

# Sarah Ann Flint, PhD, LPC-S, BC-TMH, NCC

2016 Haley Center, Auburn, AL 36849  
(817) 304-1404  
sam0058@auburn.edu

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## EDUCATION

### **Doctor of Philosophy in Counselor Education and Supervision**

Auburn University, CACREP accredited

August 2019  
Auburn, Alabama

**Dissertation:** *Vicarious Trauma, Subthreshold PTSD, and Resilience in Professional Counselors Working with Traumatized Populations*

### **Master of Education in Clinical Mental Health Counseling**

Auburn University, CACREP accredited

August 2015  
Auburn, Alabama

### **Bachelor of Arts in Psychology**

Southwestern University

May 2013  
Georgetown, Texas

## CREDENTIALS

Licensed Professional Counselor (LPC), Alabama, #3835 (January, 2018)  
Licensed Professional Counselor Supervisor (LPC-S), Alabama, #SC03320 (March 2023)  
Nationally Certified Counselor (NCC), Alabama (September, 2015)  
Nationally Certified Trauma-Focused Cognitive Behavioral Therapist (TF-CBT) (July, 2018)  
Registered ASIST-Certified Trainer (#50487), *LivingWorks: Suicide Prevention Center* (July, 2023)  
ASIST-Certified Caregiver (*LivingWorks*, July, 2023)  
Board-Certified Tele-Mental Health (BC-TMH) Counselor #3898 (September, 2023)

## PROFESSIONAL AWARDS/HONORS

**2020 Recipient of the Chi Sigma Iota Outstanding Practitioner Award;** a national counseling award given by the national counseling honor society “for demonstrated excellence in the counseling profession”.

## PROFESSIONAL EMPLOYMENT

August 2023- Present     **Clinical Assistant Professor & Clinical Coordinator of the Clinical Mental Health Counseling Program**  
*Special Education, Rehabilitation and Counseling Department, Auburn University*

August 2021- August 2023     **Visiting Assistant Professor**  
*Special Education, Rehabilitation and Counseling Department, Auburn University*

August 2019- May 2021     **Adjunct Professor**  
*Special Education, Rehabilitation and Counseling Department, Auburn University*

August 2020- December 2021     **Adjunct Professor**  
*Educational Foundations, Leadership, and Technology Department, Auburn University*

May 2020- August 2022     **Adjunct Professor**  
*Clinical Mental Health Counseling Program, Lagrange College*

August 2016- May 2019     **Graduate Teaching Assistant**  
Auburn University

## TEACHING EXPERIENCE

### **COUN Graduate Courses Taught** (*Auburn University*)

COUN 7200: Introduction to Measurement and Assessment in Counseling  
COUN 7230: Career Counseling and Vocational Appraisal (on campus and distance education)  
COUN 7240: Counseling Children and Adolescents (on campus and distance education)  
COUN 7250: Advanced Assessment and Diagnosis in Counseling (on campus and distance education)  
COUN 7330: Counseling Diverse Populations (on campus and distance education)

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COUN 7340: Group Counseling (on campus and distance education)

COUN 7350: Introduction to Counseling Skills

COUN 7360: Advanced Counseling Practice

COUN 7370: Foundations of Substance Abuse Counseling

COUN 7410: Orientation to Clinical Mental Health Counseling

COUN 7500: Crisis Intervention Counseling (on campus and distance education)

COUN 7510: Advanced Clinical Mental Health Counseling Interventions (on campus and distance education)

COUN 7910: Practicum – Clinical Mental Health Counseling (on campus and distance education)

COUN 7920: Internship – Clinical Mental Health Counseling (on campus and distance education)

COUN 8920: Internship – Counselor Education

## CLINICAL EXPERIENCE

August 2015- Present Tri-County Children's Advocacy Center, Dadeville, Alabama

### **Forensic Interviewer**

Conduct forensic interviews in Tallapoosa, Chambers, Randolph, Coosa, and Clay counties for the Department of Human Resources, law enforcement, and the District Attorney's office to children who are victims of crime and provide detailed reports on each interview in a timely manner. Testify in court on cases related to services provided. Experience testifying as an expert witness in juvenile, criminal, and federal court more than 200 times. Participate in regular, quarterly peer review meetings with regional forensic interviewers. Conducted more than 1600 forensic interviews to date.

June 2018- Present Sarah A. Flint, LPC, Private Practice, Opelika, Alabama

### **Licensed Professional Counselor**

Provide individual, couple, and family counseling services to a variety of clientele, ranging in age from children to adults with a range of presenting problems such as depression, anxiety, grief, trauma, sexual abuse, stage of life difficulties, etc. Develop and implement treatment plans based on client multicultural considerations and needs. Establish therapeutic goals and effectively monitor, evaluate and record client progress, while making adjustments as necessary. Provide counseling services to first responders, including police officers, to increase wellness and mental fitness.

August 2015- December 2021 Tri-County Children's Advocacy Center, Dadeville, Alabama

### **Child Abuse Therapist**

Effectively provided free trauma sensitive counseling services (Trauma-Focused Cognitive Behavioral Therapy) to children and adolescents of abuse and/or crime in Tallapoosa, Chambers, and Randolph counties. Regularly offered parental support and parenting skills to parents whose children are victims of abuse and/or crime. Provided court preparation and court accompaniment for clients to reduce anxiety and uncertainty regarding court.

## PUBLICATIONS

**Flint, S.** (2018). Preventing Vicarious Trauma Through Various Self-Care Practices. *The Alabama Counseling Association Journal*.

## NATIONAL PROFESSIONAL PRESENTATIONS

\*Denotes student collaboration

**Flint, S., & Delgado, H.** (2025). *Cultivating Empathy and Perspective-Taking through Creating Teaching Methods*. Content session at the International Perspectives on University Teaching and Learning (IPUTL) Symposium in Orlando, FL.

**Flint, S., Taylor, M., Portela, L., \*Peterson, K., \*Winsor, A.** (2025). *Promoting Resilience and Mitigating Vicarious Trauma in Professional Counselors*. Poster to be presented at the American Counseling Association (ACA) Conference in Orlando, FL.

Taylor, M., **Flint, S.,** Portela, L., \*Peterson, K., Winsor, A. (2025). *Building Resilience in Law Enforcement Through a Mental Wellness Program*. Educational session to be presented at the American Counseling Association (ACA) Conference in Orlando, FL.

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Taylor, M., & **Flint, S** (2024). Building Resilience in Law Enforcement Through a Mental Wellness Program. Content session presented at The Society for Policing and Criminal Psychology Conference, Louisville Kentucky.

**Flint, S.**, \*Estes, R., Taylor, M. (2024). *Big T's and Little t's: Utilizing Trauma-Focused CBT Strategies with Trauma of All Kinds*. Content session presented at the National Youth Advocacy and Resilience Conference (NYAR) in Savannah, GA to over 100 attendees.

**Flint, S.**, \*Estes, R., Taylor, M. (2024). *Promoting Resilience and Mitigating Vicarious Trauma in Helping Professionals*. Poster session presented at the National Youth Advocacy and Resilience Conference (NYAR) in Savannah, GA where this poster received first place in overall poster presentations at the conference.

Delgado, H., Hill, J., **Flint, S.**, & \*Leavigne, B. (2023). *Bridging the Gap Between Clinical Mental Health Counseling and Clinical Rehabilitation Counseling: Integrating Grief Education into the Curriculum*. Poster session presented at the National Association for Counselor Education and Supervision (ACES) Conference in Denver, CO.

Taylor, M., & **Flint, S**. (2021). *Mandatory Mental Fitness: Creating Wellness in First Responders*. Virtual session presented at the National American Counseling Association (ACA) Virtual Conference during April 2021.

**Flint, S.**, Carney, J., Taylor, M., & Lanier, B. (2019). *Understanding Resiliency in Professional Counselors to Prevent Vicarious Trauma*. Poster session presented at the National American Counseling Association (ACA) Conference in New Orleans, LA.

Taylor, M., Carney, J., Lanier, B., **Flint, S.**, & Melendez Tyler, J. (2018). *Invisible Wounds: Using Self Care to Decrease Symptoms of Vicarious Trauma*. Roundtable discussion presented at the National Association for Assessment and Research in Counseling (AARC) Conference in Richmond, VA.

Taylor, M., Carney, J., Lanier, B., & **Flint, S**. (2018). *Invisible Wounds: Preventing Vicarious Trauma in Practicing Counselors*. Poster to be presented at the National American Counseling Association (ACA) Conference in Atlanta, GA.

Vick, M. & **Flint, S**. (2018). *Trauma Intervention Strategies for School Counselors: A Collaborative Approach*. Educational session presented at the National Youth-At-Risk Conference in Savannah, GA.

**McCausland, S.** & Vick, M. (2017). *Preventing Vicarious Trauma in Counseling Students Through Self-Care Practices*. Educational session presented at the National Association for Counselor Education and Supervision (ACES) Conference in Chicago, IL.

Jones, C., Carney, J., Vick, M., & **McCausland, S**. (2017). *Rural School Counselors' Attitudes Toward High Poverty Students*. Poster presented at the National Youth-At-Risk Conference in Savannah, GA.

### **REGIONAL PROFESSIONAL PRESENTATIONS**

**Flint, S.**, \*Peterson, K. (2024). *Mitigating Vicarious Trauma and Promoting Resilience in Counselor Educators*. Poster presented at the Southern Association for Counselor Education and Supervision (SACES) Conference in Dallas, TX.

Taylor, M., Gonzales, M., Carney, J., **Flint, S**. (2022). *Counselors and COVID-19: Utilizing Supervision to Mitigate Vicarious Trauma*. Roundtable discussion session presented at the Southern Association for Counselor Education and Supervision (SACES) in Baltimore, MD.

Portela, L., & **Flint, S**. (2018). *Student-Athletes: What Makes Them a Unique Population within the Counseling Field*. Poster presented at the Southern Association for Counselor Education and Supervision (SACES) Conference in Myrtle Beach, SC.

Taylor, M., Carney, J., Lanier, B., & **Flint, S**. (2018). *Invisible Wounds: Preventing Vicarious Trauma in Practicing Counselors*. Poster presented at the Southern Association for Counselor Education and Supervision (SACES) Conference in Myrtle Beach, SC.

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### STATE PROFESSIONAL PRESENTATIONS

Portela, L., Taylor, M., Flint, S., \*Peterson, K., \*Winsor, A., (2024). *Get the 411 on Doctoral Programs: Applying, Surviving, and Thriving*. Educational session presented at the Alabama Counseling Association (ALCA) state conference in Montgomery, AL.

Taylor, M., & **Flint, S.** (2019). *Mandatory Mental Fitness: Creating Wellness in First Responders*. Educational session presented at the Alabama Counseling Association (ALCA) state conference in Montgomery, AL.

Appling, B., Carney, J., Portela, L., **Flint, S.**, & Brown, A. (2018). *How to be Successful in Graduate Education- Considering Doctoral and Master's Programs in Counselor Education*. Educational session presented at the Alabama Counseling Association (ALCA) state conference in Birmingham, AL.

### INVITED PRESENTATIONS (n=11)

- May 2025 **Flint, S.**, Taylor, M., & \*Peterson, K. (2025). *Emotional Resilience and Self Compassion in Physicians*. Guest speaker for the Grand Rounds of East Alabama Medical Center Physicians and Physician Residents in Opelika, Alabama.
- March 2025 **Flint, S.** (2025). *Mitigating Caregiver Burnout and Promoting Self Care*. Guest speaker for the Parkinson's Disease Support Group of Lee County for individuals with Parkinson's Disease, their care partners, and their adult children.
- February 2025 **Flint, S.** (2025). *Raising Awareness of Child Abuse in Our Communities*. Guest speaker for Tallapoosa County United Way quarterly meeting with over 100 community leaders and members.
- August 2024 Taylor, M., **Flint, S.**, \*Maier, C. *Promoting Mental Wellness in Medical Professionals*. 2 workshops provided to professional counselors, psychiatric nurses, and nursing students at East Alabama Medical Center.
- July 2024 **Flint, S.** *Child Abuse and Childhood Trauma*. Guest lecture at Lagrange College for Clinical Mental Health Counseling Program.
- April 2024 Taylor, M., **Flint, S.** *Promoting Mental Wellness in Developing Medical Physicians*. Workshop sponsored by Auburn University College of Osteopathic Medicine at Russell Medical Center.
- July 2023 **Flint, S.** *Child Abuse and Childhood Trauma*. Guest lecture at Lagrange College for Clinical Mental Health Counseling Program.
- April 2023 **Flint, S.** *Keynote Speaker for Chi Sigma Iota Induction Ceremony* at Lagrange College for Clinical Mental Health Counseling Program.
- April 2022 **Flint, S.** *Interagency Child Response Training*, Valley, AL. Served as a co-facilitator and speaker for a full day training on trauma-informed care and working as a multi-disciplinary team to enhance resources and appropriate and timely response to investigations involving children in Chambers County, Alabama. Attendees included law enforcement, child protective services, the District Attorney's office, and mental health professionals.
- August 2020 **School Counselor and School Nurse Collaboration**, Auburn, AL  
**Flint, S.**, and Taylor, M. (2020). Invited co-presenter to discuss trauma from the lens of a counselor and educate school counselors and school nurses on child and adolescent trauma.
- November 2019 **Counselors in the Courtroom: Surviving and Thriving in Court Testimony**, Auburn, AL  
Taylor, M., Taylor, C.K., **Flint, S.** (2019). Invited presenter to provide education on ethical documentation and tips in providing court testimony as well as provide examples of mock court testimonies to 50 practicing counselors, school counselors, counselor educators, and counselors-in-training.

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## **GRANT FUNDING**

November 2018 **Special Education, Rehabilitation, and Counseling (SERC) Department Student Research Seed Grant**  
**Flint, S., & Portela, L. (2018). *You've Been Served: Tips for Testifying in Court as a Counselor*. \$900 (funded)**

July 2018 **Association for Counselor Educators and Supervisors (ACES) Research Grant Award**  
**Flint, S., & Portela, L. (2018). *You've Been Served: Tips for Testifying in Court as a Counselor*. \$700 (not funded)**

## **Applied Suicide Intervention Skills Training (ASIST) Workshops (N individuals trained = 96)**

April 2025. Suicide first-aid trainer for 20 Clinical Mental Health Counseling Students over 2 days (14 hour training). *Vanderbilt University*.

December 2023. Suicide first-aid trainer for 30 counseling students and educators (Clinical Mental Health Counseling, School Counseling, Clinical Rehabilitation Counseling, Counselor Education, Special Education educators) over 2 days (14 hour training). *Auburn University*.

March 2024. Suicide first-aid trainer for 16 counseling students, professionals, and educators (Clinical Mental Health Counseling, School Counseling, Clinical Rehabilitation Counseling, Counselor Education, Special Education educators) over 2 days (14 hour training). *Auburn University*.

July 2024. Suicide first-aid trainer for 12 counseling students and counseling professionals (Clinical Mental Health Counseling, School Counseling, Clinical Rehabilitation Counseling, Counselor Education, Special Education educators) over 2 days (14 hour training). *Auburn University*.

December 2024. Suicide first-aid trainer for 18 counseling students and educators (Clinical Mental Health Counseling, School Counseling, Clinical Rehabilitation Counseling, Counselor Education, Special Education educators) over 2 days (14 hour training). *Auburn University*.

## **PROFESSIONAL SPECIALIZED TRAININGS**

April 2023 **Telemental Health Provider Training (BC-TMH)**  
Renewed Vision Training  
Completed an NBCC approved 9-hour training on providing telemental health counseling services. Topics included in this training included: telemental health counseling theory and history, understanding HIPAA compliance in telemental health, best ethical practices, direct care, and crisis planning and protocols in telemental health.

July 2022 **3 Day Clinical Supervision Workshop Series (LPC-S Training)**  
Advanced Counselor Training, LLC  
Completed a 27-hour advanced supervision training required to apply for LPC-S in Alabama. Specific supervision content included fundamentals of clinical supervision, models and methods of clinical supervision, managing differences and difficult staff populations, virtual supervision and other technological issues, and ethical and legal issues in clinical supervision.

September 2019 **Forensic Interviews at Trial Training**  
National Children's Advocacy Center, Huntsville, AL  
Completed a 2-day advanced training focused on effectively utilizing forensic interviews at trial. This training was completed with a prosecutor from the District Attorney's office, and included lecture, examination of recorded interviews, experiential skill-building exercises, and mock testimony evaluated by both prosecutor and forensic interviewer trainers.

April 2019 **Interviewing Vulnerable Victims Training**  
National Children's Advocacy Center, Huntsville, AL  
Completed a 3-day advanced forensic interview training focused on interviewing vulnerable children and victims of abuse and crime. Populations of vulnerable victims covered in this training included interviewing children and adolescents with a mental health disorder, chronic trauma exposure, Autism Spectrum Disorder, ADHD or other disruptive behaviors, children when there is no outcry or active disclosure, and very young children.

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- October 2018 **Child Sex Trafficking Forensic Interviewing Training**  
National Criminal Justice Training Center, Houston, TX  
Accepted from a national pool of applicants to participate in a 22-hour, advanced forensic interview training on child sex trafficking. Received specialized training on how to effectively conduct forensic interviews with victims of child sex trafficking.
- October 2018 **Building Forensic Interviewing Skills Advanced Online Training**  
National Children's Advocacy Center, Huntsville, AL  
Accepted from a national pool of applicants to participate in a 20-hour advanced forensic interview training to enhance and refine forensic interviewing skills. This training included a review of key elements of forensic interviewing and multiple opportunities to practice and enhance interviewing skills through multiple evaluated mock interviews.
- June 2018 **Grantsmanship Training Program**  
The Grantsmanship Center, Fort Worth, TX  
Scholarship recipient to attend a weeklong, 40-hour training on the grant writing process and grant proposal development.
- February 2016-  
July 2018 **Trauma-Focused Cognitive Behavioral Therapy Certification**  
Family Sunshine Center, Montgomery, AL  
Nationally certified in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) after completing the a two-day TF-CBT training, participating in six months of bi-monthly consultation by a certified TF-CBT trainer and passing the knowledge-based TF-CBT exam. Currently one of 31 certified TF-CBT therapists in the state of Alabama.
- September 2015 **Forensic Interviewing of Children Training**  
National Children's Advocacy Center, Huntsville, AL  
Completed a weeklong 40-hour training on the most current, evidenced-based protocol of forensic interviewing. Regularly attend bi-annual peer reviews with regional forensic interviewers to maintain my training and status as a forensic interviewer.

### **PROFESSIONAL GRADUATE CERTIFICATES**

- May 2018 **Program Evaluation Graduate Certificate**  
Auburn University, Auburn, AL  
Completed 18 credit hours of applied courses in methods related to evaluating programs in services.

### **COMMUNITY ADVOCACY**

- September 2016-  
Present **Stop Child Abuse and Neglect (SCAN) Prevention Program**  
Facilitator, Tallapoosa County and Randolph County, Alabama  
Provide a free, school-based program on child abuse prevention and safety information in compliance with Erin's Law to school-aged children in rural public schools. Educate youth about personal safety, including inappropriate touching, Internet safety, and bullying, and educate children on the different types of abuse and reporting any kind of abuse to a trusted adult.
- May 2022 **Interagency Child Response Training**  
Co-Facilitator and Speaker, Valley, AL  
Provided education on trauma-informed care and working as a multi-disciplinary team to enhance resources and appropriate and timely response to investigations involving children in Chambers County, Alabama.
- April 2020-  
July 2020 **Community Food Box Drive**  
Tallapoosa, Chambers, and Randolph County, Alabama  
Co-coordinated and facilitated weekly food drive to provide families with one week's worth of groceries when schools shut down due to COVID-19 and children were no longer receiving breakfast and lunch at school in rural, low-income counties in Alabama.

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- April 2018      **Child Abuse Awareness Month**  
Speaker and Advocate, Chambers County, Roanoke County, and Tallapoosa County, Alabama  
Provided education on child abuse and child abuse prevention strategies to various community organizations and agencies to raise child abuse awareness in three rural counties in Alabama.
- October 2016      **Trauma-Informed Care: Building Capacity in Chambers County**  
Trainer, Valley, AL  
Provided training on vicarious trauma and self-care practices to social workers, mental health counselors, law enforcement officers, and other practitioners in a rural county in Alabama.
- November 2016      **Trauma-Informed Parenting: Building Capacity in Chambers County**  
Trainer, Lafayette, AL  
Provided education on trauma-informed care and self-care strategies to birth parents currently involved in a rural drug court system.

### **DOCTORAL DISSERTATION COMMITTEE, MEMBER (Semester Defended)**

*Auburn University*

Jennifer Guffin, Spring 2024

Astra Barkley, Summer 2024

Emma Shaw, Summer 2024

Sahana Sen, In progress

Angeline Kendall, In progress

Rachael Estes, In progress

Briana Leavigne, In progress

Tori Young, In progress

Kailee Peterson, In progress

Courtney Maier, In progress

### **COUNSELING LICENSURE SUPERVISEES**

*Alabama Board of Examiners in Counseling (ABEC)*

Rebecca Craig (ALC04576), Completed January 2025

Anne Marie Miller (ALC04578), In progress

Bri Lancaster (ALC04538), In progress

Caitlin Alderman (ALC04467), In progress

Olivia Lessmann (ALC04597), In progress

Deidre Leslie (ALC05198), In progress

### **PROFESSIONAL LEADERSHIP AND SERVICE**

Secretary (2014 – 2015) and Professional Development Co-Chair (2017 – 2019) of Iota Delta Sigma, Auburn University's chapter of Chi Sigma Iota

Member of Tallapoosa County Human Trafficking Taskforce (2020 – present)

Member of US Attorney's Office Middle District of Alabama Human Trafficking Taskforce (2021 – present)

Counselor Education Search Committee Member (CMHC Tenure Track Position), Department of Special Education, Rehabilitation, and Counseling, Auburn University (Spring 2024)

Faculty Judge of Undergraduate and Graduate Research for Auburn University's 2024 Research Symposium (March, 2024)

### **PROFESSIONAL MEMBERSHIPS**

American Counseling Association (ACA)

Association for Counselor Educators and Supervisors (ACES)

Alabama Counseling Association (ALCA)

Alabama Association for Counselor Education and Supervision (ALACES)

Southern Association for Counselor Educators and Supervisors (SACES)

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