Sarah B. Gentry, LMHC

Sarah Gentry, Licensed Mental Health Counselor and Certified Addiction Professional specializes in working with clients and families with chemical dependency, eating disorders, co-dependency, trauma, and family of origin issues. She has extensive experience in the treatment industry with areas of concentration ranging from trauma treatment and chemical dependency, to gender-specific issues, creative healing and dual diagnosis treatment. She is a noted therapist and manager with broad experience in chemical dependency rehabilitation, program development, individual, couples and group counseling. Sarah has presented nationally on gender specific issues and addiction treatment, creative healing techniques, as well as, passion, purpose and ethics in counseling and treatment. She is well known in the industry as a leader for her integrity, ethical treatment and clinical excellence. Sarah is also a Certified Clinical Supervisor for Mental Health Counselors and enjoys assisting new therapists in developing their skills. She has worked with Treatment Innovations since 2014 and with Seeking Safety for many years.

**Education:** Bachelor of Science in Psychology, Minor in Sociology - 1999, Palm Beach Atlantic University, West Palm Beach, Florida

Master of Science in Mental Health Counseling - 2001, Palm Beach Atlantic University, West Palm Beach, Florida

Licensed Mental Health Counselor in the State of Florida- 2007

Licensed Supervisor for Mental Health Counselors in the State of Florida- 2012

Certified Addiction Professional in the State of Florida - 2003

Certified in Creative Journal Expressive Arts - 2004

**Employment:**

Consultant Trainer on Seeking Safety and Trauma-Informed Care, Treatment Innovations, 2014 to present.

Therapist in private practice and owner of Gentry Counseling, Inc. since 2006.

Clinical Director, Delray Recovery Center in Delray Beach, FL from April 2013 to October 2014.

Clinical Director, Hanley Center A Caron Treatment Center in West Palm Beach, FL from April 2012 to April 2013.

Counselor, Hero’s Journey in West Palm Beach, FL from 2009-2012.

Counselor, Hanley-Hazelden in West Palm Beach, FL from 2001 to 2006.

Victim Liaison, Violence Alternatives - New Options of Royal Palm Beach in Royal Palm Beach, FL from 1999 to 2001

Counselor & Speaker, Life Care Pregnancy Center in West Palm Beach, FL from 1996 to 2001.

**Professional Activities:**

She was instrumental in the development of Hanley Hazelden’s Hormonal Shift Assessment and the creation of their Creative Healing Department.

Sarah led Creative Healing Groups in the men’s, women’s and older adult populations.

She was the eating disorder specialist at the Center for Women’s Recovery at The Hanley Center.

Sarah sits on the board of the South Florida Society for Trauma Based Disorders and is an active member of the Alliance for Eating Disorder Awareness.

**Professional Presentations & Workshops:**

Art Heals Workshop, September 2004.

Mrs. Gentry has taught health professionals in The Professional in Residence Training programs since January 2004 until February 2006.

Recovery of the Inner Child Workshop with Dr. Lucia Cappachione, January 2005.

Feeling Better, Nurturing Your Self Esteem Workshop, March 2005.

Healing the Child Within, January 2005.

Cape Cod Symposium, Hyannis, MA, September 2006.

Recovery Rocks, Workshop for Alumni of Crossroads Centre Antigua and the Sanctuary in Delray Beach, FL, October 2007.

The Spirituality of Recovery Workshop, Workshop for Alumni of Inner Harbor Center in Tequesta, FL, January 2008.

Creating A Vision Workshop, May 2008.

Healing the Inner Family Workshop, June 2008.

Love, Sex and Relationships Workshop, July 2008.

Developing Assertive Communication, May 2012.

Gender Specific Treatment for Women: Supporting Safety, Empowerment and Recovery, June 2012.

Gender Specific Treatment for Men: A Compassionate Approach to Men’s Recovery, September 2012.

Mars and Venus: Gender Issues in Addiction and Recovery, October 2012.

Lawyers Helping Lawyers Recover, January 2013.

Moments of Change, Fueling Your Passion: Empowering Treatment Professionals, September 2013

Trauma and Addiction: Seeking Healthy Love, South Florida Association for Trauma Based Disorders, February 2014.

Clinical Overview of the Recovery Experience, Creative Approaches to Treating Addiction, August 2014.

Cape Cod Symposium on Addictive Disorders, Creative Approaches to Treating Addiction, September 2014.

Conscious Care: Passion and Purpose for an Ethics Driven Practice; Moments of Change, September 2014.

Seeking Safety: A Model for Treating Trauma and Addiction; Training for Travis County Clinicians, Austin, Texas representing Dr. Lisa Najavits, author and creator of the Seeking Safety.