

# Sarah K. Thompson LPC, ATR-BC

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## Career Summary and Philosophy

I am a compassionate, highly trained, and skilled Licensed Professional Counselor (LPC) since 2019 and a Board-Certified Art Therapist (ATR-BC) since 2017. Since completing graduate school in 2010, I started my first post-graduate therapeutic career in 2011. I am passionate in supporting and improving the emotional, social, physical, and mental health of individuals, families, and groups across the lifespan. I am devoted to creating meaningful relationships with my clients in order to support their goals and highlight their strengths. I strive to empower my clients to make positive changes, heal, and live a full and meaningful life. My passion lies mainly with individual therapy and art therapy with pre-teens, teens, young adults, and adults. I truly believe in the innate healing of art, and with my professional experience and skills, anyone; no matter what age, can benefit from art therapy. Art therapy helps clients when words are hard to find, or they may rather express visually than verbally during the therapeutic process.

## Professional Licenses and Certifications

- **Licensed Professional Counselor (LPC):** LPC.0015373, issued 4/18/2019
- **Board Certified Art Therapist (ATR-BC):** ATCB# 16-301, issued 11/11/2017

## Professional Affiliations

- Art Therapy Association of Colorado (ATACO) member 2013—present
  - Secretary of ATACO 2014-2016
- American Art Therapy Association (AATA) member 2008—present
- Kansas Art Therapy Association (KATA) member 2008 - 2010
- ESU's Student Art Therapy Organization (SATO) member 2008 - 2010
- Alzheimer's Association member 2009 - 2010
- Psi Chi National Honor Society in Psychology member 2009 - 2011

## Education

- **Master of Science in Art Therapy Counseling** December 2010
  - Emporia State University, Emporia, Kansas
- **Bachelor of Fine Arts with Minor in Psychology** May 2008
  - University of North Texas, Denton, Texas

## Professional Skills and Experiences

- **Clinical Therapist/ LPC/ATR-BC** June 2023- present  
*Denver Mental Health Collective, Denver, CO*
  - Provide individual psychotherapy and art therapy to teens, young adults, and adults.
    - Proficient in Art Therapy techniques and interventions.
    - Proficient in Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Solution Focused Brief Therapy, Positive Psychology, Motivational Interviewing, and SPARCS (Structured Psychotherapy for Adolescents Responding to Chronic Stress.), Habit Reversal Training (HRT), and Emotional Freedom Technique (EFT tapping).
    - Provide case management services to individuals and their families on an as needed basis.
    - Currently in training for EMDR

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- **Outpatient Trauma Therapist/ LPC/ATR-BC** October 2020- April 2023
- **Lead Therapist/ LPC/ATR-BC** October 2023- April 2023  
***Creative Counseling Center (CCC), LLC, Greenwood Village, CO***

- Provide individual, family, couples psychotherapy and art therapy to children, teens, young adults, and adults.
  - Proficient in Art Therapy techniques and interventions.
  - Proficient in Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Solution Focused Brief Therapy, Positive Psychology, Motivational Interviewing, and SPARCS (Structured Psychotherapy for Adolescents Responding to Chronic Stress.), Habit Reversal Training (HRT), and Emotional Freedom Technique (EFT tapping).
  - Provide case management services to individuals and their families on an as needed basis.
  - As Lead Therapist, promote positive work environment and serve as a positive role model. Mentor fellow therapists, acknowledge their hard work, brainstorm creative ideas and interventions, and provide assistance when opportunities arise.

***Trainings:***

- Completed Emotional Freedom Technique (EFT) training through CCC on 8/21/2020.
- Completed Food Feelings training by Dr. Abby Bleistein at CCC on 4/8/2021.
- Facilitated Introduction to Habit Reversal Training (HRT) at CCC on 6/22/2021
- Facilitated Art Therapy training at Boys and Girls Club for non-art therapists and how to ethically use art in a therapeutic setting on March 17<sup>th</sup>, 2023.
- Completed Part I EMDR training with The Road Less Traveled Counseling Center, PLLC on March 23<sup>rd</sup>-March 25<sup>th</sup>.
- Part II EMDR training will take place July 6<sup>th</sup>-8<sup>th</sup> 2023.

- **PRN Adolescent PHP and IOP Therapist** September 2019- March 2020  
***Denver Springs Changes, Parker, CO***

- Facilitated PHP and IOP groups on a PRN basis. Followed and completed the permanent therapist's directions, paperwork, and therapeutic plan for the day using a variety of therapies, typically CBT, DBT, MI, Solution-Focused, and group work.

***Trainings:*** Updated by CPI (Crisis Intervention Prevention Training) and CPR Training.

- **LPC/ATR-BC/Mental Health Therapist II** September 2015- August 2020  
***MHCD: Emerson St. for Teens and Young Adults, Denver, CO***

- Provided individual psychotherapy and art therapy to young people 15-26 years old and their families.
  - Proficient in Art Therapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Solution Focused Brief Therapy, Positive Psychology, Motivational Interviewing, and SPARCS (Structured Psychotherapy for Adolescents Responding to Chronic Stress), and Animal Assisted Therapy.
  - Provided case management services to youth and their families on an as needed basis.
- Facilitated a weekly Art Therapy group for youth.
- Facilitated a Care for the Caregiver Art Therapy group focusing on Vicarious Trauma and Self-Care.
- Co-founded and led the Learn.Create.Innovate Employee Resource Group.
- Provided consultation as needed to therapists at Emerson St. and throughout the agency on Art Therapy and how to ethically use art in therapy.
- Co-facilitated weekly Voz Y Corazon- an Art Suicide Prevention Group for youth.

***Trainings:***

- Co-hosted monthly Learn.Create.Innovate Employee Resource Group trainings.
- Completed Structured Psychotherapy for Adolescents with Chronic Stress (SPARCS) on 6/22/2016

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- Completed Animal Assisted Therapy Training with Pawsitive Therapeutic Interventions, PLLC on August 20<sup>th</sup>, 2016
- Hosted Animal Assisted Therapy Training with Pawsitive Therapeutic Interventions, PLLC on 10/28/2016 at Emerson St.
- Completed RAISE (Recovery After Initial Schizophrenia Episode) training hosted by MHCD in December 2018.
- Implemented in our Phoenix First Episode Psychosis program.
- Provide Individual Resiliency Training one on one for the young people we serve interested in Art Therapy.
- Provided Phoenix Family Psycho-education, therapy, and art therapy.

• **Vocational Counselor II/Education Specialist/Art Therapist** March 2015- September 2015

***Mental Health Center of Denver- Emerson St. for Teens and Young Adults, Denver, CO***

- Co-led the pilot program for teens and young adults to design and implement the services at Emerson St. program focusing on combining therapeutic services and psychiatric rehabilitation services which included supported employment, supported education, and groups designed to promote the social and emotional functioning of young people ages 15-26.
- Designed and created an Art Studio space conducive to both Art Education and Art Therapy classes and groups for teens and young adults.
- Facilitated Art Education groups, Art Therapy groups, and Life Skills groups on a weekly basis.
- Collaborated with Voz Y Corazon program coordinator and began the suicide prevention art group at Emerson St. on a weekly basis.

○ **Vocational Counselor II/Education Specialist/Art Therapist** October 2014- March 2015

***Mental Health Center of Denver- 2Succeed in Education and Employment, Denver, CO***

- Facilitated supported education wellness groups and programming at 2 Succeed for adults 18+ with mental health challenges.
- Engaged individuals in the development of their Learning and Wellness Plans to promote and support their education, employment, mental health, and overall life goals.
- Facilitated weekly Art Therapy groups for young people ages 15-26 in *The Downstairs* Pilot Program for Emerson St. for Teens and Young Adults.
- Facilitated weekly Art of Well-Being wellness groups to help the people we serve in their recovery and overall well-being through the process of art making.

***Trainings:***

- Updated by CPT (Crisis Intervention Training) and Updated CPR Training.

• **Therapeutic Recreation Assistant/Art Therapist** October 2011 – October 2014

***Life Care Center of Westminster, Westminster, CO***

- Facilitated and co-facilitated therapeutic recreation programs and activities for older adults in a long-term care and rehabilitation facility that enhances their emotional, social, and physical wellbeing.
- Evaluated the resident's leisure activities by interviewing, implementing assessments, developing care plans and progress notes. Documented their participation in group activities and independent leisure pursuits.
- Facilitated a weekly Art Therapy group for older adults and those with Alzheimer's disease.

***Trainings:***

- Participated in Emporia State University's "Discovery Day" where professors, art therapy professionals, and former ESU students facilitate Art Therapy presentations for current Art Therapy students, or those interested in art therapy.
  - Facilitated a presentation on Art Therapy and Older Adults with and without Dementia based off the population I was working with at the time. May 2012

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- Participated in CPR Training

October 2011

- **Part Time Drawing Teacher**

September 2011 – December 2012

- ***Young Rembrandts Inc., Denver and Boulder, CO***

- Taught before and after school drawing classes to preschool and elementary students in a variety of schools using lessons created and provided by Young Rembrandts, Inc. Used the Montessori Method to teach 3 ½ to 12-year-old children the fundamentals of drawing.