**Sandra Noble**

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**Education**

**Ph.D. in Counselor Education and Supervision May 2021**

Liberty University [CACREP Accredited] Graduate with High Distinction

Cumulative GPA: 4.0

**Master of Arts in Clinical Mental Health Counseling May 2016**

Liberty University [CACREP Accredited]

Cumulative GPA: 4.0 Graduate with High Distinction

**Bachelor of Science with Honors in Developmental December 2012**

**Psychology**

Liberty University

Cumulative GPA: 3.97 *Summa Cum Laude*

**Licensure and Certifications**

* Licensed Professional Counselor, Commonwealth of Virginia, October 2020 - Present.

License # 0701010027

* National Certified Counselor, July 2020 - Present.

Certificate # 1287013

* Certified Clinical Trauma Professional (CCTP), International Association of Trauma

Professionals, June 2019 - Present

• Eye Movement Desensitization and Reprocessing (EMDR) trained therapist, March 2020

• Level 1 & 2 Training in Gottman Method Couples Therapy

• Professional EEG/Neurofeedback Certificate

* Emotion Focused Family Therapy (EFFT) for Eating Disorders
* Non-Violent Crisis Intervention certified
* Red Cross First Aid and CPR (A & B)

• Mindfulness Based Stress Reduction Training

* PREPARE/ENRICH Certified

**Professional Experience**

**TEACHING**

**Teaching Assistant – Liberty University August 2017 – May 2021**

• Provide direct support to program director

• Mentor students through application and orientation processes

* Complete administrative tasks and documentation

• Present course material and provide classroom support

• Program assessment and evaluation

**Teaching Intern – Liberty University January 2020 – May 2020**

• COUC 512: Group Counseling (Intensive format)

• COUC 502: Human Growth and Development (Online format)

• COUC 504: Multicultural Counseling (Residential format)

**Invited Lecturer September 2017 – Present**

• Crisis Counseling, *Skills for Crisis Counseling*

• Crisis Counseling, *Applied Crisis Intervention*

• Integration of Psychology and Theology, *Models for Interdisciplinary Integration*

• Social Psychology, *The Self: Understand Ourselves in a Social Context*

**Graduate Student Assistant – Department of Counselor January 2015 – May 2016**

**Education and Family Studies, Liberty University**

• Assisted professors with teaching counseling skills in intensive classroom settings

• Worked one-on-one with students to ensure their understanding of specific counseling techniques

• Graded written assignments for group counseling course

• Supported faculty and staff in various administrative and classroom tasks

**COUNSELING**

**Licensed Professional Counselor – Empower Counseling June 2018 – Present**

• Provide individual counseling to adults and adolescents

• Provide group counseling for adults with eating disorders, adolescents with eating disorders, and caregivers of eating disorder clients

• Complete diagnostic intake assessments to create and implement evidence-support treatment plans from a bio-psycho-social-spiritual framework

• Implement a variety of treatment modalities and interventions

• Maintain client records, progress notes, assessments, and weekly scheduling

**Mental Health Professional – Centra Health May 2015- June 2017**

**Adult Psychiatric Unit**

• Provided individual, family, and group therapy in an acute psychiatric setting

• Worked with a treatment team to evaluate and assess clients and prepare treatment plans based on presenting symptoms, progress made, and projected discharge

• Facilitated cognitive-behavioral, interpersonal, dialectical behavioral, art-based, and recreational therapy groups

• Maintained client records, progress notes, treatment plans and charting

**Intern Counselor – Thomas Road Counseling Center January 2015- June 2015**

* Provided individual counseling to adults and children
* Co-facilitated psychoeducational groups for adolescents of separated and divorced parents
* Completed diagnostic intake assessments, create and implement evidence-support treatment plans, maintained client records

**RESEARCH**

**Presentations:**

Sosin, L. S., Harrichand, J. J. S., & **Noble, S. D.** (2021, April). *Trans-diagnostic, creative group counseling: Run an effective group in your setting.* American Counseling Association (ACA) 2021 Conference and Expo. Virtual. (Oral Presentation).

**Noble, S. D.** (2021, April). *Embodied Healing: The Creative Arts Personal Growth Group for Eating Disorder Recovery (CAPG-E).* 3 Minute Thesis Competition. Research Week, Liberty University. Lynchburg, VA. (Oral Presentation).

**Noble, S. D.** & Seiler, G. (2020, February). *Treating eating disorders: What students, supervisors, and counselor educations need to know*. Virginia Association for Counselor Education and Supervision Conference. Old Dominion University. Norfolk, VA. (Oral Presentation).

Vinces-Cua, J. & **Noble, S. D.** (2019, November). *EMPOWER(ED) FAMILIES: Supportive treatment for caregiver burnout in parents of adolescents with eating disorders.* Virginia Counselors Association Annual Convention. The Omni Homestead, Hot Springs, VA. (Oral Presentation).

Hauswirth, K., McNally, J., **Noble, S. D.**, Parker, D., & Phillips-Harris, T. (2019, February) *Competent and compassionate supervision: Strategies for new practicum supervisors.* Presented at the Virginia Association for Counselor Education and Supervision Conference. Hampton University, Hampton, VA. (Oral Presentation).

**Noble, S. D.** & Vinces-Cua, J. (2019, April). *Empowered Families: Supportive Treatment for Caregiver Burnout in Parents of Adolescents with Eating Disorders.* Presented at the Center for Research & Scholarship Research Week. Liberty University, Lynchburg, VA. (Oral Presentation).

**Noble, S. D.** (2018, February) *Handle with care: Impact on counselors treating victims of human trafficking.* Virginia Association for Counselor Education and Supervision Conference. Liberty University, Lynchburg, VA. (Oral Presentation).

Sosin, T. A. & **Noble, S. D.** (2016, April). *Males with eating disorders: Understanding, supporting, and treating a unique population.* Graduate Research Symposium, Liberty University, Lynchburg, Virginia. (Oral Presentation).

Sosin, T. A. & **Noble, S. D.** (2016, February). *Males with eating disorders: A deeper look at a starved statistic*. Virginia Association for Counselor Education and Supervision Conference. Marymount University, Arlington, VA. (Oral Presentation).

Roller, A., **Noble, S. D.**, Blonde, V., Justice, S., & Volk, F. (2011, April). *Relationships between compulsive behaviors and spiritual instability*. Division 36 American Psychological Association Mid-Year Conference. Loyola University, Baltimore, MD. (Poster Presentation).

**Invited Speaker:**

Kessler, P. M., **Noble, S. D.**, Del Gobbo, S., & Budowanec, E. (2019, March). *Eating disorders.* School of Behavioral Sciences Convocation, Liberty University, Lynchburg, VA

**Noble, S. D.** (2018, August). *Keys to Eating Disorder Recovery*. Presented at Veritas Collaborative National Healthcare System, Durham, NC.

**Noble, S. D.** (2018, August). *Keys to Eating Disorder Recovery*. Presented at Carolina House Center for Eating Disorder Treatment, Durham, NC.

**SERVICE**

**Counselor Education:**

**Secretary**, Rho Eta Chapter, Chi Sigma Iota (CSI), the Counseling Academic and Professional Honor Society International, Liberty University (2019-2020)

**Ph.D. Student Mentor,** Counselor Education and Supervision Center, Liberty University (2018-Present)

**Doctoral Facilitator,** Assessment Day Focus Groups, Liberty University (2018, 2019)

**Mentorship Co-Chair**, Rho Eta Chapter, Chi Sigma Iota (CSI), the Counseling Academic and Professional Honor Society International, Liberty University (2018-2019)

**Counseling Profession:**

**Volunteer EMDR Counselor,** Virginia Community Response Network, Richmond, VA (2021-Present). vcrg.org.

**Partner in Healing,** Project HEAL (2020-Present)

**Volunteer,** American Association of Christian Counselors World Conference, Nashville, TN (2019, October)

**Ambassador,** Southern Smash Eating Disorder Awareness, University of Virginia (2017, November)

**Graduate Student Volunteer,** 2015 American Counseling Association Conference and Expo, Orlando, FL

**Service Team Coordinator,** Liberty University Chapter, American Association of Christian Counselors, Liberty University (2014-2015)

**Professional Affiliations**

American Counseling Association (2014 – Present)

Virginia Counselors Association (2018 – Present)

Chi Sigma Iota, the Counseling Academic and Professional Honor Society International, Rho Eta Chapter, Liberty University (2016 – Present)

Psi Chi, the International Honor Society in Psychology