

Sarah I. Springer

EDUCATION

- **Doctor of Philosophy.** Counselor Education. Montclair State University
- **Master of**

2015

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- **School Counselor:** Mendham Twp. Elementary School: Mendham Twp., NJ 09/09- 6/15
 - Developed district elementary school counseling program
 - Provided individual and group counseling to students and their families
 - Developed and implemented classroom developmental counseling lessons
 - Coordinated Intervention and Referral Service (I&RS) and 504 teams
 - Created parent programming that included guest lectures, book club discussions, and practitioner outreach
 - Created and maintained an on-line counselor consultation group for 60 area counselors
 - Appointed school anti-bullying specialist

- **School Counselor:** Riverside Elementary School: Princeton, NJ 09/07-6/09
 - Provided individual and group counseling to students and their families
 - Developed and implemented classroom guidance lessons
 - Coordinated Intervention and Referral Services (I&RS) and 504 teams
 - Coordinated state and district-wide standardized testing

- **School Counseling Intern:** Cherry Hill High School East: Cherry Hill, NJ 09/06-6/07
 - Provided college consultation to students and their families using Naviance
 - Coordinated student schedules and class placement
 - Wrote college and scholarship recommendation letters
 - Provided individual and group counseling to students and their families
 - Coordinated community referrals
 - Taught developmental counseling lessons

- **Professional Development/Consultant** 01/17- Present
 - Provided self-care training and consultation for clinical staff
 - **Springer, S.I.** (2022) *Courageous Connections: An opportunity to Dare Greatly™*
Horizon Behavioral Health, Lynchburg, VA.
 - Provided self-care training and consultation for staff
 - **Springer, S.I.** (2022). *The personal is professional: Cultivating wellness and meaningful connections*
Horizon Behavioral Health (Virtual)
 - Provided professional development for K-5 teachers and school staff
 - **Springer, S.I.** (2022). *Strengthening our resilience and connections through courageous conversations.*
Denville Township Schools, Denville, NJ.
 - Provided professional development for professional counselors and social workers
 - **Springer, S.I.** & Hennigan-Paone, C. (2019). *An Ethical Practice on General Clinical Practice.*
Preferred Behavioral Health Group. (5 hour CEUs)
Eatontown, NJ
 - Provided professional development for school counselors and child study team members
 - **Springer, S.I.** (2017). *Building connection through group counseling.*
Wanaque School District. Wanaque, NJ.
 - Provided professional development for K-5 teachers and school staff
 - **Springer, S.I.** (2017). *Fostering connection: A note to ourselves and a charge for our students.*
Denville Township Schools, Denville, NJ.
 - Provided professional development for K-8 teachers and school staff
 - **Springer, S.I.** (2017). *Fostering independent, resilient, and confident students in an anxious world.*
Denville Township Schools, Denville, NJ.
 - Provided parent consultation for social/emotional learning
 - **Springer, S.I.** (2017). *Fostering independent, resilient, and confident adolescents in an anxious climate.*
Morris County, NJ. Municipal Alliance, Mendham, NJ.

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COUNSELING SUPERVISION

- 2018-2019; 2023-Current Provided clinical supervision for LACs seeking LPC credential
NJ Counseling Connections, LLC, NJ
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GRANTS

10. **Springer, S.I.**, Grant, K., Tortorello, S., & Reno, M.. (2024). *Psychodrama as an access point to trauma-informed counselor education pedagogy: Supervision* (\$3000). Association for Counselor Education and Supervision
9. **Springer, S.I.** (2020). *An International co-facilitation Daring Way presentation of a Shame Resilience Workshop to educators and health care providers in Queensland, Australia*. Creativity Grant: Monmouth University (\$2000)
8. **Springer, S.I.**, Grant, K., & Cozzolino, L. (2020) *Exploring experiences with a shame resilience curriculum in a counseling elective course: Courageous Connections*. CETL Spring 2020 SoTL Mini-Grant: Monmouth University (\$1000).
7. Moss, L., **Springer, S.I.**, Merlin-Knoblich, C., & Mason, E. (2019). *An exploration of site work supervision experiences with school counselors in training*. ASGW Research Grant (\$540)
6. **Springer, S.I.** (2018). *Consensual Qualitative Research workshop*. Creativity Grant: Monmouth University (\$500)
5. Hennigan, C. & **Springer, S.I.** (2017). *Addressing suicidality: Examining pre-service school of their training experiences*. ACAC Research Grant (\$500).
4. **Springer, S.I.** & Pugliese, A. (Not Funded). *Making Meaning of an Elementary School Counseling Intern-Led Faculty Presentation Supporting the Needs of Transgender and Gender Non-Conforming Youth and Families: A Qualitative Inquiry*. ALGBTIC Research Grant (\$500).
3. **Springer, S.I.** & Delaney, M. (2017). *Eco-Education: Integrating nature into the counselor education classroom*. Center for Excellence in Teaching and Learning, Monmouth University (\$1500).
2. Moss, L. & **Springer, S.I.** (Not funded). *An exploration of site group work supervision experiences with school counselors in training*. Association for Specialists in Group Work (\$1500).
1. **Springer, S.I.**, Moss, L, Land, C., & Cinotti, D. (2015). *An Exploration of Pre-service School Experiences with Group Leadership During Site Supervision*. Association for Counselor Education and Supervision (\$1500).

SCHOLARLY

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9. **Springer, S.I.** & Cinotti, D. (2015, June) *Fostering Self-Efficacy Through School Counselor Supervision*. International Interdisciplinary Conference on Supervision. Adelphi University, NY.
8. **Springer, S.I.** & Ducaine, C. (2015, March) *Disordered Eating Across the Lifespan: Beyond Detection at Adolescence*. American Counselor Association (ACA) National Conference, Orlando, FL.
7. Zavadil, A. & **Springer, S.I.** (2014, September) *LGBQ College Women and Sexual Violence Prevention: Exploring Campus Climate Experience and Bystander Intervention*, Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (ALGBTIC) national conference, New Orleans, LA.
6. **Springer, S.I.** & Schwarz, J.E. (2013, October) *Examining Counselor Education Curriculum and Supervision for School Counselors Facilitating Groups*, Association for Counselor Education and Supervision (ACES) national conference, Denver, CO.
5. Cinotti, D. & **Springer, S.I.** (2013, July) *Promoting the Role of the School Counselor in Harassment, Intimidation and Bullying (HIB) Prevention*. American School Counselor Association (ASCA) national conference, Philadelphia, PA.
4. Whittaker, J. & **Springer, S.I.** (2013, July) *Exploring Meaning and Purpose with Students: Practices and Perspectives of School Counselors*. American School Counselor Association (ASCA) national conference, Philadelphia, PA.
3. Schwarz, J.E. & **Springer, S.I.** (2013, October) *Meaning and Spirituality in Adolescence: Practices and Perspectives of School Counselors*. Association for Counselor Education and Supervision (ACES) national conference, Denver, CO.
2. **Springer, S.I.**, Cinotti, D. & Schwarz, J.E. (2013, March) *Promoting a Positive School Culture: Navigating the Role of the School Counselor in Bullying Prevention*. American Counselor Association (ACA) national conference, Cincinnati, OH.
1. Mazzarella, J., Lehembre, M. & **Springer, S.I.** (2012, July). *Adult Working Women and Workplace Bullying: What Do Counselors Need to Know*. Association for Adult Development and Aging (AADA) national conference, Williamsburg, VA.

REGIONAL LEVEL

7. **Springer, S.I.**, King, C., Cozzolino, L., & Tortorello, S. (2020, November). Developing Courageous Counselors: Infusing Brené Brown's (SRT) across the Counseling Curriculum. North Atlantic Region Association for Counseling Education and Supervision (NARACES) regional conference, Virtual Conference (originally accepted for in person conference in Pittsburgh, PA). (Workshop Canceled- COVID)
6. **Springer, S.I.**, Hennigan, C., & Colucci, J. (2018, October). *Addressing Suicidality: Examining Pre-Service School Perceptions of their Training*. North Atlantic Region Association for Counselor Education and Supervision (NARACES) regional conference, Burlington, VT.
5. Moss, L., Pennamon, R. & **Springer, S.** (2016, October). *Working with Supportive and Cautious Women: Resiliency Through the Dissertation Process and Beyond*. Southern Association for Counselor Education and Supervision (SACES) regional conference, New Orleans, LA.
4. **Springer, S.**, Moss, L., Land,

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1. Lehembre, M., **Springer, S.I.** & Kepicova, M. (2012, September) *Challenge of Role, Resiliency and Reliance: Three*

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11. **Springer, S.I.** (2016, Fall). *Elementary School Counseling*: COUN: 552 Introduction to Professional and Ethical Issues in Counseling, Montclair State University.
10. **Springer, S.I.** (2015, Summer). *Counseling Girls: Fostering an environment of empowerment*: COUN: 560 Counseling Girls and Women, The College of New Jersey.
9. **Springer, S.I.** (2015, Spring). *Elementary School Counseling*: Counseling Children and Adolescents, The College of New Jersey
8. **Springer, S.I.** (2014, Fall). *The Role of the School Counselor in Bullying Prevention*. CSI Workshop, Kean University.
7. **Springer, S.I.** (2014, Spring). *Multiple Roles and Responsibilities of the School Counselor as Anti-Bullying Specialist* 6th Annual Caldwell College Counseling Conference.
6. **Springer, S.I.** (2014, Spring). *Taking It to the Next Level: Educational Pursuit Beyond the Degree*, Panel Discussion 6th Annual Caldwell College Counseling Conference.
5. **Springer, S.I.** (2014, Spring). *Elementary School Counseling*. Design and Administration of Developmental Counseling Programs, Rowan University.
4. **Springer, S.I.** (2013, Fall). *Elementary School Counseling*. Design and Administration of Developmental Counseling Programs, Rowan University.
3. **Springer, S.I.** (2013, Spring). *Group Counseling in Schools*. Group Counseling: Theories and Practice, Montclair State University.
2. **Springer, S.I.** (2012, Spring). *Setting Professional Boundaries in Relationships with Students*. Teachers Learning Professional Continuum, Montclair State University.
1. **Springer, S.I.** (2012, Spring). *Working with Adolescents in a School Setting: The Role*. Urban Teacher Residency, Montclair State University

PROGRAM DEVELOPMENT

School Counselor Peer

