

# Curriculum Vitae

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**Sarah E. Watson, LPC, CST, ATR**

## LICENSE/CERTIFICATIONS

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- 2017**      **The American Association of Sexuality Educators, Counselors and Therapists**  
*Certified Sex Therapist*
- 2017**      **Art Therapy Credentials Board, Inc.**  
*Registered Art Therapist*  
#17-152
- 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

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- 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

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- 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

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- 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

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- 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**

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

## **COURSEWORK**

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### **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