

Curriculum Vitae

Sarah N. Wolford, MA, LMHC

Doctoral Student

Department of Family and Child Sciences

College of Human Sciences

Florida State University

120 Convocation Way, Sandels Building 230

Tallahassee, Florida 32306-1491

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Professional Preparation

- Ph.D. *Anticipated dissertation defense date—Spring 2019*
Family and Child Sciences, The Florida State University
Major: Marriage and Family Therapy
- M.A. Counseling Psychology Program, The William James College
June 2013
Major: Counseling Psychology
Concentration: Marriage and Family Therapy
- B.S. Communication Sciences and Disorders, Emerson College
May 2010
Major: Communication Sciences and Disorders
Minors: Psychology; Creative Writing

Professional Credentials

2017-present Licensed Mental Health Counselor. Issued by the State of Florida in 2017.
License Number: MH14861

Current Membership in Professional Organizations

American Association for Marriage and Family Therapy (AAMFT)
Florida Association for Marriage and Family Therapy (FAMFT)
Tallahassee Association for Marriage and Family Therapy (TAMFT)
National Council on Family Relations (NCFR)

Professional Research Experience

Research Interests

Process-Focused Research on Parent Emotion/Emotion Regulation in Evidence-Based Parenting Interventions | Parent Mental Health and History of Maltreatment | At-Risk Populations | Father Representation in Parenting Interventions | Integration of Trauma-Informed Research into Best Clinical Practice | Implementation & Translation Sciences | Qualitative Methodology

Research Experience

- Sept 2015-
Present **Research in Maternal Depression, Parenting and Child Outcomes**
Research Team Member
Supervisor: Dr. Lenore McWey, LMFT
Research Objectives & Duties: Identify the role of harsh parenting practices in the known association between maternal depression and negative child outcomes. Conduct multiple regression analyses via SPSS software and generate results based on a national dataset. Collaborate with supervisor and additional graduate student collaborator on the preparation of a manuscript currently under review.
- March 2017-
Present **Research in Parental Identity and the Impact of the Mandated Participation Process in Parenting Interventions**
Research Team Member
Supervisor: Dr. Lenore McWey, LMFT
Research Objectives & Duties: Conduct analyses of qualitative data of parents who previously participated in an evidence-based parenting intervention. Identify major concepts and categories via grounded theory analysis, and compare findings with other graduate student collaborators. Participate in the development of two resulting manuscripts on parental identity and the role of risk and resilience in the mandated participation process.
- Sept 2015-
June 2017 **Research in Parent Emotional Processes in Evidence-Based Parenting Interventions | Qualitative Methodology**
Research Team Member
Supervisor: Dr. Kendal Holtrop, LMFT
Research Objectives & Duties: Identify parent process/experience (e.g., parent internal emotions) via secondary analysis of existing qualitative interviews of parents after completion of a parenting intervention. Conducted grounded theory analyses of interview data via MaxQDA Version 12 Software and disseminated findings to national and local conferences in 2016 and 2017. Collaborated on a resulting manuscript in preparation for submission.

June 2011- **Aphasia Research Center, VA Medical Center** Jamaica Plain, MA
June 2014 *Project Assistant*

Assisted in the compilation of an extensive literature review for an upcoming book in treatment and recovery for the aphasic population. Perform literature searches and generate preliminary, written reviews of composite information. Participated in round table discussions regarding publication progress with mentors Dr. Dalia Cahana-Amitay and Dr. Martin Albert.

Publications

Published

Cana-Amitay, D., Albert, M., Pyun, S., Westwood, A., Jenkins, T., **Wolford, S.**, & Finley, M. (2011). Language as a stressor in aphasia. *Aphasiology*, 25(2), 593-614.

Under Review

Wolford, S. N., Cooper, A., & McWey, L.M. (2017). Maternal depression, maltreatment history and child outcomes: The role of harsh parenting. *Child Maltreatment*.

Under Development

Carlos-Chavez, F. L., **Wolford, S. N.**, Kimmes, J. G., & Fincham, F. D. (2017). Examining the self-forgiveness process of intrapersonal transgressions among college students: A mixed-methods pilot study. (Manuscript under development for submission to *The Journal of Positive Psychology*).

Wolford, S. N., & Holtrop, K. (2017). "I was screaming at the top of my lungs for someone to help me": Examining the emotional experience of mothers participating in the parent management training—oregon model (PMTO): A grounded theory analysis. (Manuscript under development for submission to *Family Process*).

Wolford, S. N. (2017). Parenting through disability: A qualitative synthesis of the emotional experience of parents under stress. (Manuscript under development for submission to the *Journal of Child and Family Studies*).

Conference Presentations

Carlos-Chavez, F. L., **Wolford, S. N.**, Kimmes, J. G., & Fincham, F. D. (2017). *Intrapersonal transgressions and the self-forgiveness process: A qualitative study unveiling the internalized emotional experiences in college students*. Accepted for Paper Presentation to

the 8th Annual Society for the Study of Emerging Adulthood (SSEA). (November).
Washington, D.C.

Wolford, S. N., & Holtrop, K. (2017). *“I was screaming at the top of my lungs for someone to help me”*: Examining the emotional experience of mothers participating in the parent management training oregon model (pmt): A grounded theory analysis. Paper Presentation, The 24th Annual Research & Creativity Day. Department of Family and Child Sciences, Florida State University. Tallahassee, FL.

Wolford, S. N., Cooper, A., & McWey, L., M. (2016). *Maternal depression, maltreatment history and child outcomes: The role of harsh parenting*. Paper Presentation, The American Association for Marriage and Family Therapy Annual Conference. (September). Indianapolis, IA.

Wolford, S.N., & Holtrop, K. (2017). *Examining the emotional process of mothers in pmt*. Accepted for Paper Presentation, The American Association for Marriage and Family Therapy Annual Conference (October). Atlanta, GA.

Wolford, S. N. (2017). *The process of parenting through disability: A qualitative synthesis*. Accepted for Paper Presentation, The American Association for Marriage and Family Therapy Annual Conference (October). Atlanta, GA.

Wolford, S. N., & Holtrop, K. (2017). *“I was screaming at the top of my lungs for someone to help me”*: Examining the emotional experience of mothers participating in the parent management training— oregon model (pmt): A grounded theory analysis. Accepted for Paper Presentation: The National Council on Family Relations (NCFR). (November). Orlando, FL.

Professional Experience

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| The Center for Couple and Family Therapy | Tallahassee, Florida |
| 2015-17 <i>Therapist</i> | |
| Provide clinical mental health services to individuals, couples and families via application of postmodern and narrative family therapy. Incorporate skills and techniques from systemic psychodynamic psychotherapy for the treatment of interpersonal difficulties and/or the presence of a trauma history. Provide skills to parents through parenting groups using the Attachment, Regulation and Competency (ARC) Model, and deliver specialized services for chronically traumatized children and youth. | |
| 2015-2016 <i>Clinic Manager (Graduate Assistantship)</i> | |
| Responsible for directing all administrative tasks handled by undergraduate and directed-independent study students. Participate in the development and | |

implementation of electronic medical records for the purpose of clinical and research data.

- 2014-2015 **The Northeastern Family Institute** Peabody, Massachusetts
Clinician
Provided in-home, intensive family therapy for at-risk adolescent youth ages 13-17 referred by the Department of Mental Health (DMH) and the Department of Children & Families (DCF). Advocated for youth and their families across all levels of care through implementation of Solution-Focused, Narrative and High Fidelity Wraparound models that honor family-centered assessment and treatment plans commensurate with DMH and DCF service requirements. Integrated trauma-informed treatment modalities including attachment, self-regulation and competency frameworks (The ARC model) to promote rapid stabilization.
- June 2013 to August 2014 **South Shore Mental Health, IHT Southeast** Quincy, Massachusetts
In-Home Family Therapist
Utilized comprehensive home-based case and CANS (Child and Adolescents Needs and Strengths) assessments. Developed treatment plans, progress notes and discharge plans. Provided in-home intensive family therapy to at-risk communities and promote safety planning/risk management as necessary. Participated in direct collaboration with collateral contacts (i.e., attendance of IEP plans, Intensive Care Plan Meetings, hospital discharge meetings and local mobile crisis etc.). Integrate Structural, Solution-Focused and Narrative therapies to promote stabilization.
- June 2010 to August 2013 **Wayside Youth and Family Support Network** Framingham, Massachusetts
Milieu Counselor
Site: Twelve Prescott Young Adult Program
Supported young adults between the ages of 18 to 26 living with mental illness. Encouraged clients to achieve short and long-term goals and objectives for successful transition into independent living by implementing Independent Action Plans (IAPs). Managed cases via communication with psychiatrists, DMH case managers, vocational counselors and disability support specialists for both residential and outreach clients. Provided family support and in-home family services as needed. Implemented Crisis Prevention Intervention (CPI) techniques for challenging behaviors.

Site: Short Stop Transitional Housing
Provided as-needed support on an as needed basis to young adults who struggle with post-traumatic stress disorder, and/or who may have been previously homeless or living in shelters
- August 2011 to June 2013 **The LABBB Collaborative, Lexington H.S.** Lexington, Massachusetts
Graduate Clinical Intern

Provided milieu, group and individual therapy to special education high school students living with intellectual/developmental disabilities and/or mental illness. Co-led DBT therapy group with a doctorate level social worker. Co-led a meditation/mindfulness therapy group with occupational and physical therapists.

2009 **The Robbins Speech, Language and Hearing Center** Boston, Massachusetts
Student Intern

Assigned to a three-year old with Fragile X Syndrome. Created semester goals and objectives for group and individual therapy. Presented a summary report of client's overall progress in therapy to caregivers and supervisors at the end of the semester.

2009 **The Lawrence Middle School** Brookline, Massachusetts
Student Intern

Assisted school- based SLP with individual and group therapy for middle school students who presented with various expressive and receptive speech and language impairments.

June 2006 to June 2009 **Jumpstart for Young Children, Inc.** Boston, Massachusetts
Classroom Leader

Taught language and literacy curricula to disadvantaged preschool children. Fostered positive adult-child interactions that promoted school-age readiness. Developed additional components to the curriculum, including the incorporation of a literacy-rich classroom, behavior management, adult-child interactions, and family involvement nights.

Teaching Experience

Florida State University

Instructor of Record

May 2017-present Public Policy: Child and Family Issues (CHD4615-0001)

Guest Lecturer

October 2015 Human Relationships (FAD2230), Kristen Greene, Ph.D., LMFT
October 2015 Stress/Resilience (FAD3432), Kristen Greene, Ph.D., LMFT
March 2016 Stress/Resilience (FAD3432), Kristen Greene, Ph.D., LMFT
October 2016 Contexts in Adolescent Development (CHD 3243), Professor Kayla Reed
March 2017 Research Methods, Professor Allison Rayburn
March 2017 Special Topics: Qualitative Research in FCS (FAD 6935-01); Dr. Marsha Rehm

Teaching Assistantships

- August 2016 Teaching Assistant
Contexts in Adolescent Development (CHD 3243), Professor Kayla Reed
- January 2017 Teaching Assistant
Contexts of Adult Development and Ageing (FAD3343), Dr. Nari Jeter, LMFT

Professional Service

Florida State University

- May 2017-present *Member*
Graduate Student Advisory Council (GSAC)
Serve as a communication link between graduate students, faculty and staff.
Advocate for graduate students via involvement with academic and grant-related opportunities in order to promote educational goals and objectives.
- September 2016 Participant; Round table discussion for the Family and Child Sciences
External Review with Dr. Anisa Zvonkovic

The Profession

- March 2017 Guest Reviewer
The Journal of Child Abuse & Neglect
Responsibilities include thorough review of manuscript under submission for publication
- August 2015 to present *Social Media Manager*
The Tallahassee Association for Marriage and Family Therapy (TAMFT)
Coordinate monthly workshops and related clinical events; manage social media accounts and generate monthly TAMFT Newsletters

The Community

- February 2017 *Guest Speaker*
Led training on mental health awareness in the church community.
Title: *Mental Health, Self-Care and Family Crisis Prevention Planning*.
Focus on mental health awareness; signs and symptoms of additional mental health needs. First Presbyterian Church, Tallahassee, FL

Certifications

- 2011 to present Child Adolescent Needs and Strengths Assessment (CANS)

Honors and Awards

- 2017 First Place Recipient for Best Oral Presentation: Research and Creativity Day.

24thAnnual University Honors & Awards Ceremony, Department of Family and Child Sciences. Florida State University. Award: \$150.00

2009

First-Place National Recipient of the American Eagle Spirit of Service Award; Jumpstart for Young Children, Inc. Award: \$5,000