

Sarah King
Masters Counseling Student
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Work Skills Summary

(In addition to skills learned in a clinical setting, many diverse experiences and skills applicable to working with others and service to others were gained from 10 years of work in the restaurant industry.)

- Dynamic experience working with diverse groups of people from many different cultures and backgrounds.
- Outstanding ability to work in a group towards and obtaining common goals.
- Excellent ability to work independently on assigned tasks.
- Detail oriented, especially in identifying, analyzing and problem solving.
- Extensive experience working in high paced, stressful environments while multitasking and maintaining composure.
- Exceptional communication and interpersonal skills
- Proficient in all Microsoft Office programs
- Trained in and experienced practice with Motivation Interviewing

Experience

- Cumberland Hospital • New Kent, Virginia • January 20, 2016 - Present
Cumberland Hospital offers inpatient acute, residential and group homes from children and adolescence ages 2 to 22. Cumberland specializes in helping children and adolescence manage the physical, emotional and psychological challenges of living with a chronic illness. My responsibilities at Cumberland are to facilitate individual and group sessions using play therapy, art therapy, somatic experiencing and cognitive-behavioral therapy.
- New Leaf Clinic • Williamsburg, Virginia • August 2015 - Present
New Leaf Clinic is an in-house clinic within William and Mary. The clinic is open to students who come voluntarily seeking help with possible Substance Use Disorders and/or alcohol education and students who are mandated by the school to seek services for alcohol education. My responsibilities at New Leaf include using Motivational Interviewing in facilitating individual sessions as well as in group sessions.

Volunteer Experience

- River City Community Acupuncture • Richmond, Virginia • Feb. 2015 – Aug. 2015
River City Community Acupuncture provides affordable acupuncture on a sliding scale so this treatment modality can be available to a much wider range of individuals in the Richmond area. I volunteered doing reception and clerical work here to allow the practitioner to see more clients.
- The Omega Institute • Rhinebeck, NY • April 2014 – Oct. 2014
The Omega Institute is a holistic retreat center and community in upstate New York that is run by volunteers during the spring and summer. I lived, worked and learned

at Omega for a work season. My main responsibilities were prepping and serving food as part of a team to the community and guests of 1,000+ individuals. During my time here I also lead yoga classes and support groups for those struggling with addiction in the community.

Education

- William and Mary • Williamsburg, Virginia • August 2015-Present
M.Ed. in Addictions Counseling
Expected graduation date May 2017
- J. Sargent Reynolds Community College • Richmond, Virginia • Jan. 2014-Dec. 2014

Career Studies Certificate in Substance Abuse Counseling Education

The Career Studies Certificate in Substance Abuse Counseling prepares students for work in substance abuse counseling programs and addictions treatment. The certificate in substance abuse counseling meets the certification requirements for substance abuse counselors as designated by the Health Professions Board of Counseling in the Commonwealth of Virginia.

- Virginia Commonwealth University • Richmond, Virginia • 2007-2009

Bachelor of Interdisciplinary Studies, Minor in Religious Studies

The Bachelor of Interdisciplinary Studies is a broad liberal arts education concentrating on business, humanities and social sciences. The religious studies minor is concentrated in world religions.

- John Tyler Community College • Midlothian, Virginia • 2005-2007

Associate Degree in Arts and Sciences

The Associate Degree in Arts and Sciences is a broad liberal arts degree.

Professional Memberships

American Counselors Association - ACA

National Association of Drug and Alcohol Counselors - NADAC

Virginia Association of Addiction Professionals - VAP