

---

# SARAH DIONNE, MSW, LICSW

---

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

---

## SUMMARY

---

EMDR-certified Clinical Social Worker with 18+ years of experience in mental health care - Expertise in trauma-informed psychotherapy, clinical supervision, and program development - 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

---

<b>Licensed Independent Clinical Social Worker</b> ❖ (LICSW), MA	<b>January, 2016</b>
<b>EMDR Certified</b> ❖ The Center for Excellence in EMDR Therapy	<b>April 2023</b>
<b>Interfaith Seminarian</b> ❖ Tree Of Life Interfaith Temple, NH	<b>Anticipated Ordination December, 2026</b>
<b>Yoga Instructor</b> ❖ ShivaShakti Yoga Studio, ME	<b>October, 2015</b>

---

## EDUCATION

---

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

---

## PUBLICATIONS

---

<b>Unfolding Reflections— a Journal, Safe Space for Quiet Reflection</b> ❖ Guided journal for women living with C-PTSD ❖ Provides a variety of journal prompts based in IFS and Existential Therapy ❖ Offers original poetry validating and contemplating life with C-PTSD	<b>January 2026</b>
---	---------------------

---

## SKILLS

---

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

---

## PROFESSIONAL EXPERIENCE

---

<b>Owner   Clinical Supervisor   Psychotherapist</b> <b>Sarah Dionne &amp; Associates</b> Launched and supervised a compassionate private practice offering trauma-informed psychotherapy ❖ Draft clinician contracts, lead onboarding, and guide staff on licensure and regulatory standards.	<b>January, 2025 - Present</b> <b>Lakeville, MA</b>
---	--

- ❖ Provide clinical supervision and mentorship to preliminary licensed clinicians.
- ❖ Engage in dynamic case consultation encouraging clinicians to consider spiritual/religious, generational and macro influences.
- ❖ Provide compassionate trauma informed psychotherapy to adults and couples.
- ❖ Offer EMDR therapy to adults living with PTSD/C-PTSD
- ❖ Promote ethical practice and ensure compliance with federal and state clinical regulations.

**Clinical Supervisor | Psychotherapist  
Life Centered Therapy**

**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.
- ❖ Draw from existential and trauma sensitive practices.
- ❖ Encourage interns to consider spiritual/religious, generational and macro influences
- ❖ Oversee intern documentation
- ❖ Provide psychotherapy to five to seven clients per week.
- ❖ Attend weekly training and leadership supervision.

**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 that resulted in a 95% client satisfaction rate.

- ❖ 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**

**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 & LEADERSHIP INITIATIVES**

---

**Local Elder Resource Initiative  
Lead Program Designer**

**In Development**

- ❖ Designing a case management model to support underserved elders and caregivers through centralized, culturally responsive resource hubs.
- ❖ Aim to reduce caregiver burden and improve coordinated care for aging-related transitions.

**Soulful Circle  
Therapeutic Group Facilitator**

**Beginning May, 2026**

- ❖ Monthly group for female survivors of complex trauma
- ❖ Utilizes somatic experiencing, use of sound and mantra, and gentle yoga postures to access and soothe the nervous system

---

**ADDITIONAL HIGHLIGHTS**

---

- ❖ Committed to building inclusive teams where all voices are valued and empowered
- ❖ Strong advocate for interfaith, neurodivergent, and culturally competent mental health care