

Sarah Margaret Wade, M.Ed., LPC, ATR-BC

Licensed Professional Counselor & Board Certified Art Therapist

artstoriesstudio.com | sarahmargaret.wade@gmail.com | 205.777.8553 (cell)

CREDENTIALS

Licensed Professional Counselor (LPC)

Colorado Licensed Professional Counselor Examiners Board **LPC.001339** (expires 8/31/2017)

Board Certified Art Therapist (ATR-BC)

Art Therapy Credentials Board **#11-121** (expires 7/1/2021)

EDUCATION

University of Louisville

June 2009

Louisville, KY

Master of Education in Counseling with an Art Therapy Concentration

Samford University

May 2006

Birmingham, AL

Bachelors of Arts in Interior Design and Fine Art

EMPLOYMENT HISTORY

Art Stories Studio Art Therapist/ Owner

July 2012—Present (Denver, Colorado)

- Coordinate private practice and facilitate therapeutic groups and individual sessions within retirement communities, adult day services, and in-home care companies for senior adults
- Provide educational outlets for the community to increase awareness to the field of art therapy
- Provided art therapy group and wall mural for grief counseling Center, The Amelia Center
- Previously contracted services at UAB Hospital (psychiatric care), VSA Alabama (art therapy in community, education, and healthcare settings), and Children's of Alabama Hospital (pediatric oncology) in Birmingham, AL

Brookwood Baptist Hospital Clinical Therapist

Oct 2009—2011 (prn) & full-time Nov 2015—Jan 2017 (Birmingham, AL)

- Established positive rapport and minimize resistance with acutely mentally ill and developmentally delayed patients on Intermediate Care and Psychiatric Intensive Care Units
- Completed Psychosocial Histories within 24 hours of patient intake
- Managed group process to maximize therapeutic benefit to patients, utilizing Dialectic Behavioral Therapy and Mindfulness Based Stress Reduction
- Provided individual counseling
- Documented daily patient progress and group session outcomes
- Collaborated with diverse interdisciplinary team
- Facilitated and assist with annual patient art shows for public audience

A Center for Eating Disorders Primary Art Therapist

October 2014—October 2015 (Birmingham, AL)

- Utilized a developmental approach in individual and group art therapy sessions with women debilitated by eating disorders and co-occurring mental illness
- Implemented a full-time art therapy program and cultivated a functional workspace for weekly art therapy groups and individual sessions
- Collaborated with clinical team, including primary therapists, clinical director, consulting psychiatrist and consulting doctor of osteopathic medicine
- Supervised clients in the milieu during therapeutic meals and outings

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Volunteers of America Mental Health Clinician

December 2013—August 2014 (Anchorage, AK)

- Utilized Motivational Interviewing and art therapy techniques within group and individual sessions with adolescents with substance dependence and co-occurring mental illness
- Completed documentation for mental health assessments, treatment planning, case management, and ongoing weekly groups, individual, and family sessions
- Worked collaboratively with the clinical team including substance abuse counselors, clinical director, consulting psychiatrist and psychologist
- Facilitated special topics groups, including parent support group and young women in recovery

VSA Alabama Program Manager/ Art Therapist

September 2009- June 2012 (Birmingham, AL)

- Managed, documented, and evaluated arts programs across the state in healthcare, community, and education settings for individuals with disabilities and chronic illnesses
- Supervised 18 teaching artists and multiple volunteers; managed contracts and monthly reporting requirements
- Planned and coordinated trainings, workshops, and community events
- Coordinated event planning for annual fundraisers benefiting state programs
- Utilized creative and therapeutic arts in a wide spectrum of group settings
- Pioneered art therapy services for seniors with Alzheimer's in their homes alongside their families in impoverished Marion, AL
- Co-authored publication *Art to Life* to educate nursing home staff on therapeutic art activities for senior adults with dementia and memory disorders

HANDS Art Therapist/ Teacher

August 2009—May 2010 (Birmingham, AL)

- Incorporated developmentally appropriate and structured interventions for group therapy in a pre-school setting for children on the Autism spectrum
- Implemented educational and behavioral programming through 1:1 behavioral therapy, home visits, and multi-sensory exposure

PROFESSIONAL PRESENTATIONS AND PUBLICATIONS

2016 Bringing Art to Life—*Art Therapy Today* publication, American Art Therapy Association

2015 Expressive Therapies Mini-Conference- Birmingham, AL

2014 Auburn University- Auburn, AL

2013 Alaska Pacific University- Anchorage, AK

2013 Samford University, School of the Arts Faculty and administration- Birmingham, AL

2012 South Highland Center presentation to Congressman Spencer Bachus- Birmingham, AL

2011 Auburn University- Auburn, AL

2011 Alabama Assisted Living Statewide Conference- Mobile, AL

2011 Co-author on Arts-In-Action, Alzheimer's of Central Alabama

2011 Medical Support Services Organization (MSSO) Luncheon- Birmingham, AL

2010 Arts Education Summit- Tuscaloosa, AL