

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 & TRAINING

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

2018 · **Master Addiction Counselor**, #512133, National Certification for Addiction Professionals

2018 · **Approved Clinical Supervisor**, # 3108, Center for Credentialing and Education

2016 · **Licensed Professional Counselor**, #C4237, State of Oregon Board of Licensed Professional Counselors and Therapists

SPEAKING EVENTS

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*

CONTINUING EDUCATION

2020

- **Animal-Assisted Therapy: A Practical Model to Incorporate Animals in Your Current Treatment** (12.5 CE hours)
- **Informed Consent: New Additions** (1 hour)
- **Your Ethical Landscape: A meditative Exploration of Ethical Vulnerabilities and Strengths** (6 CE hours)

2019

- **Orthorexia Nervosa: When Healthy Eating Becomes an Unhealthy Obsession** (3 hours)
- **Grit & Grace: Multicultural Women's Mental Health Conference** (6 hours)
- **Telehealth: Legal and Ethical Issues** (1 hour)

2018

- **EMDR Part II** (20 credits)
- **Outcomes Based Care Supervision Training** (6.25 hours)
- **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)
- **ADHD and Addiction** (2 hours)
- **Unusual Presentations of Adolescent Eating Disorders** (1 CE)
- **MI Level Up: Advanced Motivational Interviewing Skills in Addictions Therapy** (6 hours)

2017

- **Problem Gambling Treatment in Oregon** (4.5 hours)
- **Co-Occurring Disorders** (12 hours)
- **Breaking Free with Accelerated Resolution Therapy: The New Paradigm for Trauma-Informed Treatment** (3 hours)
- **Motivational Interviewing** (8 CE credits)
- **Basic Training in EMDR Part I** (20 hours)
- **Grief, Loss, and Addiction** (3 hours)
- **Clinical Evaluation: ASAM Criteria & DSM** (8 hours)
- **Experiences of Dissociation within the Clinical Session** (3 hours)
- **Treating the Personality in the Addictive Personality: A Neuroplastic Approach** (3 hours)

- **Clinical Supervision** (30 hours)
- **Outcomes Based Care Foundations Training** (12.25 hours)

2016

- **Aspirational Ethics: Let your Best Self Decide** (6 hours)
- **Trauma & the Body; The Missing Piece of the Narrative**

2015

- **Addiction Pharmacology** (10 CEUs)
- **Overview of Dialectical Behavioral Therapy** (3 hours)

2014

- **The Neurobiology of Toxic Stress: Knowledge & Clinical Applications**