

Sarah Allison Potter

Counselor in Training | Neurodivergent-Affirming | Person-Centered Feminist

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PROFESSIONAL SUMMARY

Neurodivergent-affirming counselor-in-training with interdisciplinary experience spanning clinical support, community-based habilitation, nonprofit leadership, and global mental health advocacy. Grounded in trauma-informed, culturally responsive, and strengths-based practice that centers client agency, dignity, and intersectional identities. Brings a demonstrated record of ethical leadership, program development, and cross-sector collaboration in service of equitable mental health access for marginalized and displaced communities.

EDUCATION

Master of Science in Clinical Mental Health Counseling (GPA: 3.98)

Grand Canyon University — Expected 2027

Alpha Chi National Honor Society Graduate Member

Master of Science in Organizational Leadership & Entrepreneurship

Grand Canyon University — 2021

Bachelor of Art Studies

Arizona State University — 2014

Bachelor of Art Studies

University of Washington — Transferred

GRADUATE COURSEWORK – CLINICAL MENTAL HEALTH COUNSELING

Syllabi for each course available upon request.

- Theories and Models of Counseling, 3 credits
- Professional Counseling, Ethical, and Legal Considerations, 3 credits
- Counseling Skills, 3 credits

- Counseling the Culturally Diverse, 3 credits
- Group Counseling, 3 credits
- Principles of Psychopharmacology 3 credits
- Human Sexuality and Issues of Aging, 3 credits
- Lifespan Development, 3 credits
- Counseling Couples and Families, 3 credits

- Research Methods and Program Evaluation, *3 credits*
- Substance Use Disorders and Addictions, *3 credits*
- Assessment, Tests, and Measurements, *3 credits*
- Career Counseling, *3 credits*
- Abuse, Crisis, and Trauma Counseling (Current) *3 credits*
- Clinical Assessment, Diagnosis, and Treatment (Current) *3 credits*

- Psychopathology (Scheduled), *3 credits*
- Assessment of Mental and Emotional Health Status (Scheduled), *3 credits*
- Counseling Practicum (Scheduled), *2 credits*
- Counseling Internship I & II (Scheduled), *2 credits each*

CLINICAL TRAINING

Clinical Mental Health Graduate Student, *Grand Canyon University (August 2023 – Present), GPA 3.98*

Alpha Chi National College Honor Society honoree recognized for academic rigor, intersectional analysis, and justice-oriented counseling practice. Demonstrates advanced capacity for synthesizing research, critiquing systemic inequities, and applying culturally informed, person-centered clinical frameworks.

Positive Behavior Support, Arizona Department of Developmental Disabilities, Lauren's Institute for Education, *AZDDD 8 hours, 2024*

Positive Behavioral Interventions and Supports (PBIS) is an evidence-based, multi-tiered framework used in educational settings to promote positive behavior, improve school climate, and support students' social, emotional, and academic success through proactive, strengths-based interventions.

Relational Trauma Repair Certificate Course: Psychodrama-Based Tools, Role Plays and Embodied Exercises for Experiential Trauma Healing, *Dr. Tian Dayton, 2026 · PESI, 10.75 hours*

A foundational certificate course in experiential trauma treatment — using psychodrama, sociometry, and embodied practices to help clients safely process early attachment trauma, map relational patterns, and work through grief and loss in ways that move beyond traditional talk therapy.

"In Here You Can Do and Say Almost Anything": Limit Setting in the Child-Centered Playroom, *Association for Play Therapy, 2026 The Redwood Center, 3 hours*

Practical training in limit-setting within the child-centered playroom — covering how to balance radical acceptance with safety using the ACT Model, navigate aggression, maintain a nondirective stance, and recognize your own internal triggers when children test the boundaries of the therapeutic relationship.

“I want to see you be brave” Utilizing the Therapeutic Powers of Play to Treat Selective Mutism, Arizona Association for Play Therapy, 2026 · AZAPT, 3 hours

A focused, practical training on using play therapy to assess and treat Selective Mutism — covering accurate diagnosis, common misdiagnoses and comorbidities, the four stages of the avoidance cycle and communication bridge, and evidence-based play therapy interventions for building therapeutic relationships and supporting successful treatment outcomes.

Play Therapy Ethics, Arizona Association for Play Therapy 2026 · AZAPT, 3 hours

Play Therapy Ethics covers the historical and contemporary landscape of ethics in play therapy practice, examining how morals, values, law, and technology intersect with family life, caregiver collaboration, and the APT's Policy on Play Therapy Best Practice. Topics include navigating conflicts between parental rights and minor client wishes using ethical decision-making models, and building the relational trust and safety necessary for ethical collaboration with caregivers, parents, and teachers — particularly in the context of social media and digital life.

Dialectical Behavior Therapy Training, Katelyn Baxter-Musser, LCSW, C-DBT, 2026 · PESI, 16 hours

A comprehensive 16-hour training grounded in Biosocial Theory and the dialectical balance of acceptance and change. Covered the four core skill modules — mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance — with practical application to individual and group therapy contexts, chain analysis, diary cards, and validation strategies. Included specialized content on self-harm and suicidal crisis assessment, lethal means counseling, and adapting DBT for children, adolescents, and trauma survivors.

PROFESSIONAL EXPERIENCE

Clinical Mental Health Counseling Intern I & II, Behavior Health Paraprofessional — ClearWaves Counseling (September 2026 – Present)

Providing individual counseling to children, adolescents, and adults under clinical supervision in an outpatient setting. Applying person-centered, trauma-informed, and neurodivergent-affirming frameworks across a diverse caseload. Developing competencies in intake assessment, treatment planning, progress documentation, and ethical decision-making within a CACREP-aligned internship experience.

Clinical Mental Health Counseling Practicum Intern, Behavior Health Paraprofessional — ClearWaves Counseling (June 2026 – September 2026)

Completed supervised practicum hours in an outpatient counseling setting, gaining foundational clinical experience with child, adolescent, and adult clients. Developed core skills in rapport-building, case conceptualization, and session documentation while integrating coursework in trauma-informed and equity-centered practice into direct client contact.

Direct Support Professional, BHPP — Stacy Campbell & Associates | The Bogle Center (June 2026 – Present)

Delivering person-centered habilitation services to individuals with developmental disabilities

in home and community settings. Support daily living skills, social engagement, and community participation while honoring individualized plans, client autonomy, and family collaboration.

Home & Habilitation and Respite Provider — Lauren's Institute for Education (January 2023 – Present)

Provide person-centered habilitation services to individuals with developmental disabilities in home settings. Support daily living skills, social engagement, and community participation while honoring individualized plans, client autonomy, and family collaboration.

Habilitation Support Specialist — Arion Care Solutions (November 2022 – March 2023)

Delivered evidence-based habilitation training addressing adaptive, behavioral, and socialization skills. Collaborated with families and interdisciplinary teams to develop culturally responsive care plans that promote independence, dignity, and resilience.

Executive Director — Project Watermelon (January 2024 – September 2024)

Founded and led a global humanitarian initiative mobilizing over \$500,000 in refugee aid within six months. Oversaw emergency relief, housing, food security, and advocacy efforts for Palestinian families. Co-designed a culturally relevant biopsychosocial mental health initiative grounded in trauma-informed and intersectional feminist principles.

Mental Health Activist & Content Creator — Mental Health is Magic (August 2021 – February 2025)

Develop and disseminate inclusive, evidence-based mental health content centering neurodivergent lived experience. Facilitate intersectional peer support spaces that challenge ableism, foster belonging, and promote radical acceptance.

Marketing Consultant — Mother of Marketing (January 2010 – June 2024)

Provided equity-centered marketing strategy and consultation for nonprofits and social impact organizations, specializing in culturally humble messaging, ethical engagement, and inclusive representation.

GLOBAL MENTAL HEALTH & VOLUNTEER EXPERIENCE

Global Mental Health Program Volunteer — Project Watermelon (U.S.A., Egypt, Palestine | January 2024 – September 2024)

Collaborated with international clinicians to develop a transnational, culturally and religiously attuned biopsychosocial mental health framework for war refugees, centering trauma-informed care, provider-client alignment, and ethical advocacy.

Administrative & Strategy Support Consultant — The Zaynab Project (U.S.A., Palestine | December 2025 – Present)

Support executive leadership with organizational strategy, marketing, partnerships, and team infrastructure development to ensure long-term sustainability for humanitarian work in Gaza.

CERTIFICATIONS

Article 9 & COVID Training (2024)
CPR/AED/First Aid (2028)
Basic Life Support – Red Cross (2024)
Positive Behavior Support (2024)

Fingerprint Clearance – Arizona
Department of Public Safety (Valid through 2026)
Lethal Means Counseling

PROFESSIONAL AFFILIATIONS

Graduate Member, American Counseling Association

Advocates for Global Justice, Grand Canyon University

Graduate Member, American Psychological Association

Member, Arizona Association for Play Therapy

Alpha Chi National College Honor Society

PROFESSIONAL MENTORSHIPS

Dezerrae Houk, LPC
ClearWaves Counseling
Dezerrae@clearwavescounseling.com

Dezerrae Houk, LPC, has served as a mentor throughout my practicum and internship development, guiding the formation of my clinical practice, counselor identity and supporting ongoing professional development.

Dr. Daniel Latham, Ph.D., LPC
Grand Canyon University
Daniel.Latham@gcu.edu

Dr. Daniel Latham, LPC, has served as a mentor throughout my academic and professional development, guiding the formation of my counselor identity and supporting intentional planning for post-graduate practice.

Victoria Evans-Fulton, PhD, LPC-S (VA), NCC
Grand Canyon University

Dr. Victoria Evans-Fulton, LPC, has provided scholarly and professional mentorship, supporting

the development of publishable work, academic writing, and career preparation within the counseling profession.