

Sara E. Schwartz

MBA, MA, LPC, NCC, CAADC, ACS, NPT-C

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EDUCATION

Antioch University, MA Clinical Mental Health Counseling, Chi Sigma Iota Honors Society, August 2021, GPA: 4.0/4.0

Wayne State University, Master of Business Administration, Marketing, May 2012, GPA: 3.6/4.0

Michigan State University, Bachelor of Arts, General Management, Honors College, May 2005, GPA: 3.5/4.0

PROFESSIONAL LICENSING, MEMBERSHIPS, CERTIFICATIONS & RESIDENCIES

Michigan LPC Approved Clinical Supervisor, expected July 2024

Neuro-psychotherapy Certification, 2024

Licensed Professional Counselor, 2024

Certified Advanced Drug & Alcohol Counselor, 2023

Limited Licensed Professional Counselor, 2021

Chi Sigma Iota, Alpha Nu Epsilon Chapter (Counseling Honors Society) Member at Large & Former Executive Board Member, 2021-present

National Certified Counselor, 2021-present

International Association of Professional Writers and Editors, 2020-present

Michigan Mental Health Counselors Association, 2019-present

Michigan Counseling Association, 2019-present

American Counseling Association, 2018-present

Antioch's Group Approaches Intensive Residency, passed in 5/2019

Antioch's Fundamentals Approaches Residency, passed in 12/2016

RELEVANT WORK EXPERIENCE

Owner/Landlord, The GroWell Center

Coming 9/2024

- Owner of an investment property designed to promote community health and wellness in the Farmington, Michigan area. Future home of 3Cs Counseling Center and other businesses TBD.
- Collaborate with local and state-level stakeholders to transform a blighted property to a welcoming wellness center while providing innovative design plans to maximize space-to-value.

Michigan Counselor Training Institute, Owner, LPC ACS, Mentor, Mentor Trainer

7/2024-present

- Act as an approval clinical supervisor for Michigan limited licensed counselors.
- Serve as a lead trainer for mentors in the counseling industry.
- Provide counseling and addiction exam resources to professionals taking licensure exams.

Great Lakes Psychology Group, Private Practice Counselor, Writer

5/2024-present

- Provide in-person and virtual mental health and substance use therapy to individuals ages 6+ as well as couples and families.
- Writer for GLPG's consumer-facing blog, *The Current*, as well as its therapist skills-building blog, *The Notepad*.

Grow Therapy, Private Practice Counselor

2/2024-present

- Offer virtual mental health and substance use counseling services to individuals ages 6+ as well as couples and families.

Round Table Group & Wayne County Indigent Defense Services, Expert Witness

2/2024-present

- Serve as an expert witness in the areas of addictions, trauma, and general mental health.
- Research case content, conduct clinical assessments, report diagnostic findings, craft reports, and offer in-person deposition and testimony as needed.
- Travel throughout U.S. and out of country to offer expert services.

Round Table Group & Wayne County Indigent Defense Services, Expert Witness

2/2024-present

- Serve as an expert witness in the areas of addictions, trauma, and general mental health.
- Research case content, conduct clinical assessments, report diagnostic findings, craft reports, and offer in-person deposition and testimony as needed.
- Travel throughout U.S. to offer expert services when needed.

Mental Health/Substance Use Expert, Wayne County Indigent Defense Services

1/2024-present

- Partner with local attorneys to provide case assessments, testimony, and other case assistance as needed.
- Interview and evaluate clients to determine mental health and SUD status, many of which are incarcerated.

<p>CounselingExamPrep.org, Owner & Lead Instructor</p> <ul style="list-style-type: none"> - Offer online self-paced and prerecorded professional licensure exam study preparation materials. - Lead online live instruction courses. 	1/2024-present
<p>Varsity Tutors, National Counselor Exam (NCE) and Graduate Management Admission (GMAT) Test</p> <ul style="list-style-type: none"> - Tutor students and professionals signed up to take the NCE or GMAT. - Develop tutoring curriculum and meet with clients virtually on a weekly or bi-weekly basis. 	9/2022-present
<p>3Cs Counseling Center, Owner/Operator</p> <ul style="list-style-type: none"> - Provide counseling services to individuals ages 6+ as well as to couples. - Manage online presence including website and all marketing efforts. - Partner with Great Lakes Psychology Group and Grow Therapy as well as offer direct services. 	3/2022-present
<p>Sara E. Teller Industries, LLC, Owner/Operator</p> <ul style="list-style-type: none"> - Umbrella company for MCTI, CounselingExamPrep.org, SaraTeller.com, Michigan Counselor Training Institute and 3Cs Counseling Center as well as parent billing company for miscellaneous contract work. - Create and disseminate web-based self-help content. - Speak as an invitee on mental health podcasts. - Send a weekly self-help newsletter to 500+ sarateller.com website subscribers. - Manage a YouTube channel with more than 250 subscribers. - Serve as a freelance writer, editor, consultant, and transcriptionist for diverse clientele. 	10/2009-present
<p>MiSide, Homebased Therapist</p> <ul style="list-style-type: none"> - Facilitated and coordinated person-centered treatment plans and homebased clinical therapy services. - Conducted comprehensive biopsychosocial assessments and made initial diagnosis using the DSM. - Collaborated with treatment team, community partners, and other natural supports as identified by the families. - Prepared reports for agencies including MDHHS, county funding source, courts, schools, etc. 	8/2023-5/2024
<p>The Blox (Season 9), Reality Television Competition Show Contestant</p> <ul style="list-style-type: none"> - Selected as one of 50 out of 60,000 applicants to compete on a reality television show. - Competed in a series of events designed to develop a vision for transforming a single-member LLC into a scalable practice. - Awarded a 'Blox Off' spot and opportunity to present vision to host, audience, and judges one of seven top competitors. 	6/2023
<p>Team Wellness Center, Clinical Therapist, Assertive Community Treatment</p> <ul style="list-style-type: none"> - Served members of all ages with severe mental illness, physical and mental disabilities, and co-occurring disorders. - Conducted therapy sessions in-office as well as in the community. - Connected members to food, housing, transportation, and employment services as well as other basic needs. 	3/2023-7/2023
<p>Sollars and Associates, Private Practice Clinician</p> <ul style="list-style-type: none"> - Acted as a mental health counselor supporting a diverse client base with a range of presenting concerns. 	10/2021-7/2022
<p>Sollars and Associates, Counseling Intern</p> <ul style="list-style-type: none"> - Provided individual, group, and couples' counseling services, diagnosing and treating a variety of conditions. 	8/2020-8/2021
<p>Chi Sigma Iota Alpha Nu Epsilon Chapter Executive Committee – Addictions Chair</p> <ul style="list-style-type: none"> - Orchestrated and carried out ceremonial events for new inductees. - Worked on social justice and general mental health projects, including developing telehealth information site. - Drafted a Racial and Social Justice Initiative Fund grant proposal with the Executive Committee seeking to implement a student-led, academic professional development course series delivered in a workshop format. 	1/2019-8/2021
<p>Nine9 The UnAgency, Castings Supervisor</p> <ul style="list-style-type: none"> - Managed a team of three direct reports and aided in establishing and implementing departmental goals. - Assisted with booking nationwide modeling and acting opportunities by connecting with industry clients and presenting these opportunities to Nine9 talent. 	1/2017-7/2017
<p>Nine9 The UnAgency, Castings Associate</p> <ul style="list-style-type: none"> - Helped to book modeling and acting castings by calling and emailing nationwide clients and potential clients. - Assisting with updating company's website and social media sites and sending talent headshots and resumes for consideration. 	3/2016-1/2017

- Created workflows and process documentation.
- Trained new department members and facilitated cross-training.
- Took inbound customer service calls.

Cengage Group (formerly Cengage Learning)

Intellectual Property Analyst

11/2013-08/2014

- Evaluated content to determine the scope of rights and viability of use.
- Maintained close communication with stakeholder teams in order to set project schedules and budgets, and advised on credit line formatting as well as other rights issues.

Content Digitization Project Manager

5/2012-11/2013

- Worked with team members, vendors and other stakeholders to convert, deliver, load and QA data into digital publications, and proprietary and third-party platforms.
- Prepared schedules and reported on content coding and application errors.

Content Reuse Specialist

5/2011-5/2012

- Acted as a liaison between the Rights Administration & Content Reuse team and other internal stakeholders (primarily international teams) to address issues regarding reuse of third-party material.
- Analyzed this content and recommended a course of action depending upon the distribution (format and market) of the proposed project as well as headroom limits.

Permissions Fulfillment Associate

6/2007-5/2011

- Managed closing activities for 400+ Gale projects (generated acknowledgments, submitted vendor payment requests to accounts payable, fulfilled complimentary copy requests, and presented editorial staff with final permissions cost memos).
- Coordinated payment of 1000+ non-Gale invoices.
- Created a process for handling third party rights check requests for conversion of textbook material into eBook format (developed documentation and a FileMaker request tracking database, and trained staff, while simultaneously managing the delivery of suppression logs).

Editorial Intern

3/2007-6/2007

- Provided assistance to editorial staff with project management.
- Database tracking.
- Author contract generation.
- Performing quality assurance for online products.

Publications International, Ltd., Associate Acquisitions Editor

8/2005-3/2006

- Created 20+ project budget analyses and researched the market for qualified contributors to contract.
- Developed manuscript feed schedules and monitored work progress.
- Reached out to photo houses, libraries, museums, and the like to re-license images for inclusion in titles.
- Coordinated and attended photo shoots for inclusion of original photography in titles.

Sylvan Learning Center, Advanced Reading & Writing Instructor

10/2005-01/2006

- Strengthened students' English language skills in 1:1, 2:1, or 3:1 instructional setting.

FAITH Magazine, Editorial Intern & Freelance Contributor

1/2005-8/2005

- Edited page proofs and wrote the *This Month in History* section for all monthly issues published in 2006.
- Interviewed and photographed residents and submitted stories for publication.

Michigan State University Press, Book Editorial & Production Intern

1/2005-05/2005 | 8/2002-12/2002

- Prepared 10+ book manuscripts for publication by corresponding with authors, creating art inventories, compiling credit lines and submitting CIP data as needed.
- Proofread and edited book manuscripts and created art inventories for proposed titles.

VOLUNTEER EXPERIENCE

Antioch University, CMHC Town Hall, Social Justice Reflection & Call to Action – Group Facilitator

6/5/2020

- Facilitated a support group for Antioch student-parents looking for a safe space to discuss the events surrounding the death of George Floyd and how to address social justice issues with their children.

Ascension Providence Hospital, Patient Visitor – Palliative Care, Spiritual Services Department

8/2019-1/2020

- Provided spiritual patient visitation and reported if patients needed additional chaplaincy services

- Jewish Federation of Toledo, Birthday Box Bonanza** 2/10/2019
- Traveled to Sylvania, Ohio, to attend a two-hour charitable social event for Jewish Family Services.
 - Tasked with putting together over 75 birthday bags for the Jewish Family Services Food Pantry clients so underprivileged Jewish children would be able to properly celebrate their birthdays.
- Kensington Church, KKids Children's Ministry** 6/2015-8/22017
- Taught a weekly curriculum to kindergarten and first-grade children enrolled in KKids.
 - Coordinated activities for children to engage with peers while learning about their faith.
 - Created and distributed certificates of appreciation to each child in the program upon its completion.
- Turning Point, Second Hand Rose Resale Shop** 3/2016
- Prepared donated items for resale to generate funds for Turning Point Women's Shelter.
- Michigan State University's Up 'til Dawn's Letter Writing Party** 11/2004
- Presented photos of the event to MSU Alumni magazine for publication.
 - Forwarded letters requesting donations to benefit St. Jude Children's Hospital.
- Michigan State University's Teaching Assistant Tutoring Program, English Tutor** 2/2004-5/2004
- Improved the English skills, both oral and written, of a future teaching assistant.
- Michigan State University's Resource Center for Persons with Disabilities Reader** 8/2002-5/2003
- Read 50+ hours of text onto tape and on a one-on-one basis to visually impaired students.

SELECT SELF-HELP MEDIA CONTRIBUTIONS

Author, *The Trauma-Addiction Connection: The Trauma-Addiction Connection: Understanding Unhealthy Patterns & Breaking Free from Both Once & For All*, March 2023

Social Media's Impact on Mental Health presentation for all Sollars and Associates clinicians, 2/7/2022

Writer, Herway.net, Topics: Relationship Advice, Narcissism, Emotional Abuse, Post-traumatic Stress Disorder, Mood Regulation, Self-care, Mindfulness, Gratitude, Manifesting Change, 2018–present

Writer, Quora.com, Topics: Narcissism, Narcissistic Abuse, and Post-Traumatic Stress Disorder, 2018–present

Writer, Nine9Mag.com, Sample: "It's Really No Big Deal – Overcoming Your Anxiety," 2018–2021

Website Creator, sarateller.com: Sara E. Teller, Author, Speaker, and Advocate for Sustainable Healing with Blog Post Topics on Narcissistic Abuse, Narcissism and Post-Traumatic Stress Disorder, 498 subscribers, 2017–present

Personality, YouTube, Videos: Narcissistic Abuse, Post-traumatic Stress Disorder, and Sustainable Healing Methods, 2017–present

Creator/Admin, Facebook Group, Narcissistic Victim Syndrome and PTSD: Information and Support, 2017–present

Writer, LegalReader.com, Topic Areas: Mental Health and the Opioid Epidemic, 2017–present

Writer, *Ferndale Friends*, Sample: "Megh Hollowell: Local Inspiration" (on managing psychosis and a mood disorder), 2016–present

Guest Speaker, M.O.M.M.Y. Podcast with Christina Johnson, Testimony Publishers, Topic: PTSD, 11/2019

Author, *PTSD – Healing from the Inside Out: Strategies for Tackling Symptoms, Regaining Strength, and Realizing Sustainable Healing*, 9/2019

Guest Speaker, Cool, Calm, and Chaotic Podcast with Mark Zarate, Topic: PTSD, 7/2019

Guest Speaker, Cool, Calm, and Chaotic Podcast with Mark Zarate, Topics: 'Leaving Shame Island' and Narcissism, 3/2019

Guest Speaker, Collections by Michelle Brown Podcast, Topic: Narcissism/Narcissistic Abuse, 10/2018

Author, *Narcissistic Abuse: A Survival Guide*, December 2017

ADDITIONAL HONORS RECEIVED

Donald D. Davis Scholarship Awarded for Exceptional Community Service (2020); Michigan State University Honors College, 2002-2005; National Society of Collegiate Scholars, 2002-2005; Outstanding Students Honors, Society, 2002-2005; National Scholar Honors Society, 2002-2005; Michigan State University's Tower Guard Honors Society 2001-2005

LANGUAGES

English (Native), Spanish (Written, Conversational), Italian (Novice)