



Sarah has a caring and compassionate approach to counseling. Her desire is to help inspire, encourage and teach her clients to grow, heal, and become their best-balanced selves. She believes that a strong therapeutic relationship is important towards the collaborative development of an individualized treatment for each client to suit their needs. Using evidenced-treatment methods, Sarah has a passion for helping those with issues such as trauma, substance abuse, troubling emotions, unhealthy coping and behaviors, relationship issues and daily life stressors that feel overwhelming. Sarah is trained in EMDR and uses a variety of therapeutic approaches as she practices from a holistic mentality: looking at all aspects of life: the mind, body and spirit. She is a world traveler and enjoys working with clients from many different cultural and religious backgrounds. However, as a Christian, she specializes in counseling from a Christian perspective, while encouraging her clients to discuss their beliefs in whatever way they are comfortable. She uses a person-centered approach to meet each client where they are in their journey to develop a healthy understanding of themselves. Sarah graduated from Freed-Hardeman University and completed her master's degree in Mental Health Counseling. She is on track for licensure to become a Licensed Professional Counselor in Tennessee and has experience in working with adults, adolescence, and children in a variety of settings including in-home, residential, intensive outpatient and outpatient settings.

Clinical Specialties

Trauma Anxiety

Abuse Depression

Substance abuse and co-occurring disorders

Relationship issues