

# SARAH DOBEY, LPC, MAC, ACS

917 SW Oak St. Suite 303 • Portland, Oregon, 97205

Phone: (971) 200-0482 • Email Address: [HeadAndHeartTherapy@gmail.com](mailto:HeadAndHeartTherapy@gmail.com) • Website: [HeadAndHeartTherapyPDX.com](http://HeadAndHeartTherapyPDX.com)

---

## WORK EXPERIENCE

### **Head & Heart Therapy, Portland, OR**

*Founder / Therapist, Feb 2018 – Present*

- Maintains the clinic website
- Provides clinical supervision to registered associates working toward licensure, in addition to 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.

### **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.

*Updated May 2023*

- 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**

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

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

### Internal Family Systems (IFS)

- 2022
  - IFS Level I (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)

### Addiction

- 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)
  - 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+**

- 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)

### **Clinical Supervision**

- 2022
  - It's Complicated: Special Considerations for Supervising Clinicians Treating Eating Disorders (1.5 hours)
  - 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)

### **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)

### **Trauma**

- 2021- DBT for Trauma: An Overview of Recent Innovations (1.5 hours)
- 2020
  - Integrative and Comprehensive Trauma Treatment, 2<sup>nd</sup> 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

### **Suicide**

- 2023
  - 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)

### **Neurodivergence**

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

### **Additional Training**

- 2023 – How to Write a Treatment Plan (2CEs)

- 2022
  - HIPAA Security Compliance in Mental Health (1CE)
  - Oregon Bureau of Labor & Industry – New Supervisor Training
- 2020 - Your Ethical Landscape: A meditative Exploration of Ethical Vulnerabilities and Strengths (6 CE hours)
- 2018 – Outcomes Based Care Supervision Training (6.25 hours)
- 2017 – Multnomah County Mental Health and Addiction Services - Outcomes Based Care Foundations Training (12.25 hours)
- 2015 - Overview of Dialectical Behavioral Therapy (3 hours)