

SARAH BLECHMAN

LCSW

CAREER OBJECTIVE

Sarah's clinical practice is informed by her belief in the value of insight and awareness which can be discovered through intentionally-designed formative experiences. She enjoys using horticultural and experiential therapies to empower clients and families to learn how to meet their needs for connection and belonging in novel, healthy manners. Sarah works well with clients who struggle with disordered eating, internalized or externalized forms of anxiety, depression, relational challenges, autism, personality disorders, phone/internet gaming addiction, and substance abuse.

SKILLS

Research - Published article in the Journal of Sandplay Therapy
Eye Movement Desensitization and Reprocessing (EMDR)
Depth-Oriented Art and Sandplay Therapy
Non-Violent Crisis Intervention Certified
Public Speaking
Conflict Resolution
Staff Development

CAREER SUMMARY

Therapist

Pacific Quest | August 2019 to present

- Counsel clients in individual or group sessions
- Collaborate with counselors, physicians, or nurses to coordinate treatment plan
- Educate clients or community members about mental or physical illness, abuse, medication, or available community resources

Clinical Support & Behavioral Specialist

Pacific Quest | June 2019 to August 2019

- Create and implement behavioral interventions for clients
- Employee support development and management

Program Supervisor

Pacific Quest | January 2014 to June 2019

- Oversee general functioning of the program, clients' treatment plans and clients therapeutic outcomes
- Facilitated week-long rites of passage workshops,
- Staff onboarding, training and management

EDUCATIONAL TRAINING

University of Louisville

Master of Science in Social Work

Florida State University

Bachelor of Science in Political Science