National Certification for Addiction Professionals2018 · **Approved Clinical Supervisor**, # 3108, Center for Credentialing and Education2016 · **Licensed Professional Counselor**, #C4237, State of Oregon Board of Licensed Professional Counselors and Therapists

## SPEAKING EVENTS

August 2021 · **Presenter for The Recovery Village Ridgefield; *Dissociation 101: The Basics***

June 2020 · **Presenter for The Recovery Village Ridgefield; *Working Healthy: A Closer Look at the Importance of Trauma Informed Care and Compassion Fatigue***

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

May 2019 · **Presenter at the ASO Mid-Year Conference held in Orlando; *Course #928: Working Healthy as an Ocularist***

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

## SPECIALIZED TRAINING

### Addiction

- 2021 – DBT for Multi-Diagnostic Individuals with Substance Use Disorders (1.5 hours)
- 2018 - MI Level Up: Advanced Motivational Interviewing Skills in Addictions Therapy (6 hours)  
ADHD and Addiction (2 hours)
- 2017 - Treating the Personality in the Addictive Personality: A Neuroplastic Approach (3 hours)  
Grief, Loss, and Addiction (3 hours)  
Clinical Evaluation: ASAM Criteria & DSM (8 hours)  
Problem Gambling Treatment in Oregon (4.5 hours)  
Co-Occurring Disorders (12 hours)  
Motivational Interviewing (8 CE credits)
- 2015 - Addiction Pharmacology (10 CEUs)

### Animal Assisted Therapy

- 2020 – Animal-Assisted Therapy: A Practical Model to Incorporate Animals in Your Current Treatment (12.5 CE hours)

### Cultural Studies & LGBTQI+

- 2021- Cultural Agility (4.5)  
Gender and Transgender Identity (3 hours)  
Transgender & Gender Non-Binary (TGNB) Adult Clients: Culturally Competent Strategies Every Clinician Should Know (6 hours)
- 2020 - Professional Webinar: The Importance of Gender Informed Care in the Treatment of Eating Disorders (1 CE)

Lifting LGBTQIA Voices of Color: Racism Among Gender & Sexual Minorities (1 CE)

Hey, White Therapist, Here's Where We Start (1 CE)

- 2019 - Grit & Grace: Multicultural Women's Mental Health Conference (6 hours) - 2019
- 2012 – Cross-Cultural Counseling and Art Therapy – 2 credit hours
- 2009 - Introduction to Aboriginal Studies – 4 Credit Hours

### **Clinical Supervision**

- 2020 - Clinical Supervision: Skill Building and Empowering Supervisee (2 hours)  
Program Development and Quality Assurance in Clinical Supervision (2 hours)
- 2018 - Clinical Supervision, Legal, Ethical, and Risk Management Issues (4 hours)  
Supervision: A Guide for Mental Health Professionals – Revised (6 hours)  
Clinical Supervision and Professional Development of the Substance Abuse Counselor (8 hours)  
Outcomes Based Care Supervision Training (6.25 hours)
- 2017 - Clinical Supervision (30 hours)

### **Eating Disorders**

- 2019 - Orthorexia Nervosa: When Healthy Eating Becomes an Unhealthy Obsession (3 hours)
- 2018 - Unusual Presentations of Adolescent Eating Disorders (1 CE)

### **Trauma**

- 2020 - Integrative and Comprehensive Trauma Treatment, 2<sup>nd</sup> Edition (8 contact hours)
- 2017 - Experiences of Dissociation within the Clinical Session (3 hours)  
Breaking Free with Accelerated Resolution Therapy: The New Paradigm for Trauma-Informed Treatment (3 hours)
- 2016 - Trauma & the Body; The Missing Piece of the Narrative

## **CONTINUING EDUCATION**

### **2020**

- Introduction to Documentation (1-hour)
- Informed Consent: New Additions (1 hour)
- Your Ethical Landscape: A meditative Exploration of Ethical Vulnerabilities and Strengths (6 CE hours)

### **2019**

- Telehealth: Legal and Ethical Issues (1 hour)

### **2018**

### **2017**

- Outcomes Based Care Foundations Training (12.25 hours)

### **2016**

- Aspirational Ethics: Let your Best Self Decide (6 hours)

### **2015**

- Overview of Dialectical Behavioral Therapy (3 hours)
- Journey Through Change: Joseph Campbell & Narrative Therapy

### **2014**

- The Neurobiology of Toxic Stress: Knowledge & Clinical Applications