

Sarah Rodgers

LMFT, RDT, SEP

Creative Counseling Nashville, PLLC · 3250 Dickerson Pk., Suite 211, Nashville, TN 37207
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LICENSURE & CREDENTIALS

Tennessee: Licensed Marriage and Family Therapist · LMFT #1179

Ohio: Licensed Independent Marriage and Family Therapist · IMFT #F.2500538

RDT: Registered Drama Therapist · North American Drama Therapy Association (NADTA)

SEP: Somatic Experiencing™ Practitioner · Somatic Experiencing Trauma Institute

AAMFT: Approved Supervisor · American Association for Marriage and Family Therapy

CLINICAL FOCUS

Therapist with 15+ years of experience specializing in trauma, attachment, and the intersection of creativity and healing. Works with individuals navigating complex and single-event trauma, attachment wounds, and the lasting effects of emotionally immature or narcissistic parents. Has a particular affinity for high-achieving women with anxiety, people who feel deeply stuck, and clients experiencing unknown somatic symptoms. Brings a warm, playful, and body-informed approach drawing on Drama Therapy, Somatic Experiencing™, and EMDR.

CONSULTATION & CONTRACT SERVICES

Available for contract engagements with treatment centers, clinical organizations, educational institutions, and professional associations. Services include:

- ▶ Staff trainings and professional development workshops on Drama Therapy, somatic approaches, trauma-informed care, and experiential methods
- ▶ Facilitation of experiential and expressive arts therapy groups within treatment center settings
- ▶ Clinical consultation for programs integrating creative or somatic modalities
- ▶ Presentations and keynotes for conferences, retreats, and continuing education events
- ▶ Co-design and therapeutic leadership of community-based psychoeducational programming in partnership with non-clinical organizations

CLINICAL EXPERIENCE

Owner & Licensed Marriage and Family Therapist

Creative Counseling Nashville, PLLC · Nashville, TN · 2016 – Present

- ▶ Private practice providing individual therapy to adults and adolescents, with a focus on trauma, anxiety, and somatic concerns.
- ▶ Integrative, body-forward approach drawing on Drama Therapy, Somatic Experiencing™, EMDR, Brainspotting, ACT, CBT, and psychodynamic frameworks.
- ▶ Provide AAMFT-approved clinical supervision to associate therapists.

Co-Founder, Manager & Supervisor

Experience Therapy Group · Nashville, TN · 2022 – Present

- ▶ Co-founded group practice integrating experiential and somatic approaches to therapy.
- ▶ Oversee practice operations and provide AAMFT-approved clinical supervision to associate therapists.

Youth Program Manager

Coro Center for Civic Leadership Northern California · San Francisco, CA · Summer 2013

- ▶ Co-managed youth summer leadership program; individual mentor for 8 youth.
- ▶ Developed and facilitated curricula on public speaking, effective communication, privilege, diversity and oppression, and team-building.

AOD Counselor / Clinical Therapist / EPSDT School-Based Coordinator

Community Health for Asian Americans (CHAA) · Oakland, CA · October 2010 – May 2013

- ▶ Provided psychotherapy to youth in public school settings and to families and adults in a clinic setting, across multiple positions.
- ▶ Facilitated clinical groups, delivered staff trainings, and provided crisis management and intern mentorship.
- ▶ Cross-cultural counseling with immigrant and refugee populations; experience with TAY, CPS, and county program requirements.
- ▶ Promoted twice within three years.

Therapist Intern / Recovery Counselor III

Thunder Road Adolescent Treatment Center · Oakland, CA · September 2009 – June 2010

- ▶ Individual and group psychotherapy in a residential adolescent addiction recovery setting.
- ▶ Designed and facilitated arts-based content for youth and multi-family groups.
- ▶ Experience with 12-Step, co-occurring diagnoses, and the juvenile justice system.
- ▶ Promoted from intern to part-time staff within six months.

EDUCATION

Master of Arts in Counseling Psychology

California Institute of Integral Studies (CIIS) · San Francisco, CA · 2009

Concentration in Drama Therapy

Bachelor of Science, Theatre: Community Outreach Through Drama Therapy

Skidmore College, University Without Walls · Saratoga Springs, NY · 2007

SPECIALIZED TRAINING & CERTIFICATIONS

- ▶ EMDR — Eye Movement Desensitization and Reprocessing
- ▶ Brainspotting — Phase I & II
- ▶ Somatic Experiencing® — Full Practitioner Training (SEP)
- ▶ Drama Therapy — Registered Drama Therapist (RDT), NADTA
- ▶ AAMFT Approved Supervisor designation

PRESENTATIONS & FACILITATION

Drama Therapy: Creative Methods in Group Counseling

Guest Lecture, Vanderbilt University — Human Development Counseling Program, Peabody College · Nashville, TN · October 4, 2021 · February 14, 2022

Drama Therapy: What it is, What it Looks Like, and How it Might Speak to Your Own Practice
Vanderbilt University Medical Center (VUMC), Grand Rounds · Online · June 18, 2021

Drama Therapy: What it is, What it Looks Like, and How it Might Speak to Your Own Practice
Nashville Psychotherapy Institute (NPI) · Nashville, TN · June 11, 2021

Building a Private Practice: Dreams, Reality and Best Practices
Guest Lecture, Northcentral University · Virtual · December 18, 2020

Improv for Anxiety — Recurring Class Series, Co-Creator & Facilitator
Unscripted Improv · Nashville, TN · March 2019 – Present

Playfully Present: Theater for Mindfulness
Mindful Nashville · Nashville, TN · 2019

Core Principles of Drama Therapy & How to Interpret Them in Your Own Practice
TLPCA CEU Event · Nashville, TN · April 4, 2018

Intro to Drama Therapy: Principles, Techniques, and Current Practices
TNAMFT Conference · Murfreesboro, TN · April 18, 2018

Privilege, Empathy, and Responsibility
Nashville Psychotherapy Institute Connections Retreat · Burns, TN · January 27, 2018

“Life Has Drama... Express it for Your Health” — Talk on Drama Therapy
Sunflower Cafe · Nashville, TN · September 1, 2016

Intro to Drama Therapy Workshop
Nashville Center for Alternative Therapy · Nashville, TN · August 16, 2016

Trauma in Education — Staff Training
Oakland High School Wellness Center · Oakland, CA · March 7, 2013

Intro to Drama Therapy — Clinical Intern Training
Anka Behavioral Health · Concord, CA · August 2012

Group Therapy Facilitation Trainings
Community Health for Asian Americans (CHAA) — Staff Training · Oakland, CA · 2011 – 2013

PROFESSIONAL AFFILIATIONS

- ▶ American Association for Marriage and Family Therapy (AAMFT) — Approved Supervisor
- ▶ North American Drama Therapy Association (NADTA) — Registered Drama Therapist
- ▶ Somatic Experiencing Trauma Institute (SETI) — Practitioner Member
- ▶ Tennessee Association for Marriage and Family Therapy (TNAMFT)

References and clinical supervision documentation available upon request.