

SABRINA ARNOLD, LPC

EDUCATION

University of Portland • Portland, OR

Graduation: May 7, 2017

Bachelor of Business Administration: Marketing Major & Psychology Minor

Bellevue University • Bellevue, NE

Graduation: August 28, 2021

Master of Science in Clinical Mental Health Counseling

CONTINUING EDUCATION

HIPAA (2023, 2022, 2021), Ethics (2023), CSSRS (2023), EMDR through EMDR Consulting (2023), Cultural Agility (2022), Fraud Waste and Abuse (2022), Documentation (2021), Eating Disorder and PTSD (2021), Five Cycles of Emotional Abuse (2021), Gender and Transgender Identity (2021), IFS Model (2021), Living Legacy of Trauma (2021), Legal and Ethical Issues (2021), and Transgender and Nonbinary Adult Clients (2021).

EXPERIENCE

Head and Heart Therapy -

Licensed Professional Counselor: License number C7711

September 2023 – Present

- Provide in-person and telehealth individual therapy to adults.
- Complete documentation, such as progress notes, diagnostic evaluations, mental health screening, and treatment plans.
- Write letters to advocate for accommodations, disability, and gender affirming surgeries.
- Comply with ethical and legal guidelines.
- Engage in continuing education.
- Clearly and respectfully communicate with coworkers and clients.

Registered Associate

August 2021 – September 2023

Clinical Counseling Internship

August 2020 - August 2021

These experiences had similar responsibilities as those underneath 'Licensed Professional Counselor'.

Boys and Girls Aid -

September 2017- May 2020

Youth Care Counselor

- Monitor youth and young adults ages 12-20.
- Cook meals and provide activities for clients to take part in.
- Create a safe and inclusive environment for everyone.
- Deescalate situations that arise with clients and mediate problems between people.
- Work with client's parents and client to create goals, and document important interactions with clients.
- Administer medications and document them in a MAR.

The Mentor Network -

October 2017- October 2018

Life Skills Trainer

- Work with clients ages 5-18 living with disabilities (physical or mental).
- Teach life skills including communication, hygiene, monetary understanding, and safety.
- Provide support for families.

Lines for Life -

August 2017- February 2018

Volunteer

- Answer calls for Suicide Hotline, Alcohol and Drug Helpline, Veteran's Crisis Line, Senior Loneliness Line, and Youth Hotline.
- Document each call and adhere to confidentiality guidelines.
- Respond to crisis situations in a calm and caring manner while providing resources, and contact emergency services, if needed.