Sarah received her Bachelor's Degree in Anthropology from University of Rochester and her Master's Degree in Social Work from Bridgewater State University. She is working toward licensure in Clinical Social Work for the State of Alaska. She has prior experience working with students of all ages in several different settings. Sarah utilizes a strengths-based approach that is holistic, client-centered, and eclectic. She believes that overall health and wellness depends on the strength of and connection between the physical, mental, emotional, and spiritual aspects of a person. Her interests and specialties include mindfulness and contemplative practices, trauma, anxiety, depression, relationship issues, and stress management.