

SARAH DOBEY, LPC, MAC, ACS

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WORK EXPERIENCE

Head & Heart Therapy, Portland, OR

Executive Director, Feb 2018 – October 2025

- Maintains the clinic website.
- Provides clinical supervision to registered associates working toward licensure, licensed staff, and students.
- 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.
- Oversees insurance and Medicaid contracts to ensure compliance.
- Ensures the health and vitality of the office flora.
- Establishes policies and procedures in line with state and federal regulation while also reflecting company culture and vision.
- Manages and maintains relationships with community partners.
- Oversees the financial health of the business.

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 women's 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.

Updated August 2025

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 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**2025 · **Program Assistant** for level 1 IFS training.2022 · Completed **level 1 IFS** Training.2018 · **Master Addiction Counselor**, #512133, National Certification for Addiction Professionals2018 · **Approved Clinical Supervisor**, # 3108, Center for Credentialing and Education2017 & 2018 · Completed **Part 1 & II** of the **EMDR** training approved by the EMDR International Association*Updated December 2025*

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

SPEAKING EVENTS

August 2022 · **Presenter for Dr. Sanderson & Associates; *Beyond the Basics: Working with Dissociation***

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***

CONTINUING EDUCATION & RELEVANT COURSEWORK

Addiction

- 2024
 - Practice Management, Administration, and Operation in the SUD Field, Part 4: Aligning Counselors and Organizations: Improving Outcomes and Addressing Burnout (1.5CEs)
 - Practice Management, Administration, and Operation in the SUD Field, Part 3: Recovery-Oriented Transformational Leadership: A Holistic Model (1.5 CE)
 - Practice Management, Administration, and Operation in the SUD Field, Part 2: Twelve-Step Integration: A Clinical, Administrative, and Team Approach to Addiction Counseling (1.5CEs)
 - Practice Management, Administration, and Operation in the SUD Field, Part 1: Monitoring Quality Clinical Documentation in Addiction Treatment (1.5 CE)
 - Reclaiming Indigenous Caring Practices to End Intergenerational Trauma and Addiction (1CE)
 - Understanding the Biopsychosocial Model of Addiction (1CE)
 - Xylazine: Worsening the Opiate Crisis (1CE)
 - Wellness-Based Addiction Counseling (1CE)
 - Ethical Issues in Substance Use Treatment and Strategies to Prevent Violations (1 CE)
 - Personality Disorders in the Populations We Treat (1CE)
 - Integrative Harm Reduction Psychotherapy: The New “Addiction” Treatment Paradigm (1 CE)
 - Interrupting Intergenerational Trauma in Substance Use Disorders (1CE)
 - Using Internal Family Systems Therapy for Overcoming Addictive Behavior Patterns (1CE)
 - Professional Perspectives of Cultural Awareness and Humility Revisited (2 CE)
- 2023
 - Fostering Couple Recovery: Tools for Counselors and Therapists (2 CE)
 - Increasing Effective Clinical Supervision for SUD Treatment Providers (1 CE)
 - Current Trends in Nicotine, THC, and Vaping (1.5 CE)
 - Trauma and Addiction Recovery: How to Work with Couples (2 CE)
- 2022
 - Intermediate Motivational Interviewing (8 hours)
 - Motivational Interviewing in Supervision (12 hours)
 - IFS & Addictive Processes: Healing Wounds and Restoring Balance to the System of Parts (1 hour)

- 2021
 - DBT for Multi-Diagnostic Individuals with Substance Use Disorders (1.5 hours)
- 2020
 - Addictive Behaviors: Excoriation and Trichotillomania Disorders (2 CE's)
- 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)
- 2015
 - Addiction Pharmacology (10 CEUs)

Additional Training

- 2024 – Developing Performance Measurement and Management Plans that Make Sense
- 2023
 - How to Write a Treatment Plan (2CEs)
 - Ethics for Providers with Paul Cooney (6CEs)
- 2022
 - HIPAA Security Compliance in Mental Health (1CE)
 - Oregon Bureau of Labor & Industry – New Supervisor Training (non-clinical training, focused on employment law)
- 2020 - Your Ethical Landscape: A meditative Exploration of Ethical Vulnerabilities and Strengths (6 CE hours)
- 2017 – Multnomah County Mental Health and Addiction Services - Outcomes Based Care Foundations Training (12.25 hours)

ADHD

- 2025 – Adult ADHD: Perspectives on Diagnosis, Treatment, Neurodiversity and Advocacy (5.5 CEUs)
- 2024 - CBT for Adult ADHD: Helping Clients Turn Intentions into Actions (1.5 CEs)
- 2018 - ADHD and Addiction (2 hours)

Animal Assisted Therapy

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

Autism

- 2023
 - DBT with Autistic Adults (1 CE)
 - Autism Assessment in Adults: Differentiating the Complexities of Autism from Co-Occurring Mental Health Issues (1.5 clock hours)

Couples

- 2023
 - Fostering Couple Recovery: Tools for Counselors and Therapists (2 CEs)
 - Trauma and Addiction Recovery: How to Work with Couples (2 CEs)

- IFS & Couples Therapy: Using Intimacy from the Inside Out (IFCO) to Heal, Improve, and Provide Relationship Help (1 CE)

DBT

- 2023 - DBT with Autistic Adults (1 CE)
- 2021- DBT for Trauma: An Overview of Recent Innovations (1.5 hours)
- 2021 - DBT for Multi-Diagnostic Individuals with Substance Use Disorders (1.5 hours)
- 2015 - Overview of Dialectical Behavioral Therapy (3 hours)

Cultural Studies & LGBTQI+

- 2025
 - Providing Culturally Responsive Support for Black Men Part I (1.5 CEs)
 - Providing Culturally Responsive Support for Black Men Part II (1.5 CEs)
- 2024
 - Professional Perspectives of Cultural Awareness and Humility Revisited (webinar through NAADAC, 2 CEs)
 - Reclaiming Indigenous Caring Practices to End Intergenerational Trauma and Addiction (1CE)
- 2023
 - Building LGBTQIA+ Workplace Cultures of Belonging
 - Suicide in Historically Marginalized Communities: Perception Versus Reality (1 hour)
- 2021
 - Cultural Agility (4.5 hours)
 - 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)
- 2012 – Cross-Cultural Counseling and Art Therapy (2 Credit Hours)
- 2009 - Introduction to Aboriginal Studies (4 Credit Hours)

Eating Disorders

- 2020 - Professional Webinar: The Importance of Gender Informed Care in the Treatment of Eating Disorders (1 CE)
- 2019 - Orthorexia Nervosa: When Healthy Eating Becomes an Unhealthy Obsession (3 hours)
- 2018 - Unusual Presentations of Adolescent Eating Disorders (1 CE)

Internal Family Systems (IFS)

- 2025 – Program Assistant IFS Level I Training 1107 (89.5 CE's) –*December 2025*
- 2024 – Using Internal Family Systems Therapy for Overcoming Addictive Behavior Patterns (1CE)

- 2023
 - IFS & Couples Therapy: Using Intimacy from the Inside Out (IFCO) to Heal, Improve, and Provide Relationship Help (1 CE)
- 2022
 - IFS Level I Training Program (831) – Lead Trainer: Rina Dubin, Ed.D, Lic. Psych, Assistant Trainer: Irina Diyankova, Ph.D. - June to October 2022 (80 hours)
 - IFS & Addictive Processes: Healing Wounds and Restoring Balance to the System of Parts (1 hour)
- 2021
 - Internal Family Systems (IFS): Development, Application and Transformational Model to Effectively Help Clients Improve Well-being. (3 hours)
 - Embracing Suicidal Parts: Using Internal Family Systems (IFS) to Heal Traumatic Wounds (1CE)
 - Attachment & IFS: Healing Trauma and Attachment Wounds that Befriend the Body (1CE)
 - Treating Complex PTSD with IFS (1 CE)

Motivational Interviewing

- 2022
 - Intermediate Motivational Interviewing (8 hours)
 - Motivational Interviewing in Supervision (12 hours)
- 2018 - MI Level Up: Advanced Motivational Interviewing Skills in Addictions Therapy (6 hours)
- 2017 - Motivational Interviewing (8 CE credits)

Suicide

- 2024
 - CAMS Foundational Video Course & CE Credits (3 CE credits)
 - CAMS Role Play Training (7 CEs)
- 2023
 - Managing Suicide Risk: An Introduction to the CAMS Framework (1.5 credit hours)
 - Reduce Suicide, Liability, & Workload in Healthcare and Beyond with the Columbia Protocol (1CE)
 - Suicide in Historically Marginalized Communities: Perception Versus Reality (1 hour)
 - Cognitive Processing Therapy (CPT) for suicidality: Overcoming Stuck Points and Creating Mental Flexibility (1 CE)
- 2022
 - What to Do with Suicidal Thoughts that Just won't Go Away (1 hour)

Supervision

- 2024
 - Improving Retention, Outcomes, and Supervision with PCOMS (2 CEs)
 - WMHCA: Supervision Strategies to Intervene and Communicate Around Neurodiversity. Facilitated by Teresa Kirchner, LICSW (1CE)
- 2023 - Increasing Effective Clinical Supervision for SUD Treatment Providers (1CE)
- 2022
 - It's Complicated: Special Considerations for Supervising Clinicians Treating Eating Disorders (1.5 hours) Completed 5.20.22
 - Motivational Interviewing in Supervision (12 hours)
 - Program Development and Quality Assurance in Clinical Supervision (2 hours)

- 2020
 - Clinical Supervision: Skill Building and Empowering Supervisee (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)

Trauma

- 2023 – Schizophrenia vs PTSD? Why it Matters in Trauma-Informed Systems of Care (2 CEs)
- 2021- DBT for Trauma: An Overview of Recent Innovations (1.5 hours)
- 2020
 - Integrative and Comprehensive Trauma Treatment, 2nd Edition (8 contact hours)
 - Trauma-Informed Care for Older Adults (2.5 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, facilitated by Athena Phillips
- 2015 – New Frontiers in Trauma Treatment, two-day workshop, facilitated by Bessel A. van der Kolk, MD
- 2014 – The Neurobiology of Toxic Stress: Knowledge & Clinical Applications