

SARA K. FAGAN, LCSW, RYT

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Licensed in NJ & NY

CREATIVE-INDUSTRY & PRODUCTION-ADJACENT EXPERIENCE

Portret Films — “The Kids Are Not Alright” Documentary

Clinical Support | December 2024 - Present

- Facilitated a virtual support group for survivors featured in the documentary following its premiere, ensuring emotional safety during media exposure.
- Provided trauma-informed guidance to participants navigating public storytelling and press-related stress.

Rutgers School of Social Work – Office of Continuing Education

Facilitator & Speaker | Nov 2023 – Present

- Developed and delivered “Quieting the Mind: Treating Anxiety Disorders with Mindfulness,” a three-hour continuing education webinar.
- Integrated neuroscience, mindfulness, and trauma-informed practices into accessible training for clinicians.

Remble App & Website

Content Creator & Writer | June 2022 – Present

- Produce videos and articles on mental health, meditation, mindfulness, and therapy for a broad digital audience.
- Translate clinical concepts into engaging, user-friendly content.

CLINICAL EXPERIENCE

Professional Artists’ Ally Counseling & Consultation LLC

Owner / Trauma Psychotherapist | Nov 2020 – Present

- Provide individual counseling to adults in-office and virtually.
- Integrate EMDR, CBT, IFS, mindfulness, and movement-based approaches.
- Specialize in trauma, anxiety, LGBTQIA+ clients, and artists/creatives.

Hudson Psychiatric Associates, Hoboken NJ

Psychotherapist | Sept 2018 – Oct. 2021

- Provided individual, couples, and family therapy for adults and children.
- Collaborated with psychiatrists and completed diagnostic assessments and care plans.

CarePlus NJ, Fair Lawn NJ

Outpatient Clinician | Oct 2015 – Aug 2020

- Delivered individual, couples, and family counseling in an outpatient setting.
- Conducted psychosocial assessments, facilitated clinical groups, and coordinated collateral care.

Lahey Behavioral Health Outpatient Clinic, Haverhill MA

Outpatient & School-Based Clinician | May 2014 – July 2015

- Provided counseling in outpatient and elementary school settings.
- Facilitated family meetings and maintained communication with providers.

Lahey Adult Behavioral Learning Center, Haverhill MA

Case Coordinator | Nov 2012 – May 2014

- Facilitated psycho-educational and therapeutic groups on symptom management and social skills.
- Managed caseloads, documented progress, and conducted psychosocial assessments.

Youth Consultation Services, Newark NJ

Clinical Social Work Intern | June 2011 – April 2012

- Provided weekly therapy to children and adolescents in residential care.
- Led treatment conferences and developed treatment plans.

Western North Carolina AIDS Project, Asheville NC

Case Manager

- Coordinated medical transportation, processed emergency financial assistance, and conducted psychosocial assessments for HIV-positive clients.

EDUCATION & TRAINING

- **Mental Health Coordination (MHC) Training** — Completed all coursework through certification level. *Certification anticipated Summer 2026*
- **Rutgers Graduate School of Social Work** — MSW, Direct Practice
- **Licensed Clinical Social Worker (LCSW)** — NJ & NY
- **200-Hour Registered Yoga Teacher Training** — The American Yoga Academy
- **EMDR Training** — EMDR Institute
- **Mindfulness-Based Stress Reduction (MBSR)** — MBSR Center of NJ
- **Foundations of Internal Family Systems** - Trauma Therapist Institute
- **Emotional Freedom Technique (EFT) & Tapping** — PESI

SKILLS

- Trauma-informed crisis response
- EMDR, CBT, IFS, mindfulness, and somatic approaches
- Group facilitation for high-stress teams
- Creative-industry mental health support
- Accessible psychoeducation & content creation
- LGBTQIA+ affirming care
- Cross-functional collaboration
- Microsoft Word, Excel, PowerPoint
- Extensive theater arts background