

Sarah I. Springer

EDUCATION

- **Doctor of Philosophy.** Counselor Education. Montclair State University 2015
- **Master of Education.** Psychological Counseling. Teachers College, Columbia University 2007
- **Master of Arts.** Psychological Counseling. Teachers College, Columbia University 2007
- **Bachelor of Music Education.** Highest Honors. Mason Gross School of the Arts, Rutgers University 2005

Dissertation: *Aspects of Site Supervision as Predictors of Group Leader Self-Efficacy for Pre-Service School Counselors*

LICENSES/CERTIFICATIONS/CREDENTIALS

- **Telehealth Training Certificate Credential (Telehealth Certification Institute)** 2020
- **Certified Daring Way™ Facilitator (CDWF) – Brené Brown, LLC** 2020
- **Approved Clinical Supervisor (ACS) Credential** 2013
- **New Jersey Licensed Professional Counselor (LPC) License # 37PC00469700** 2013
- **New Jersey Supervisor Standard Certificate** 2013
- **New Jersey Director of School Counseling Services Certificate** 2012
- **New Jersey School Counselor Standard Certificate** 2007
- **New Jersey Teacher of Music Certificate of Eligibility with Advanced Standing (CEAS)** 2005

TEACHING EXPERIENCE

- **Associate Clinical Professor:** Seattle University: Online School Counseling 09/24-Current
- **Associate Professor (Tenured):** Monmouth University: West Long Branch, NJ 07/21 – 12/23
- **Assistant Professor:** Monmouth University: West Long Branch, NJ 09/16- 06/21
- **Assistant Professor of Instruction:** Temple University: Philadelphia, PA 08/15- 06/16

- **Adjunct Faculty:** Rutgers University 01/24 – 05/24
- **Adjunct Faculty:** West Virginia University 05/20-7/21
- **Adjunct Faculty:** Rowan University: Glassboro, NJ 09/19-05/20
- **Adjunct Faculty:** Temple University: Philadelphia, PA 07/16-08/16
- **Adjunct Faculty:** Fairleigh Dickenson University: Madison, NJ 05/14-07/14
- **Co-Teaching:** Montclair State University: Upper Montclair, NJ 01/12-08/12

COUNSELING/CONSULTATION EXPERIENCE

- **Private Practitioner:** NJ Counseling Connections, LLC 08/16-Present
 - Provided individual counseling to children, adolescents, and parents
 - Provided LPC supervision for NJ Licensed Associate Counselors
 - Provided Professional Development for K-12 School Faculty and Staff
 - Provided Daring Way™ Workshops based on the research of Dr. Brené Brown
 - Provided Individual and Group Consultation for Professional Counselors

- **Educational Social Skills Counselor and Consultant:** Denville Township Schools: Denville, NJ 06/17-12/17
 - Facilitated individual and small group counseling interventions for elementary-aged students
 - Worked closely with child study team case managers to support students with IEPs and 504 plans
 - Provided mental health consultation to district and school administrators

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- **School Counselor:** Mendham Twp. Elementary School: Mendham Twp., NJ 09/09- 6/15
 - Developed district elementary school counseling program
 - Provided individual and group counseling to students and their families
 - Developed and implemented classroom developmental counseling lessons
 - Coordinated Intervention and Referral Service (I&RS) and 504 teams
 - Created parent programming that included guest lectures, book club discussions, and practitioner outreach
 - Created and maintained an on-line counselor consultation group for 60 area counselors
 - Appointed school anti-bullying specialist

- **School Counselor:** Riverside Elementary School: Princeton, NJ 09/07-6/09
 - Provided individual and group counseling to students and their families
 - Developed and implemented classroom guidance lessons
 - Coordinated Intervention and Referral Services (I&RS) and 504 teams
 - Coordinated state and district-wide standardized testing

- **School Counseling Intern:** Cherry Hill High School East: Cherry Hill, NJ 09/06-6/07
 - Provided college consultation to students and their families using Naviance
 - Coordinated student schedules and class placement
 - Wrote college and scholarship recommendation letters
 - Provided individual and group counseling to students and their families
 - Coordinated community referrals
 - Taught developmental counseling lessons

- **Professional Development/Consultant** 01/17- Present
 - Provided self-care training and consultation for clinical staff
 - **Springer, S.I.** (2022) *Courageous Connections: An opportunity to Dare Greatly™*
Horizon Behavioral Health, Lynchburg, VA.
 - Provided self-care training and consultation for staff
 - **Springer, S.I.** (2022). *The personal is professional: Cultivating wellness and meaningful connections*
Horizon Behavioral Health (Virtual)
 - Provided professional development for K-5 teachers and school staff
 - **Springer, S.I.** (2022). *Strengthening our resilience and connections through courageous conversations.*
Denville Township Schools, Denville, NJ.
 - Provided professional development for professional counselors and social workers
 - **Springer, S.I.** & Hennigan-Paone, C. (2019). *An Ethical Practice on Today's General Clinical Practice.*
Preferred Behavioral Health Group. (5 hour CEUs)
Eatontown, NJ
 - Provided professional development for school counselors and child study team members
 - **Springer, S.I.** (2017). *Building connection through group counseling.*
Wanaque School District. Wanaque, NJ.
 - Provided professional development for K-5 teachers and school staff
 - **Springer, S.I.** (2017). *Fostering connection: A note to ourselves and a charge for our students.*
Denville Township Schools, Denville, NJ.
 - Provided professional development for K-8 teachers and school staff
 - **Springer, S.I.** (2017). *Fostering independent, resilient, and confident students in an anxious world.*
Denville Township Schools, Denville, NJ.
 - Provided parent consultation for social/emotional learning
 - **Springer, S.I.** (2017). *Fostering independent, resilient, and confident adolescents in an anxious climate.*
Morris County, NJ. Municipal Alliance, Mendham, NJ.

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COUNSELING SUPERVISION

- 2018-2019; 2023-Current Provided clinical supervision for LACs seeking LPC credential
NJ Counseling Connections, LLC, NJ
- 2018-2020 Provided distance individual clinical supervision to international school counseling practicum students
The College of New Jersey, NJ
- FALL 2016 Provided site supervision for a clinical mental health practicum student
Monmouth University, NJ
- FALL 2013/SPRING 2014 Provided site supervision for a school counseling internship student
Montclair State University, NJ
- SPRING 2013 Provided site supervision for a school counseling practicum student
Montclair State University, NJ
- FALL 2012 Facilitated a master's level process group through COUN 584: Group Counseling: Theory and Practice
Montclair State University, NJ
- FALL 2012 Provided individual supervision for Montclair State University Master's level group facilitators through COUN 584: Group Counseling: Theory and Practice
Montclair State University, NJ
- SUMMER 2012 Provided individual supervision for Montclair State University Master's level practicum students through COUN 624: Counseling Practicum.
Montclair State University, NJ

PUBLICATIONS

BOOKS

3. Schimmel, C., **Springer, S.I.**, Grant, K. & Ieva, K. (2023). *#InRealLifeSchoolCounseling: An Introduction to the Profession*. San Diego, CA: Cognella Academic Publishing
2. **Springer, S.I.**, Moss, L., & Schimmel, C. (Eds.) (2021). *A School Counselor's Guide to Small Groups: Coordination, Leadership, & Assessment* (2nd Ed.). San Diego, CA: Cognella Academic Publishing.
1. **Springer, S.I.**, Moss, L., Pugliese, A., Manavizadeh, N. (Eds.) (2018) *A School Counselor's Guide to Small Groups: Coordination, Leadership, & Assessment*. Alexandria, VA: Association for Specialists in Group Work.

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REFEREED JOURNAL ARTICLES

21. Moss, L., Singh, A., Land, C., Hamlet, H., **Springer, S.** (Revise and Resubmit). School Counselors as Aspiring Racial Justice Allies: A Phenomenological Inquiry. *Professional School Counselor*
20. **Springer, S.I.**, Grant, K., & Cozzolino, L. (2023). Infusing Shame Resilience into the counseling curriculum to support client conceptualization and student wellness. *Journal of Counselor Preparation and Supervision (JCPS)*, 17(5) Retrieved from <https://digitalcommons.sacredheart.edu/jcps/vol17/iss5/10>
19. Grant, K., Mason, E., **Springer, S.I.**, & Shaikh, A. (2023). Application of 10 anti-oppression principles to the teaching of group work. *Journal for Specialists in Group Work*. 48(2), 109-127.
18. Limberg, D., **Springer, S.I.**, Bayne, H. & Wymer, B. (2021). Examining the use of consensual qualitative research in counselor education. *Journal of Ethnographic & Qualitative Research*. 15(3), 220-230
17. Grant, K, **Springer, S.I.**, Tuttle, M, & Reno, M. (2021). Small-group counseling intervention to support career exploration of rural middle school students. *Journal for Specialists in Group Work*. 46(1), 108-127. <https://doi.org/10.1080/01933922.2020.1856254>
16. Merlin, C., Moss, L., Cholewa, B., & **Springer, S.** (2020). An exploration of school counselor multicultural education behaviors. *Professional School Counselor*, 23(1), 1-12. <https://doi.org/10.1177/2156759X20940637>
15. **Springer, S.I.**, Mason, E., Moss, L., Pugliese, A & Colucci, J. (2020). An Intervention to support elementary faculty in meeting the needs of transgender and gender nonconforming youth. *Journal for Child and Adolescent Counseling*, 6(3), 181-199. <https://doi.org/10.1080/23727810.2019.1689765>
14. **Springer, S.I.**, Hennigan-Paone, C., Colucci, J. & Moss, L.J. (2020). Preparedness for suicide assessment: examining pre-service school counselors' perceptions of their training experiences. *Journal of Child and Adolescent Counseling*. <https://doi.org/10.1080/23727810.2018.1556990>
13. Duffy, J., **Springer, S.I.**, Delaney, M. & Luke, M. (2019). Eco-Education: Integrating nature into the counselor education classroom. *Journal of Creativity in Mental Health*. doi:10.1080/15401383.2019.1640152
12. **Springer, S.I.**, Moss, L.J., Cinotti, D, & Land, C. (2018). Examining pre-service school counselors' site supervisory experiences specific to group work. *Journal for Specialists in Group Work*, 43(3), 250-273. doi: <https://doi.org/10.1080/01933922.2018.1484537> (**Recipient of the 2018 ASGW Research Article of the Year**)
11. **Springer, S.I.**, Land, C., Moss, L., & Cinotti, D. (2018) Collecting school counseling group work data: Initiating consensual qualitative research through practitioner-researcher partnerships. *Journal for Specialists in Group Work*, 43(2), 1-16. doi: <https://doi.org/10.1080/01933922.2018.1431346>
10. Mason, E.C., **Springer, S.I.**, & Pugliese, A. (2017). Staff development as a school climate intervention to support transgender and gender nonconforming students: An integrated research partnership model for school counselors and counselor educators. *Journal of LGBT Issues in Counseling*, 11(4), 301-318. doi: 10.1080/15538605.2017.1380552
9. Moss, L., Pennamon, R., **Springer, S.I.**, & Singh, A. (2017) Intergroup dialogue social justice group work: A call for increased research attention. *Journal for Specialists in Group Work*, 42(3), 231-242. doi: 10.1080/01933922.2017.1339753
8. **Springer, S.I.**, Cinotti, D., Cannella, A., Gordillo, F., Moss, L.J., & Salim, K. (2017). Fostering school counselor self-efficacy through preparation and practice, *Vistas 2017*. Retrieved from <http://www.counseling.org/docs/default-source/vistas/school-counselor-self-efficacy.pdf?sfvrsn=4>
7. Cinotti, D., & **Springer, S.I.** (2016). Examining the impact of non-counseling supervisors on school counselor self-efficacy. *Vistas* (71) 2016. Retrieved from <http://www.counseling.org/knowledge-center/vistas>

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6. Pennamon, R., Moss, L., & **Springer, S.I.** (2016). Scholarly writing groups: A source of support for doctoral students and early career counseling faculty. *Vistas* (72) 2016. Retrieved from <http://www.counseling.org/knowledge-center/vistas>
5. **Springer, S. I.** (2016). Examining predictors of group leader self-efficacy for preservice school counselors. *Journal for Specialists in Group Work*, 41(4), 286-311. doi:10.1080/01933922.2016.1228723
4. **Springer, S.I.** (2016) When Values Blur the Lines: Navigating an Ethical Dilemma in School Counseling. *The Journal of Counselor Preparation and Supervision*, 8(2). doi: 10.7729/82.1082
3. **Springer, S.I.** & Schimmel, C.J. (2016): Creative Strategies to Foster Pre-Service School Counselor Group Leader Self-Efficacy, *The Journal for Specialists in Group Work*, 41(1), 2-18. doi: 10.1080/01933922.2015.1111486
2. **Springer, S.I.** & Levitt, D.H. (2016) Eating issues and body image in elementary school: The school counselor's response. *Journal of School Counseling*. 14(2).
1. **Springer, S.I.** (2014) Get fit for life: Elementary school group counseling with a twist. *Journal of School Counseling*, 12(17). Retrieved from <http://www.jsc.montana.edu/articles/v12n17.pdf>

INVITED BOOK CHAPTERS

7. Vernon, A., **Springer, S.I.**, Moss, L., Cogorno, L. (2024) The Individual Counseling Process. In A. Vernon & C. Schimmel (Eds.), *Counseling Children and Adolescents*, 6th Edition. Cognella Academic Publishing
6. **Springer, S.I.** & Roselle, H. (2022). Groups in schools, In H. Hamlet (Ed.), *School practicum and internship: 30 essential lessons* (2nd Ed., pp. 366-412). Cognella Academic Publishing
5. **Springer, S.I.**, McCauley, E., & Sheklian, M. (2020) Group Work in the Natural World. In M. Delaney (Ed.), *Nature is Nurture: Counseling in the Natural World*, Oxford University Press.
4. **Springer, S.I.**, Peterson, J.S., Moss, L., Vernon, A. (2019) The Individual Counseling Process. In A. Vernon & C. Schimmel (Eds.), *Counseling Children and Adolescents*, 5th Edition. Cognella Academic Publishing
3. **Springer, S.I.** (2017) Childhood. In J. Schwarz (Ed.), *Counseling Women across the Lifespan: Empowerment, Advocacy, and Intervention* (pp. 95-112). New York: Springer Publishing
2. **Springer, S.I.** & Roselle, H. (2016) Groups in Schools, In H. Hamlet (Ed.), *School Practicum and Internship: 30 Essential Lessons* (pp. 230-273) Thousand Oaks: Sage Publications
1. **Springer, S.** (2013). Confidentiality with children. In D. Heller Levitt. & HJ. Hartwig Moorhead (Eds.), *Values and ethics in counseling: Real-life ethical decision-making* (pp. 77-84). New York, NY: Routledge.

BOOK CHAPTERS AND CONTRIBUTIONS

3. **Springer, S.I.** & Hennigan-Paone, C., Gibbons, M.M. (2019) What do I do when my supervisor lacks supervision? In T.A. Portman, C. Wood, and H.J. Frye (Eds.), *Critical Incidents in School Counseling 3rd Edition* (77-79). Alexandria: American Counseling Association
2. **Springer, S.** (2015). Contributing Editor. In J. Cook, *What Shoes Will You Walk In Activity and Idea Book* Chattanooga: National Center for Youth Issues.
1. **Springer, S.** (2013). Contributing Editor. In J. Cook, *Blueloon Activity & Idea Book*. Chattanooga: National Center for Youth Issues

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GRANTS

10. **Springer, S.I.**, Grant, K., Tortorello, S., & Reno, M.. (2024). *Psychodrama as an access point to trauma-informed counselor education pedagogy: An exploration of practitioners' training experiences*. Association for Counselor Education and Supervision (\$3000)
9. **Springer, S.I** (2020). *An International co-facilitation Daring Way™ presentation of a Shame Resilience Workshop to educators and health care providers in Queensland, Australia*. Creativity Grant: Monmouth University (\$2000)
8. **Springer, S.I.**, Grant, K., & Cozzolino, L. (2020) *Exploring students' experiences with a shame resilience curriculum in a counseling elective course: Courageous Connections*. CETL Spring 2020 SoTL Mini-Grant: Monmouth University (\$1000).
7. Moss, L., **Springer, S.I.**, Merlin-Knoblich, C., & Mason, E. (2019). *An exploration of site supervisors' group work supervision experiences with school counselors in training*. ASGW Research Grant (\$540)
6. **Springer, S.I.** (2018). *Consensual Qualitative Research workshop*. Creativity Grant: Monmouth University (\$500)
5. Hennigan, C. & **Springer, S.I.** (2017). *Addressing suicidality: Examining pre-service school counselors' perceptions of their training experiences*. ACAC Research Grant (\$500).
4. **Springer, S.I.** & Pugliese, A. (Not Funded). *Making Meaning of an Elementary School Counseling Intern-Led Faculty Presentation Supporting the Needs of Transgender and Gender Non-Conforming Youth and Families: A Qualitative Inquiry*. ALGBTIC Research Grant (\$500).
3. **Springer, S.I.** & Delaney, M. (2017). *Eco-Education: Integrating nature into the counselor education classroom*. Center for Excellence in Teaching and Learning, Monmouth University (\$1500).
2. Moss, L. & **Springer, S.I.** (Not funded). *An exploration of site supervisors' group work supervision experiences with school counselors in training*. Association for Specialists in Group Work (\$1500).
1. **Springer, S.I.**, Moss, L, Land, C., & Cinotti, D. (2015). *An Exploration of Pre-service School Counselors' Experiences with Group Leadership During Site Supervision*. Association for Counselor Education and Supervision (\$1500).

SCHOLARLY PRESENTATIONS

INTERNATIONAL/NATIONAL

30. **Springer, S.I.** & Grant, K. (2023, Oct). *Applying Brené Brown's theory to school counselor training and supervision*. Association for Counselor Education and Supervision (ACES) National Conference, Denver, CO
29. **Springer, S.I.** (2023, May). *Shame and dis(Connect)ion in the Counseling Office*. Association for Humanistic Counseling (AHC) National Conference, Denver, CO
28. **Springer, S.I.**, Grant, K., & Cozzolino, L. (2021, October). *Fostering Shame Resilience in Counselor Training: An Exploration of Brené Brown's Theory in Counselor Education*. Association for Counselor Education and Supervision (ACES) Conference, Virtual Round Table.
27. Schimmel, C. & **Springer, S.I.** (2021, May). *Understanding Growth Mindset, Protective Factors, & Resilience: Addressing Students' Well-Being in the Aftermath of COVID-19*. Positive Youth Development Summer Sessions. (Remote)
26. Harris, J. & **Springer, S.I.** (2020, May). *Daring Greatly™ Workshop*. Lagoons Resort 1770 Queensland, Australia. (Workshop Canceled- COVID)

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25. **Springer, S.** & Hall, S. (2020, March). *School Counselors as Advocates for the Needs of Transgender and Gender Non-Conforming Youth*. [Conference session]. *International School Counseling (ISCA) Conference*, Bangkok, Thailand (Conference canceled- COVID)
24. Mason, E. & **Springer, S.I.** (2019, October). *Developing Counselor-in-Training Advocacy Skills Using an Intern-Led Staff Training Model*. Association for Counselor Education and Supervision (ACES) Conference, Seattle, WA.
23. Moss, L., **Springer, S.I.**, & Mason, E. (2019, March). Making Meaning of an Elementary School Counseling Intern-Led Staff Development Presentation on the Needs of Transgender Youth and Gender Non-Conforming Youth. Evidenced-Based School Counseling (EBSCC) Conference, Columbus, OH.
22. **Springer, S.I.**, Wymer, & B., Bayne, H. (2019, February). *Examining the Use of Consensual Qualitative Research in Counselor Education*. Ethnographic & Qualitative Research Conference (EQRC), Las Vegas, NV.
21. Moss, L., **Springer, S.** Duenyas, D., Pennamon, R. (2017, October). *Forging the Future of Scholarly Collaboration of Counselor Educators*. Association for Counselor Education and Supervision (ACES) National Conference, Chicago, IL.
20. Delaney, M., **Springer, S.**, Duffy, J. & Lawn, M. (2017, September). *Ecotherapy and Counselors-in-Training: A Qualitative Study of Student Experiences in a Semester-Long Ecotherapy Course*. Association for Assessment and Research in Counseling (AARC) National Conference, Tempe, AZ.
19. Tuttle, M., Land, C., Moss, L., Appling, B., **Springer, S.** (2017, July). *Classroom Management: A Primer for School Counselors*. American School Counseling Association (ASCA) National Conference, Denver, CO.
18. Cinotti, D., Grant, K., & **Springer, S.I.** (March, 2017). *Promoting the Role of the School Counselor in Bullying Prevention and Intervention*. American Counselor Association (ACA) National Conference, San Francisco, CA.
17. **Springer, S.I.**, Cinotti, D., Gordillo, F., & Cannella, A, & Moss, L. (2016, April). *An Evidenced-based Approach for Fostering School Counselor Self-Efficacy*. American Counselor Association (ACA) National Conference, Montreal, Canada.
16. Land, C. Tuttle, M., & Moss, L., **Springer, S.I.**, (2016, February). *“Time In”: Yoga and Mindfulness in the Classroom*. Evidenced-Based School Counseling Conference (EBSCC), Athens, GA.
15. Land, C., Moss, L., Springer, S.I., Tuttle, M. (2016, February). *DETOUR AHEAD: Take the RAMP to recognition*. Evidenced-Based School Counseling Conference (EBSCC), Athens, GA.
14. Land, C., Moss, L., **Springer, S.I.** & Tuttle, M. (2016, February). *In Pursuit of Self-Care: The Ethical Intersection of Personal and Professional*. Innovations in School Counselor Preparation Conference, Athens, GA.
13. Land, C. **Springer, S.I.**, Tuttle, M., & Moss, L. (2016, February). *Creating Approaches to Group Supervision*. Innovations in School Counselor Preparation Conference, Athens, GA.
12. **Springer, S.I.** (2016, February) *Get Fit for Life: Elementary Group Counseling with a “Twist”* Association for Specialists in Group Work (ASGW) National Conference, Washington D.C.
11. **Springer, S.I.** & Moss, L. (2015, October) *Fostering Group Leader Self-Efficacy: Examining Site Supervisory Practices for Pre-Service School Counselors*. Association for Counselor Education and Supervision (ACES) National Conference, Philadelphia, PA.
10. Cinotti, D., **Springer, S.I.**, Gordillo, F., & Cannella, A. (2015, October) *Fostering School Counselor Self-Efficacy: Implications for Supervision and Training*. Association for Counselor Education and Supervision (ACES) National Conference, Philadelphia, PA.

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9. **Springer, S.I.** & Cinotti, D. (2015, June) *Fostering Self-Efficacy Through School Counselor Supervision*. International Interdisciplinary Conference on Supervision. Adelphi University, NY.
8. **Springer, S.I.** & Ducaine, C. (2015, March) *Disordered Eating Across the Lifespan: Beyond Detection at Adolescence*. American Counselor Association (ACA) National Conference, Orlando, FL.
7. Zavadil, A. & **Springer, S.I.** (2014, September) *LGBQ College Women and Sexual Violence Prevention: Exploring Campus Climate Experience and Bystander Intervention*, Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (ALGBTIC) national conference, New Orleans, LA.
6. **Springer, S.I.** & Schwarz, J.E. (2013, October) *Examining Counselor Education Curriculum and Supervision for School Counselors Facilitating Groups*, Association for Counselor Education and Supervision (ACES) national conference, Denver, CO.
5. Cinotti, D. & **Springer, S.I.** (2013, July) *Promoting the Role of the School Counselor in Harassment, Intimidation and Bullying (HIB) Prevention*. American School Counselor Association (ASCA) national conference, Philadelphia, PA.
4. Whittaker, J. & **Springer, S.I.** (2013, July) *Exploring Meaning and Purpose with Students: Practices and Perspectives of School Counselors*. American School Counselor Association (ASCA) national conference, Philadelphia, PA.
3. Schwarz, J.E. & **Springer, S.I.** (2013, October) *Meaning and Spirituality in Adolescence: Practices and Perspectives of School Counselors*. Association for Counselor Education and Supervision (ACES) national conference, Denver, CO.
2. **Springer, S.I.**, Cinotti, D. & Schwarz, J.E. (2013, March) *Promoting a Positive School Culture: Navigating the Role of the School Counselor in Bullying Prevention*. American Counselor Association (ACA) national conference, Cincinnati, OH.
1. Mazzarella, J., Lehembre, M. & **Springer, S.I.** (2012, July). *Adult Working Women and Workplace Bullying: What Do Counselors Need to Know*. Association for Adult Development and Aging (AADA) national conference, Williamsburg, VA.

REGIONAL LEVEL

7. **Springer, S.I.**, King, C., Cozzolino, L., & Tortorello, S. (2020, November). *Developing Courageous Counselors: Infusing Brené Brown's (SRT) across the Counseling Curriculum*. North Atlantic Region Association for Counseling Education and Supervision (NARACES) regional conference, Virtual Conference (originally accepted for in person conference in Pittsburgh, PA). (Workshop Canceled- COVID)
6. **Springer, S.I.**, Hennigan, C., & Colucci, J. (2018, October). *Addressing Suicidality: Examining Pre-Service School Counselors' Perceptions of their Training*. North Atlantic Region Association for Counselor Education and Supervision (NARACES) regional conference, Burlington, VT.
5. Moss, L., Pennamon, R. & **Springer, S.** (2016, October). *Writing Groups: Supporting Academic Resiliency Through the Dissertation Process and Beyond*. Southern Association for Counselor Education and Supervision (SACES) regional conference, New Orleans, LA.
4. **Springer, S.**, Moss, L., Land, C., & Cinotti, D. (2016, September). *Exploring Pre-Service School Counselors' Experiences with Group Leadership during Site Supervision*. North Atlantic Region Association for Counselor Education and Supervision (NARACES) regional conference, Syracuse, NY.
3. Moss, J. & **Springer, S.** (2016, September). *Enriching Counseling Scholarship through Structured Writing Groups*. North Atlantic Region Association for Counselor Education and Supervision (NARACES) regional conference, Syracuse, NY.
2. Ducaine, C., Shoemaker, K., & **Springer, S.I.** (2014, September) *Disordered eating across the lifespan: Preparation for counselors beyond adolescence*, North Atlantic Region Association for Counselor Education and Supervision (NARACES) regional conference, Providence, RI.

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1. Lehembre, M., **Springer, S.I.** & Kepicova, M. (2012, September) *Challenge of Role, Resiliency and Reliance: Three R's for Doctoral Student Success*. Southern Association for Counselor Education and Supervision (SACES) regional conference, Savannah, GA

STATE LEVEL

9. **Springer, S.I.** (2023, April). *The Personal is Professional: Cultivating Wellness and Meaningful Connections*. New Jersey Counseling Association (NJCA) State Conference: Virtual
8. **Springer, S.I.**, Grant, K. (2022, April). *Examining Shame Resilience: Applying Brené Brown's Theory to Personal and Professional Counselor Development*. New Jersey School Counselor Association (NJSCA) State Conference: Kean University Union, NJ.
7. Moss, L., Hamlet, H., **Springer, S.I.** (2022, March). *Practical Strategies for Managing Secondary Trauma*. Pennsylvania School Counselor Association (PSCA) State Conference: Virtual Conference.
6. **Springer, S.I.**, Cozzolino, L. & Tortorello, S. (2020, October). *Examining Shame Resilience: Applying Brené Brown's Theory to Personal and Professional Counselor Development*. Monmouth University Professional Counseling Conference: West Long Branch, NJ
5. Moss, L., **Springer, S.I.** & Cinotti, D. (2016, April). *In Pursuit of Self-Care: The Ethical Intersection of Personal and Professional*. New Jersey counseling Association Conference, Lincroft, NJ. ;
4. Moss, L. & **Springer, S.I.** (2016, February). *Sweet Student Groups for School Counselors*. Pennsylvania School Counselor Association (PSCA) State Conference, Hershey, PA.
3. **Springer, S.I.** (2015, April) *Fostering Group Leader Self-efficacy*. New Jersey Counseling Association (NJCA) State Conference, Lincroft, NJ.
2. **Springer, S.I.** & Mazarella, J. (2012, October) *Empowering Staff with Strategies that Foster Healthy Adult Relationships in the School Setting*. New Jersey School Counseling Association (NJSCA) fall conference, Long Branch NJ.
1. **Springer, S.I.** & Seaman, M. (2011, October). *Activities that Empower Young Bystanders in Bullying Prevention*, New Jersey School Counseling Association (NJSCA) regional conference, Long Branch, NJ.

NON-REFEREED PRESENTATIONS

3. Shoemaker, K., **Springer, S.I.**, & Ducaine, C. (2014, February) *Disordered Eating Behaviors in Clients Across the Lifespan*. Educational Workshop Sponsored by CSI: Chi Sigma Mu Executive Board, Montclair State University, Montclair, NJ.
2. **Springer, S.I.** (2013, April) *Promoting a positive school culture: Navigating the role of the school counselor in bullying prevention*. Presentation accepted for the Montclair State University Student Research Symposium, Montclair, NJ.
1. **Springer, S.** & McCotter, S. (2011, December). *Breaking Down Walls, Empowering Staff, and Fostering Healthy Adult Relationships: Promoting a Positive School Climate*. Professional Development Series: Harassment, Intimidation, and Bullying in Educational Settings at Montclair State University

INVITED GUEST PRESENTATIONS

13. **Springer, S.I.** (2024, Spring). *Introduction to Psychodrama: An Experiential Day of Learning*. COUN: 528: Introductions to Creative Arts and Specializations in Counseling course: Rider University
12. **Springer, S.I.** (2019, Spring). *Chi Sigma Iota Keynote Presentation*: New Jersey City University.

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11. **Springer, S.I.** (2016, Fall). *Elementary School Counseling*: COUN: 552 Introduction to Professional and Ethical Issues in Counseling, Montclair State University.
10. **Springer, S.I.** (2015, Summer). *Counseling Girls: Fostering an environment of empowerment*: COUN: 560 Counseling Girls and Women, The College of New Jersey.
9. **Springer, S.I.** (2015, Spring). *Elementary School Counseling*: Counseling Children and Adolescents, The College of New Jersey
8. **Springer, S.I.** (2014, Fall). *The Role of the School Counselor in Bullying Prevention*. CSI Workshop, Kean University.
7. **Springer, S.I.** (2014, Spring). *Multiple Roles and Responsibilities of the School Counselor as Anti-Bullying Specialist* 6th Annual Caldwell College Counseling Conference.
6. **Springer, S.I.** (2014, Spring). *Taking It to the Next Level: Educational Pursuit Beyond the Master's Degree*, Panel Discussion 6th Annual Caldwell College Counseling Conference.
5. **Springer, S.I.** (2014, Spring). *Elementary School Counseling*. Design and Administration of Developmental Counseling Programs, Rowan University.
4. **Springer, S.I.** (2013, Fall). *Elementary School Counseling*. Design and Administration of Developmental Counseling Programs, Rowan University.
3. **Springer, S.I.** (2013, Spring). *Group Counseling in Schools*. Group Counseling: Theories and Practice, Montclair State University.
2. **Springer, S.I.** (2012, Spring). *Setting Professional Boundaries in Relationships with Students*. Teachers Learning Professional Continuum, Montclair State University.
1. **Springer, S.I.** (2012, Spring). *Working with Adolescents in a School Setting: The Teacher's Role*. Urban Teacher Residency, Montclair State University

PROGRAM DEVELOPMENT

- School Counselor Peer Consultation Group:** Mendham Twp., NJ 2011-2016
Developed an online counselor consultation group with over 60 members around the state of New Jersey. Local counselors meet in person throughout the year for professional development opportunities
- School Counselor Professional Development Day:** Mendham Twp., NJ 2012, 2013, 2014
Developed a school counselor professional development day for area counselors to support consultation and resource dissemination.
- Founder/Director: Morning Fitness Group, Get Fit for Life!:** Mendham Twp., NJ 2010-2014
Developed a program for K-4 students integrating exercise, nutrition, and healthy social/emotional development through athletic activity.
- Residential Assistant (RA) Training Curriculum:** Barnard College, Columbia University, NY 2012
Co-developed (RA) training curriculum to support on-campus health.
- Founder/Director:** Mendham Twp. Tennis Camp: Mendham Twp., NJ 10/10-9/11
Developed a tennis program to enhance students' athletic and social skill development
- Founder/Director:** Summer Sports and Fitness Camp: Mendham Twp., NJ 6/10-8/10; 6/11-7/11
Developed a sports camp to promote positive social/emotional development through physical exercise

Sarah I. Springer

PROFESSIONAL RECOGNITIONS

- **Faculty Advisor** (ACA Student Ethics Competition- First Place Team) Spring 2018
- **NARACES New Professional Award** (Presented at ACES Conference, Chicago, IL) Fall 2017
- **NARACES Emerging Leader** (NARACES Conference: Syracuse, NY) Fall 2016
- **Invited Member** 4th White House Convening
 - Strengthening Preparing Students with Work-Ready Skills
 - *Pennsylvania State Team* working in support of the Reach HIGHER Initiative (Colorado) Summer 2016
- **ASGW Group Work Practitioner Award** (ASGW Conference: Washington: DC) Spring, 2016
- **ASGW Volunteer Scholarship** (ACA Conference: Orlando, FL) Spring, 2015
- **Student Research and Conference Travel Fund Award** (Montclair State University) Fall, 2014
- **Student Research and Conference Travel Fund Award** (Montclair State University) Spring, 2014
- **ASGW Emerging Scholar** (ASGW Conference: Orlando, FL) Spring, 2014
- **ACES Emerging Leaders Fellow** (ACES Conference: Denver, CO) Fall, 2013
- **College of Education and Human Services Student Research Award** (Montclair State University) Spring, 2012
- **Leopold Schepp Foundation Scholar** (New York, NY) 2012-2013
- **Leopold Schepp Foundation Scholar** (New York, NY) 2006-2007

PROFESSIONAL SERVICE

ASSOCIATE EDITOR (INVITED)

Journal of Human Services Scholarship and Interprofessional Collaboration (JHSSIC) 2023-Present

- Interdisciplinary journal featuring manuscripts that highlight collaboration between helping professions
- Responsibilities include providing detailed author feedback, compiling evaluations from reviewers, writing decision letters to authors throughout the revision process, and mentoring assistant editors and reviewers.

REVIEW BOARD MEMBER

Journal for Specialists in Group Work (JSGW) – Invited 2024-2027
Journal of School Counseling (JSC) 2015-2017
Journal for Specialists in Group Work (JSGW)- Ad Hoc 2016-2017

NATIONAL BOARD/COMMITTEE APPOINTMENTS

ASGW: Awards Committee, 2020 Conference 2020
ACES: Awards Committee, NARACES representative (Invited) 2019-2020
ASGW: Product Management Committee (Invited) 2017- 2018

Sarah I. Springer

REGIONAL BOARD/COMMITTEE APPOINTMENTS

NARACES: Communications Co-Chair (Invited) 2015-2020

STATE BOARD/ COMMITTEE APPOINTMENTS

NJACES: Secretary (Invited) 2018-2019

NATIONAL/REGIONAL/STATE VOLUNTEERISM

NARACES Newsletter Co-Editor 2016- 2020
NARACES Conference Planning Committee 2016
Pennsylvania Consortium on College and Career Readiness 2016
ASGW Booth Coordinator (ACA Conference, Montreal) 2016
ASGW Booth Coordinator (ACES Conference, Philadelphia) 2015
ASGW Booth Volunteer (ACA Conference, Orlando) 2015
ACAC CACREP Committee Member 2014
ASGW Awards Committee Member 2013-2014
AADA Conference Student Volunteer Summer, 2012

UNIVERSITY/COLLEGE/DEPARTMENT COMMITTEES

University

University Grants & Sabbaticals Committee: Monmouth University (Co-Chair: 2019-2021) 2018-2022
Search Committee: Occupational Therapy Doctorate Program – Capstone Coordinator 2020

College/Department

Plangere Endowed Chair Committee: School of Humanities and Social Sciences: Monmouth University 2018
Professional Development Committee, Professional Counseling Department, Monmouth University (Chair 2019-2020) 2018-Present
Credentialing Committee: Professional Counseling Department, Monmouth University 2016- Present
Syllabi Committee (Chair): Professional Counseling Department, Monmouth University 2016-Present
CACREP & Program Assessment Committee: Professional Counseling Department, Monmouth University 2016- Present
Profession Development Committee (ALT) Professional Counseling Department, Monmouth University 2016- 2017
Department Faculty Search Committee: Monmouth University 2016-2017

Prior University Service

College of Education Curriculum Committee: College of Education, Temple University 2015-2016
Program Coordinator Committee: Psychological Studies in Education Department, Temple University 2015-2016

PROFESSIONAL AFFILIATIONS

North Atlantic Region Association for Counselor Education and Supervision (NARACES) 2013-Present
Association for Counselor Education and Supervision (ACES) 2013- Present
Association for Specialists in Group Work (ASGW) 2013-Present
American Counselor Association (ACA) 2012- Present
American School Counselor Association (ASCA) 2010-Present
New Jersey School Counselor Association (NJSCA) 2010- Present
New Jersey Counseling Association (NJCA) 2018-2023
Monmouth County School Counselor Association (MCSCA) 2017-2020
Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (ALGBTIC) 2017-2019
Association for Child and Adolescent Counseling (ACAC) 2015- 2016
Chi Sigma Iota- Chi Sigma Mu Chapter (CSI) 2013-2015
Southern Association for Counselor Education and Supervision (SACES) 2012-2013
Association for Adult Development and Aging (AADA) 2012-2013