

## Education

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<b>Prescott College</b> PhD in Sustainability Education Ecological, economic, and equity focused curriculum. Research: Relationship of sustainable food choices to eating disorder behavior.	Aug 2006 - Present
<b>Psychology Studies Institute (PSI)</b> Master of Arts in Professional Counseling - GPA 3.84 An integration curriculum combining psychology and theology; prepares counselors to offer spiritually sensitive psychotherapy.	Aug 2001 - Aug 2003
<b>University of Georgia</b> Bachelor of Fine Arts in Art Education - Magna Cum Laude Ceramics emphasis. Relevant Courses: psychology, biology, education method, human growth and development.	Aug 1996 - Dec 2000

## Work History

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<b>Eating Disorder Specialist</b> University of Texas at Austin	Mar 2007 - Present
<b>Counseling Specialist</b> University of Texas at Austin	Sept 2005 - Mar 2007
<b>Independent Counselor/ Therapist</b> Private Practice; Contract Therapist; Eating Disorder Consultant	Nov 2004 - Present
<b>Program Director</b> Illuminata; Residential Extended Care for Women	Dec 2003 - Jul 2004
<b>Eating Disorder Consultant and Addictions Counselor</b> Metro Atlanta Recovery Residences (MARR)	Sept 2003 - Jan 2004
<b>Partial Hospitalization Program Therapist/ Administrator</b> Atlanta Center for Eating Disorders (ACE)	Apr 2001 - Sept 2003

## Professional Skills

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### Program Development

- *Intensive Residential Extended-Care facility:* Developed and directed residential program for women with dual diagnosis in substance dependence, eating disorders, mood disorders, and/or personality disorders (Illuminata).
- *Eating Disorders Partial Hospitalization and Outpatient Program :* Evaluated and redesigned the day treatment program which increased attendance and decreased patient attrition (Atlanta Center for Eating Disorders- ACE).
- *Eating Disorders Outpatient program :* Developed a weekly spirituality group; increased role of spirituality in day program (ACE).
- *Dual Diagnosis Outpatient facility:* Designed a program for patients with co-occurring eating disorder and substance abuse (MARR).

### Psychotherapy

- Knowledgeable and confident in outpatient, partial hospitalization, residential, and college counseling center environments.
- Skilled in treatment models for eating disorders, mood disorders, and substance dependence; working with diverse client populations including, adults, adolescents, older adults, families and couples.
- Experienced in group, individual, and family therapy; intensive outpatient, crisis intervention, and multi-family groups.
- Proficient in varied therapeutic modalities and theoretical orientations including cognitive/dialectical behavior therapy, expressive, experiential, psychoeducational/solution-focused, client-centered, and psychodynamic approaches.

### Administration

- Managed 18 employees; responsibilities included employee selection, hiring, individualized training, ongoing professional development, evaluation, promotion, and empowered staff for personal growth.
- Office manager for outpatient treatment facility; completed intakes, insurance verification, billing, and collecting.
- As program director of residential facility, performed all necessary administrative responsibilities including the establishment of a unique and simplified treatment planning structure for more effective use by non-clinical staff.
- Created marketing materials/strategies for both outpatient and residential treatment facility.

### Computer Skills

- Knowledgeable in Microsoft Office suite of utilities & creative software such as Photo-shop, Illustrator, & FrontPage.
- Skilled in clinical charting & treatment planning software as well as database/ mail management.
- Practiced in basic web site design, electronic based project management, and web publishing.

## Professional Presentations

- **University of Texas**; Get Real: Eating Disorders Awareness Week; *week long program for men & women.* (2007)
- **University of Texas**; Nutrition Student Organization: *Eating Disorders & Disordered Eating.* (2007)
- **Texas Baptist Children's Home**; *The Spectrum of Emotional Eating: Eating Disorders & Disordered Eating.* (2006)
- **Austin Eating Disorders Specialists**; *Challenges & Rewards of Becoming a Nonprofit Organization.* (2005)
- **Austin Area Christian Counselors of Texas**; *Eating Disorders Treatment from a Christian Perspective* (2005)
- **Texas Dietetic Association, Austin Chapter**; *Counseling Skills for Clinical Professionals: Dealing with disordered eating and eating disorders in your dietetic practice.* (2005)
- **University of Texas, Wesley Foundation**; Student Organization. *Women's Conference: Addressing Eating Disorders within Christian Student Populations.* (2005)
- **University of Texas at Austin**, Nutrition Education and Counseling; *Counseling Skills for Dietitians: Motivating and Empowering Patients Toward Change.* (2005)
- **American Cancer Society**, National Home Office; Trained NuPA (Nutrition and Physical Activity) counselors on effective screening and appropriate referral for clients who may have an eating disorder. (2005)
- **Illuminata**; Performed training for clinical and professional staff regarding appropriate boundaries, ethics, and effective treatment of clients with eating disorders, addiction, and mood disorder co-occurrence. (2004)
- **St. Pius X High School**; *Education, Awareness, & Prevention*: Led student discussion on recognizing and confronting the prevalence of eating disorders in schools. (2003)
- **Padeia Private School**; Facilitated a group discussion with a campus leadership group about the incidence of eating disorders among their peers and how to counter the diet culture in school. (2003)
- **Future Leaders Meeting**; Presentation to young female leaders age 9-15 about the prevalence of eating and body image disturbances in the elementary and middle-school girls. (2003)
- **Emory University**; Medical Students: *The Role of Doctors in Recognizing Eating Disorders and Referral .* (2002)
- **Psychological Studies Institute**; Faculty & student training: *Eating Disorder Treatment Ethics and Referral.* (2002)
- **Psychological Studies Institute**; Guest professor for *Human Growth and Development* covering eating disorders through the life span. (2002)
- **Spellman College**; Panelist for *She Knows Not Her Beauty: Women of Color and Eating Disorders.* (2001)

## Training and Continued Education

2007

- **Princeton University**; Best practices for eating disorder treatment on college campuses
- **Anita Johnston**; Therapist retreat, using therapist self awareness in treatment of eating disorders

2005

- **Remuda Ranch**; The Journey to Recovery: Helping Eating Disorder Clients Before, During, & After Treatment.
- **The Elisa Project**; Professional Symposium for Education and Prevention of Eating Disorders
- **University of Texas**; Diversity Task Force Training on Transgender Issues

2004

- **Size Matters**: Therapist's Body as a Stimulus and Tool for Healing; Deborah Russo, PsyD
- **Tanner Behavioral Health Services**; Identification of Eating Disorders; Kevin Wandler, MD
- **Ridgeview Institute**; Speaking the Language: Art Therapy and the Treatment of Eating Disorders and Body Image. Comer Rudd-Gates, LPC and Certified Art Therapist
- **Maiden/Mother/Wise Woman**: Using Metaphor & Storytelling to Understand and Treat Eating Disorders Across the Life Span; Anita Johnson, PhD
- **Hanley-Hazelden**; Professionals in Residence Training Program

2003

- **National Association of Addiction Treatment Providers (NAATP)**; International Conference
- **Pesso-Boyden Psychomotor**: Clinical Applications for Alcohol/ Drug Addictions and Eating Disorders
- **Atlanta Group Psychotherapy Society (AGPS)** CEU Conference; Identity in Group Psychotherapy
- **AGPS Continuing Education Conference**; Group Psychotherapy: An Attachment Perspective
- **The Christian Association for Psychological Studies**; Forgiveness Through the Seasons of Life

2002

- **Clinical and Research Update on the Assessment and Treatment of Eating Disorders**; State-of-the-art standardized assessments and treatments for eating disorders
- **GSU Psychology Clinic for Assessment, Therapy, and Research**; Continuing Education Series 2002; Recent Advances in the Assessment and Treatment of Individuals With Eating Disorders
- **GSU, Psychology Clinic CE series**; How to Navigate Complex Ethical Issues in Eating Disorder Treatment
- **When Women Stop Hating Their Bodies**: A forum on body hatred and compulsive eating
- **Atlanta Group Psychotherapy Association**: Interpersonal challenges in Group Psychotherapy

2001

- **Masters & Johnson**: From Compulsion to Connection; Compulsivity, Containment, and Treatment
- **Academy for Eating Disorders (AED) Conference**; Best Practices in the Treatment of Eating Disorders Page 2 of 8

## Volunteer Experience

- Slow Food, Austin Convivium: Organize and manage monthly discussion groups on slow food topics. (2006-2007)
- Sustainable Food Center: farmer's market and School gardening programs in central Austin (2006-2007)
- Soul Hunger: Understanding intuition as the voice of the soul, and how it can help us find and feed our deeper hungers (2004)
- Real Teens Inner Beauty Fashion Show; Honoring teens nominated by friends for their inner beauty (2004)
- Merrick's Walk: increased the amount raised to \$28,000 dollars for treatment scholarships (2004)
- Academy of Eating Disorders International Conference; *Clinical and Scientific Challenges: The Interface between Eating Disorders and Obesity* (2003)
- Food, Weight, and Injury Concerns with Athletes- Panel Discussion (2003)
- Fat Brain, Skinny Body: Performance Dispelling Myths about Eating Disorders & Treatment (2003)
- Hungry Souls: Nourishing Ourselves Through Art: art show displaying recovering patients' work (2003)
- Merrick's Walk: 2.6 mile walk for Merrick Ryan who died of Anorexia, raising \$24,000 in treatment scholarships (2003)
- Eating Disorder Information Network: EDIN (Professional Member)
- EDIN: Speaker's Bureau volunteer (2001-2003)
- EDIN's Professional Steering Committee; Secretary (2001-2003)
- Atlanta Group Psychotherapy Society (member and annual conference committee member) (2001-2003)

## Membership

### **Professional**

- The Christian Association for Psychological Studies, Southeast Region
- Austin Eating Disorder Professionals: AEDS (Founding Member & Secretary)

### **Associate & Non-Professional**

- National Eating Disorders Association
- Academy of Eating Disorders
- National Association for Addiction Treatment Providers
- Sustainable Food Center
- Austin Contra Dance (Board Member)
- Slow Food USA/Austin (Communications Manager)
- Austin Friends of Traditional Music (Secretary)

## Honors

Academic Scholarships, First place in Art Exhibition for Texas folk artwork, Numerous Art exhibitions, Intramural coach for Volleyball, Various first place medals in competitive adult co-ed volleyball, Undergraduate Dean's List 4 semesters, Golden Key Honor Society, and Delta Epsilon Iota.

**Sara L. Weber, LPC**

Licensed Professional Counselor: 61031  
401 Wilmes Dr. Austin, Texas 78752  
sara.weber@yahoo.com ☎ 512.964.6514









