



Lakeville, Massachusetts | 207-333-8521 | mindbodyspirit@sarahdionnelicsw.org | www.dionne-assoc.com

SUMMARY

EMDR-certified Clinical Social Worker with 19+ years of experience in mental health care - Expertise in holistic clinical supervision, consulting, and training for effective clinical practice and the collective team wellbeing - Passion for building compassionate, inclusive, and collaborative environments for both clinicians and clients - Clinical specializations include Complex Post Traumatic Stress, grief, dissociative disorders, and spiritual health.

CERTIFICATIONS & LICENSURE

Licensed Independent Clinical Social Worker	January, 2016
❖ (LICSW), MA	
EMDR Certified	April 2023
❖ The Center for Excellence in EMDR Therapy	
Interfaith Seminarian	Anticipated Ordination April, 2027
❖ Tree Of Life Interfaith Temple, NH	
Yoga Instructor	October, 2015
❖ ShivaShakti Yoga Studio, ME	

EDUCATION

Master of Social Work	May, 2013
Simmons University	Boston, MA
Bachelor of Arts	January, 2003
Bridgewater State University	Bridgewater MA
Minor: Managerial Science	

PUBLICATIONS

Unfolding Reflections— a Guided Journal - Safe Space for Quiet Reflection	January, 2026
❖ Guided journal for individuals living with C-PTSD	
❖ Provides a variety of journal prompts based in IFS, LCT, Existential Therapy, and spiritual exploration.	
❖ Offers original poetry validating and contemplating life with C-PTSD	

SKILLS

❖ Trauma Informed Practice	❖ Empowerment Approach	❖ Cultural Compassion
❖ Clinical Consultation	❖ Spiritual Counseling	❖ Clinical Training
❖ Clinical Supervision	❖ Diversity, Equity & Inclusion	❖ Program Development

PROFESSIONAL EXPERIENCE

Owner Clinical Supervisor Consultant Trainer	January, 2025 - Present
Sarah Dionne & Associates	Lakeville, MA
Organized and launched a compassionate private practice offering holistic, trauma-informed psychotherapy	
❖ Draft clinician contracts, lead onboarding, and guide staff on licensure and regulatory standards.	
❖ Provide clinical supervision and mentorship to preliminary licensed clinicians.	

- ❖ Provide consulting services to mental health practices to uplift clinical team and supervisory skills in the treatment of complex clients.
- ❖ Empower prelicensed/preliminarily licensed clinicians to attain career goals and consider private practice establishment post full licensure
- ❖ Engage in dynamic case consultation encouraging clinicians to consider spiritual/religious, generational and macro influences.
- ❖ Provide training in somatic therapies including IFS-informed and LCT-informed methods
- ❖ Provide compassionate holistic psychotherapy to trauma survivors and people living with dissociative spectrum disorders
- ❖ Promote ethical practice and ensure compliance with federal and state clinical regulations.
- ❖ Manage administration and organizational infrastructure to further practice growth.

Clinical Supervisor | Psychotherapist
Life Centered Therapy (LCT)

July, 2025 - Present
Waltham, MA

Provide weekly clinical supervision to Masters level interns and preliminary licensed clinician; provide trauma-focused, spiritually centered psychotherapy to adults

- ❖ Support clinical interns through supervision and dynamic case consultation.
- ❖ Utilize the LCT approach through existential somatic practices.
- ❖ Guide interns to investigate spiritual/religious, generational, macro/micro cultural influences on the client's current presentation and concerns.
- ❖ Oversee intern documentation to ensure ethical and complete record keeping.
- ❖ Provide somatic and LCT-informed psychotherapy to small client load.
- ❖ Attend weekly training/leadership supervision with Andy Haun, founder of LCT

Founder | Collaborator | Psychotherapist
Whole Health Collaborative

August, 2019 - August, 2024
Halifax, MA

Built an integrative practice centered on spiritual and trauma-informed therapy. Led policy reform and delivered care

- ❖ Authored and implemented operational policies, increasing transparency and clinical consistency.
- ❖ Engaged in peer supervision with fully licensed colleagues
- ❖ Delivered spiritual and integrative care, supporting diverse and neurodivergent populations.
- ❖ Fostered team collaboration through structured meetings and inclusive leadership.

Psychotherapist / Substance Abuse Counselor
High Point Treatment Center

July, 2009 - September 2012 / August, 2016 - August, 2019
Plymouth, MA

Provided empowering psychotherapy and substance use counseling to youth and adults

- ❖ Delivered mental health therapy and substance use counseling to support long-term stability and sobriety
- ❖ Developed individualized treatment plans aligned with client needs and recovery goals.
- ❖ Coordinated with interdisciplinary team to initiate and maintain psychopharmacological/harm-reduction care

PROJECTS

Soulful Circle

Therapeutic Group Facilitator

First Series - September, 2026

- ❖ Mission - to guide women living with complex trauma toward a fulfilling and peaceful state of healing through somatic methods, sound, mantra, trauma-informed yoga, and evidenced based therapeutic approaches.

The Attuned Clinician

Educational YouTube Channel

In Progress, 2026

- ❖ Mission - to provide clinicians and supervisors meaningful support and education in the treatment of complex trauma and dissociation to increase therapeutic efficacy and decrease ineffective treatment.

- ❖ Additionally - offer clinicians living with trauma methods to manage the nervous system within the clinical space.

Equine Therapy at the Grove

Animal Assisted Therapy from Preteens to Adults

October, 2026

- ❖ Mission - to provide a sacred therapeutic space for individuals to engage in a spiritual connection with a horse as a healing experience offered by equine attunement and nervous system regulation.

ADDITIONAL HIGHLIGHTS

- ❖ Appeared on *The Trauma Therapist Podcast with Dr. Guy Macpherson*, September 9th, 2026
- ❖ Advancing use of spiritual exploration in the treatment of complex trauma.
- ❖ Passionate advocate for sex trafficking survivors- expanding use of media to empower survivors in realizing successful and fulfilling lives after trauma.