

# SARAH GAUMER

Fort Lauderdale, FL | sarah.gaumer@nbweston.com

## Professional Summary

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Empathetic Postdoctoral Resident with extensive experience providing psychological evaluations and psychotherapy services to children, adolescents, and adults. Expertise in anxiety, trauma, and obsessive-compulsive and related disorders. Understanding and compassionate professional committed to performing all duties in accordance with customary rules of ethics.

## Skills

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- Best Practices and Standards
- Interprofessional Collaboration
- Individual and Group Therapy
- Active Listening
- Cognitive Behavioral Therapy
- Acceptance and Commitment Therapy
- Dialectical Behavioral Therapy
- Exposure and Response Prevention

## Work History

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### POSTDOCTORAL RESIDENT

09/2021 to Current

#### Neurobehavioral Institute – Weston, FL

- Implemented Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Habit Reversal Training/Comprehensive Behavioral Intervention for Tics (HRT/CBIT), and Exposure-Based Therapy interventions (ERP, PE) for teens and adults with OCD, anxiety, eating disorders, body focused repetitive behaviors, and PTSD
- Scored and interpret psychological tests to obtain information on individuals' intelligence, achievements, interests, and personalities
- Developed therapeutic and treatment plans based on clients' interests, abilities, and needs
- Consulted with and provided consultation to other doctors, therapists, and clinicians regarding patient care
- Wrote reports on clients and maintained required paperwork
- Interacted with clients to develop insight, define goals, and plan action to achieve personal, social, educational, and vocational development and adjustment
- Collected information about individuals and clients, using interviews, case histories, observational techniques, and other assessment methods
- Identified psychological, emotional, and behavioral issues and diagnosed disorders using information obtained from interviews, tests, records, and reference materials
- Documented patient information with session notes, progress notes, recommendations, and treatment plans
- Consulted with other professionals, agencies, and universities to discuss therapies, treatments, counseling resources and techniques and share occupational information
- Conducted assessments of patients' risk for harm to self or others.

### CLINICAL PSYCHOLOGY INTERN

09/2020 to 09/2021

#### Mental Health Center of Florida – Fort Lauderdale, FL

- Provided individual and group psychotherapy to patients skilled nursing and assisted living facilities
- Provided individual, couples, and family psychotherapy to clients referred through ChildNet

- Conducted psychological, psychoeducational, and neuropsychological evaluations in various settings including office, jails, and child/adolescent residential facilities
- Performed patient evaluations and management for those that needed partial hospitalization
- Provided in-service training to long-term care facilities
- Collaborated with other professionals to evaluate patients' medical and physical condition and to assess client needs
- Developed and advised on social policy and assisted in community development
- Monitored, evaluated and record client progress according to measurable goals described in treatment and care plan
- Advocated for clients or patients to resolve crises.

## **PSYCHOMETRICIAN**

09/2020 to 07/2021

### **Robin Psychology, LLC – Plantation, Florida**

- Performed comprehensive psychological, neuropsychological, and psychoeducational evaluations.
- Scored assessments via computer-based scoring and manual hand-scoring.
- Gathered and reviewed patient medical history and records.
- Administered tests and questionnaires concerning psychological aspects of mood, behavior and personality.
- Assessed attention, memory and reasoning cognitive functions.
- Conducted interviews with family members and other knowledgeable persons to learn patient history and symptoms.
- Analyzed and integrated test data, giving feedback of results to referral sources.
- Prepared neuropsychological reports using data from psychological or neuropsychological tests, direct observations and interviews.

## **PSYCHOLOGY TRAINEE**

01/2018 to 08/2018

### **Psychological Services For Emotionally Distressed – Fort Lauderdale, FL**

- Provided individual insight-oriented therapy and assessment to adults and older adolescents who exhibited symptoms such as depression, mania, delusions, hallucinations, flat affect, poor social development, lack of self-care, social isolation or withdrawal, peculiar behavior, or odd beliefs

## **PSYCHOLOGY TRAINEE**

08/2017 to 12/2017

### **Palm Beach County Youth Services – West Palm Beach, Florida**

- Provided family, individual, and group therapy services, in addition to psychological evaluations to the community of West Palm Beach
- Served families with youth through age 22 years who sought services for a variety of reasons, including behavioral disorders, school/academic problems, parent-child relational problems, adjustment to parental separation or divorce, grief/loss issues, abuse or neglect, and to fulfill requirements for diversionary programs.

## **PSYCHOLOGY TRAINEE**

08/2016 to 08/2017

### **Child And Adolescent Traumatic Stress Program – Fort Lauderdale, FL**

- Interviewed clients regarding medical history and current symptoms
- Performed crisis intervention and emergency treatment in extreme situations
- Helped clients develop plans to achieve personal, social and vocational goals
- Diagnosed and treated patients with emotional, behavioral and mental disorders
- Performed psychometric tests to assess patient intelligence, behavior patterns and personality
- Collaborated with mental health professionals and other staff members to perform clinical assessments and developed treatment plans
- Assessed patients for risk of suicide attempts.

**ChildNet** – Fort Lauderdale, FL.

- Provided individual and family therapy services to neglected and abused children, conducted therapeutic family visitations and supervised court ordered visitations
- Attended hearings and reported client progress to the court
- Tracked client's case plan and made recommendations based on their progress.

## Education

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**Doctor of Psychology (Psy.D):** Clinical Psychology 10/2021

**NOVA SOUTHEASTERN UNIVERSITY** - Davie, FL

- 3.6 GPA
- **Thesis:** Impact of police personality and coping on perceived job stress.
- **Capstone Project:** Police use of force: Training, situational factors, and cognitive processing
- O. Mike and Marion Marinelli Scholarship 2014-2018
- PSI CHI National Honor Society of Psychology
- National Society of Leadership and Success

**Master of Science (M.S.):** Clinical Psychology 06/2018

**NOVA SOUTHEASTERN UNIVERSITY** - Ft. Lauderdale, FL

**Master of Business Administration (MBA)** Expected in 01/2024

**NOVA SOUTHEASTERN UNIVERSITY** - Davie, FL

**Bachelor of Science (B.S.):** Psychology 05/2014

**KENT STATE UNIVERSITY** - Kent, OH

- 3.9 GPA
- **Thesis:** Media and mental illness: The effect of television on attitudes about the mentally ill.
- University Honors for Senior Honors Thesis
- Undergraduate President's List
- Undergraduate Dean's List
- Golden Key International Honor Society
- Recipient of the Honors Program Scholarship
- Honorary Invitee to the Kent State Featured Speaker Series: John Hunter

## Publications

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- Gaumer, S. (August, 2017). *Impact of police personality and coping on perceived job stress*. Poster submitted for presentation at the annual meeting of the American Psychological Association, Washington, D.C.
- Yen, Y.C., Berbeito, C., Martinez, D., Gaumer, S., and Moylan, C. (June, 2017). *Investigating the relationship between romantic relationships, peer relationships, and depression*. Poster submitted for presentation at the annual meeting of the Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Washington, D.C.
- Gaumer, S. (2014). *Media and mental illness: The effects of television on attitudes about the mentally ill*. Saarbrücken: LAP LAMBERT Academic Publishing.

## Professional Development

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- **2022: Prolonged Exposure for PTSD: A Comprehensive Guide for Clinicians**, Psychotherapy Academy, Online Training Workshop.
  - **Description:** Online course led by Dr. Barbara Rothbaum. Learned the critical steps and components of prolonged exposure, including emotional processing, breathing retraining, imaginal exposure, and constructing in vivo hierarchies, and assigning appropriate homework assignments.
- **2015-2019: Dean's Leadership Team:** College of Psychology, Nova Southeastern University, Fort Lauderdale, FL.
  - **Responsibilities:** Mentored incoming first year students, aided with first year orientation and graduation ceremony, and attended other required social events.
- **2015-2019: Nova Player's Hostage Negotiation Training Team:** College of Psychology, Nova Southeastern University, Fort Lauderdale, FL.
  - **Responsibilities:** Assisted local hostage/crisis negotiation teams in their mental health training by role playing as mentally ill hostage takers, barricaded subjects, suicidal subjects, etc. and provided feedback to the officers about their techniques.
- **2016 Assessment Workshop**, Assessment of Children: WISC-V and WPPSI-IV. Presented by Jerome Sattler, Ph.D., ABPP, ABPN at College of Psychology, Nova Southeastern University, Fort Lauderdale, FL.
  - **Description:** Covered the standardization, scoring, reliability, validity, factor analysis, short forms, subtest scatter, and strengths and limitations WISC-V and the WPPSI-IV. It considered the role of the evaluator in the assessment process and report writing. Addressed the administration of the WISC-V and WPPSI-IV to children with disabilities and how to interpret the new editions. The Cattell-Horn-Carroll theory was covered for each of the new editions.
- **2015 Specialized Lecture Series**, Davie Civilian Police Academy presented by Davie Police Officers at the Davie Police Department, Davie, FL.
  - **Description:** Attended an 11-week course that lectured on the roles, responsibilities, and functions of the Davie Police Department. Topics covered included Legal Issues, Community Policing, Crime Prevention, Police Use of Force, Firearms Familiarization, DUI Enforcement, Patrol and Criminal Investigations. Specialized presentations were provided by the Canine Unit, Dive Team, and Motor Unit.

## Professional Affiliations

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Student Member of APA Division 18—Psychologists in Public Service, 2015-2016

Student Member of The American Psychological Association, 2014-2016

Member of The American Psychological Association of Graduate Students, 2014-2016