

Curriculum Vitae

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Sarah Watson, LPC

LICENSE/CERTIFICATIONS

- 2013** **Board of Counseling Professional Counselor License**
State of Michigan
License #6401012503
- 2011** **Board of Counseling Professional Counselor Limited License**
State of Michigan
License # 6401012503

EDUCATION

- 2015-2016** **Sexual Health Certificate Program, Sex Therapy and Sexuality Education**
University of Michigan, Ann Arbor
- 2008-2011** **MA, Master of Arts, Counseling and Art Therapy**
Wayne State University, Detroit, MI
- 2000-2006** **BA, Bachelors of Arts, Art History**
Oakland University, Rochester Hills, MI

ADDITIONAL TRAINING AND EDUCATIONAL EXPERIENCES

- 2016** Exploring Contemporary Issues in Sex Therapy through Emotionally Focused Therapy- Presented by Jeff Hickey
- 2016** Transtheoretical Perspection on Out of Control Sexual Behavior- Presented by Doug Braun-Harvey
- 2015** Trauma and Sex Therapy- Presented by Ruth Cohn
- 2010** Substance Abuse Workshop- Community/Agency Counseling
- 2006** Study Abroad, Italy

LEADERSHIP

- 2013-2015** Director, Board of Directors for Hemophilia Foundation of Michigan
- 2009-2010** Vice President, SMATA (Students of the Michigan Art Therapy Association)

CLINICAL PRACTICE

- June 2015-current** Mielke and Weeks Psychological Services
Clinical Therapist
 Duties: Provide individual and couples therapy specializing in sex therapy and sexuality education.
- Dec 2014-present** The M & M Group of Michigan, Inc.
Clinical Therapist
Duties: Provide individual and family therapy, assessments and appraisals, diagnosis and treatment planning, and other professional counseling activities in home of clients.
- Sept 2014-Feb 2016** The Rehab Doc
Clinical Therapist
Duties: Administer mental health assessments, review neurocognitive and behavioral assessment tests. Provide individual, family and group therapy.
- 2011-present** Watson Fox Creative Consulting, LLC
 Owner & Co-Founder Creative consulting firm that specializes in helping facilities integrate creative and dynamic components into their programs. Art therapy consulting and facilitation for groups, individuals, families, and workshops.
- 2013-Sept 2014** Communicare Michigan, LLC
Art Therapist
Community Relations
Duties: Provide individual and group art therapy to 20+ clients with traumatic brain injury. Supervise art therapy intern from Wayne State University. Maintain art budget, maintain art supplies at 3 locations, and provide case notes. Maintain Facebook page. Help develop quarterly support groups. Create and develop marketing materials, develop relationships within the community, tour potential clients and stakeholders.
- 2011-2013** New Oakland Child Adolescent and Family Center
Clinical Therapist
Group Leader
Duties: Provide individual, family and group therapy, assessments and appraisals, diagnosis and treatment planning, and other professional counseling activities. Developed competency in the use of a variety of professional counseling and rehabilitation resources. Formulated treatment plans and completed annual assessments. Provided CAFAS assessments.

- 2011** Counseling Clinical Practicum
Wayne State University
Counseling and Testing Center
Duties: Gained supervised experience in individual and group interactions, assessment and appraisal, diagnosis and treatment planning, other professional counseling activities, and develop competency in the use of a variety of professional counseling, and rehabilitation resources. Worked specifically with the diverse student and community population in an urban university setting. Formulated treatment plans and completed assessments.
- 2011** Art Therapy & Counseling Clinical Internship
FAR Conservatory
South Oakland Shelter
Duties: Supervised 600+ hour internship in the practice of art therapy with individuals, groups and/or families. Gained clinical skills and competency with individual and group interactions, assessment and appraisal, diagnosis and treatment planning. Competency in the use of a wide variety of professional counseling and art therapy interventions. Confident in the delivery of art therapy assessment and directives with a variety of populations.
- 2010** Lincoln Park High School
Art Therapy Group Leader
Duties: Lead art therapy group for teens with Autism Spectrum Disorder (ASD).
- 2008** Art Therapy Fieldwork
Children's Hospital of Michigan

PROFESSIONAL DEVELOPMENT/OPPORTUNITIES

- 2010** Camp Bold Eagle, Holton, MI
 Director of "Heart Art" Art therapy for children with chronic bleeding disorders
- 2012** Hemophilia Foundation of Michigan Women's Retreat
 Art Therapy Facilitator
- 2012** Michigan Drug Court Conference
 Presenter
 Healing the Whole Person: Art Therapy and Substance Abuse

- 2013** Hemophilia Foundation of Michigan Annual Meeting
Presenter
Creative Empowerment for Women
- 2013** Virginia Hemophilia Foundation Annual Meeting
Presenter
Creative Empowerment
- 2013** National Hemophilia Foundation Annual Meeting
Presenter
Women and Body Image & Creative Social Work Program
- 2014** Hemophilia Federation of America Annual Symposium
Presenter
Finding your inner Picasso, The Creativity Toolbox, Creative Distractions
Panel speaker, Wellness lounge mini workshop, Taking Care of You!
- 2014** National Hemophilia Foundation / National Youth Leadership Institute
Presenter
“Your creative past, present and future”
- 2014** National Hemophilia Foundation Annual Meeting
Presenter
NHF’s Victory for Women: How stories shape our lives
Art Stars: A conversation about art as therapy
- 2015** Bleeding Disorder Alliance Illinois
Presenter
Artistically Speaking
- 2015** National Hemophilia Foundation
Presenter
Art therapy for couples
- 2016** NACCHO
Presenter
Gender Identity
- 2016** Hemophilia Foundation of Michigan
Presenter
Springfest
“Let’s be frank about sex”
“More than friends? Friendships, Boundaries and Consent”
- 2016** National Hemophilia Foundation

Presenter
Annual Meeting
“Art Therapy for couples”
“Art Therapy for women”
“Sex therapy and women with bleeding disorders”

PROFESSIONAL MEMBERSHIPS

American Counseling Association
Wayne State University Alumni Association
American Association of Sexuality Educators Counselors and Therapists

COURSEWORK

Sex Therapy

Introduction to Sexual Health - Cultural and Biological Underpinnings
Medical and Developmental Aspects of Sexual Health—A Biopsychosocial
Perspection across a lifespan
Sexual Health Problems
Intimacy and Sexuality in Couples Relationships
The Discipline of Sexology
Gender and Sexual Orientation
Sex-Related Assessment, Diagnosis, and Treatment of Psychosexual
Disorders in the Current DSM 5
Theory and methods of sex-related psychotherapy- Couples and Individual
approaches
Theory and Method of Assessment and Treatment of Psychosexual
Disorders Related to Chronic Illness.
Advanced Sex Therapy Techniques
Sexual Attitude Reassessment (SAR) Seminar

Sexuality Education

Curriculum Design, Part 1- Advanced training in sexuality education
Curriculum Design, Part 2- Advanced training in sexuality education

Counseling

Introduction to Counseling
Theories of Counseling
Substance Abuse Workshop
Career Development Counseling
Counseling and Consulting: Community Agency
Techniques of Counseling
Vocational Assessments

Psychology

Adult Psychopathology
Adolescent Psychology
Human Development Psychology

Art Therapy

Art Therapy Intro and Ethics
Theory of Art Therapy
Grief and Loss
Visual Journal & Visual Journal II
Mandala Workshop
Studio Art Therapy
Art Therapy with Groups
Multicultural Art Therapy
Art Therapy Practicum
Art Therapy in Schools
Adult Assessments

Other

Art Exhibitions

February 2011 RecTangle Art, Treat Dreams, Ferndale, MI

Art Work For Sale

February 2013- January 2016 Poesy, Royal Oak, MI

REFERENCES/RECOMMENDATIONS

Professional, business and personal recommendations available upon request.