**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**  Opening 2025

- 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, Mentor, Mentor Trainer**  7/2024-present

- Will serve as an approved clinical supervisor for Michigan limited licensed counselors beginning year-end

 2025.

- 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, 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.

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

**CounselingExamPrep.org, Owner & Lead Instructor**  1/2024-present

- Offer online self-paced and prerecorded professional licensure exam study preparation materials.

- Lead online live instruction courses.

**Varsity Tutors, National Counselor Exam (NCE) and Graduate Management Admission (GMAT) Test**  9/2022-present

- 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.

**3Cs Counseling Center, Owner/Operator** 3/2022-present

**-** 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.

**Sara E. Teller Industries, LLC, Owner/Operator** 10/2009-present

- 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.

**MiSide, Homebased Therapist**  8/2023-5/2024

- 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.

**The Blox (Season 9), Reality Television Competition Show Contestant**  6/2023

**-** 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.

**Team Wellness Center, Clinical Therapist, Assertive Community Treatment** 3/2023-7/2023

**-** 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.

**Sollars and Associates, Private Practice Clinician** 10/2021-7/2022

**-** Acted as a mental health counselor supporting a diverse client base with a range of presenting concerns.

**Sollars and Associates, Counseling Intern** 8/2020-8/2021

- Provided individual, group, and couples’ counseling services, diagnosing and treating a variety of conditions.

**Chi Sigma Iota Alpha Nu Epsilon Chapter Executive Committee – Addictions Chair** 1/2019-8/2021

- 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.

**Nine9** **The UnAgency, Castings Supervisor** 1/2017-7/2017

- 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.

**Nine9** **The UnAgency, Castings Associate**  3/2016-1/2017

- 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.

- 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 (Learning)