



Sarah Hough



REGISTERED CLINICAL COUNSELLOR & SUPERVISOR
QUALITY ASSURANCE MANAGER

Sarah is a Registered Clinical Counsellor who's main interests lay with Couples Counselling, Trauma-informed counselling, Eating Disorder treatment, and supporting individuals and couples with a range of presentations in a client-centred manner.

Her role as Quality Assurance Manager with Mind Mode focuses on quality improvement initiatives and streamlining processes to enhance the client and clinician experience.

EDUCATION/SKILLS (In Brief)

- Masters in Counselling & Psychotherapy
- Level 3 Gottman Couples Counselling
Advanced Level 2 EMDR Training
- PACFA accredited Supervisor
- NEDC Credentialed ED Clinician
- Level 2 Schema Therapy
- Neurodiverse and gender affirming practices
- Extensive experience and special interest in the D&A field

CONTACT

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🌐 www.mindmode.com.au

EXPERIENCE

Mind Mode Quality Assurance Manager Mind Mode Psychology and Wellness

- Implements and reviews Quality Improvement initiatives along with the Director
- Provides supervision to clinicians and employees surrounding practice and compliance

Registered Clinical Counsellor - PACFA Mind Mode Psychology and Wellness

- Implements evidence-based therapeutic interventions
- Provides services under private, Victims Services, NDIS & Workers Compensation

PACFA Accredited Supervisor Psychotherapy and Counselling Federation of Australia (PACFA)

- Supervises and trains Counsellors and students
- Provides required individual and group supervision for counsellors in training and post-qualification

CLINICAL LEAD & SUBSTANCE USE COUNSELLOR

Kedesh Rehabilitation Services

Providing client centred substance use treatment in a trauma informed way for individuals and groups in a residential setting from 2012-2022

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QUALITY ASSURANCE MANAGER
REGISTERED CLINICAL COUNSELLOR
PACFA ACCREDITED SUPERVISOR



SPECIAL INTEREST AREAS

- Complex Trauma, childhood and adulthood sexual assault and domestic violence victims
- Substance use, addiction and recovery
- Couples Counselling and relationship difficulties
- Eating Disorders and Body image
- Neurodiversity and neuroaffirming practices
- Self-esteem, self-identity and empowerment building

GENERAL INTEREST AREAS

- Anxiety
- Depression
- DBT
- Chronic Pain
- Schema Therapy
- Boundary Setting Skills
- Self Esteem/Self Worth
- EMDR
- Motivation and Goal Setting
- Communication
- Relaxation
- Trauma - Childhood and Adult
- Stress
- Mindfulness
- Group work
- Supervision

AREAS OUTSIDE OF EXPERTISE/TRAINING

Please be aware that all clinicians have areas/presentations that may not suit their abilities/interests/training or style. As a counsellor, Sarah cannot provide diagnoses or formal psychological assessment. We list these in the interest of clients finding the best match possible for their needs.

- Older Persons Mental Health
- End of life counselling
- Chronic Suicidality
- Formal Psychological assessment & Diagnosis

Sarah would also like potential clients to be aware that her dual role of Quality Assurance Manager & Clinician means that her diary and sessions can at times be very restricted and therefore clients with high level of support needs may not be suitable to be booked with her.

Sarah Hough



BEYOND THE RESUME

"I enjoy working with clients in a holistic and client-centred way, acknowledging that we all have our own values, goals, priorities in life. I like to appreciate the individuality within people."

Sarah has an undergraduate degree in Psychology with a Masters in Criminology and Criminal Justice as well as a Masters of Counselling and Psychotherapy. She has clinical registration with PACFA and an extensive background working with complex client's with a history of trauma and addiction.

Sarah has also completed level 3 of the Gottman Couples Counselling method and is eager to work with couples to overcome difficulties and strengthen relationships through practical strategies. Sarah also has extensive experience in counselling those with Cognitive Impairment and was part of the implementation of the ACE Cognitive Remediation program initiative through the Agency for Clinical Innovation and has presented at the DANA Conference on its utility in a residential AOD program.

Sarah's main prior experience in the counselling field was in a residential mental health and substance use facility, Kedesh Rehabilitation Services. The biggest thing she learnt through this process was the importance of appreciating the context of a person's experience and that each individual has their own specific needs and priorities in life. This is a large part of what she wanted to translate into her practice at Mind Mode through the use of non-judgmentally exploring each person's history and empowering them to move toward what they want from their lives. She's a firm believer in that we all keep learning each and every day and that this is part of the beauty in life as human beings.

Sarah likes to create an individualised approach to each client and has experience counselling people with a range of experiences. Sarah works as a trauma-informed therapist and it is important to her that the therapy work is collaborative and promotes safety and autonomy.

On a personal level, Sarah likes to utilise her values of hard working, compassionate, advocacy, and caring toward her own personal and professional life. She's a believer in each person being able to make an impact and a difference in the world. Her pride and joy is her Toy Cavoodle puppy, Butters, who occasionally gets to come along for sessions and brings a welcome energetic presence.