

CURRICULUM VITAE

**Sarah L. Mendoza, PhD, NCC,
LMHC, QS (FL – MH11002)**

Assistant Professor
Department of Psychological Sciences and Counseling
Austin Peay State University
202H Health Sciences Building, Clarksville, Tennessee
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EDUCATION

- August 2022** **Doctorate of Philosophy**
Area of Specialization: Counselor Education & Supervision
University of Central Florida, Orlando, FL (*CACREP Accredited*)
- Dissertation Title: *The Empathy Reading Project: Bibliotherapy for Parents and their Children living with autism spectrum disorder*
- August 2009** **Master of Arts (M.A.)**
Area of Specialization: Clinical Mental Health Counseling
University of Central Florida, Orlando, FL (*CACREP Accredited*)
- May 2006** **Bachelors of Science (B.S.)**
Major: Psychology
Minor: Spanish Language
University of Central Florida, Orlando, FL

PROFESSIONAL LICENSURE AND CERTIFICATION

- | | |
|--|-----------------------|
| Licensed Clinical Professional Counselor
State of Montana, Board of Behavioral Health
License #: BBH-LCPC-LIC-62376 | 2023 – Present |
| Qualified Supervisor (QS)
Florida Department of Health
License #: MH11002 | 2020 – Present |
| National Certified Counselor (NCC)
National Board of Certified Counselors
Certification #: 1428881 | 2019 – Present |
| Licensed Mental Health Counselor (LMHC)
Florida Department of health
License #: MH11002 | 2011 – Present |

ACADEMIC POSITIONS

Austin Peay State University, Assistant Professor
Department of Psychological Science and Counseling
Counseling Program
Clinical Mental Health Counseling Concentration

August 2025-Present

Montana State University, Assistant Professor
Department of Counseling
Clinical Mental Health Track Coordinator
Field Placement for CMH & CMFC

August 2022-August 2025

August 2023-May 2025

RESEARCH INTERESTS & FOCI

- Evidence-Based Counseling Interventions and Outcomes
- Neurodiversity and neurologically informed care
- Empathy Development

RESEARCH & GRADUATE TRAINING EXPERIENCE

Human Development Clinic at Montana State University
Primary Investigator, start-up funds through College of Education Health and Human Development

Human Development Clinic (HDC), Bozeman, MT

- Implemented research at the HDC for ages 12 and up, through use of five quantitative assessments
- Organized acquisition and implementation of technology for data collection: OQAnalyst©, continued licensure Titanium© and use of Webforms
- Trained all practicum, internship students, and graduate teaching assistants on data collection procedures

Community Counseling and Research Center at the University of Central FL

Clinic Research Assistant, Dr. Melissa Zeligman

August 2021-August 2022

Community Counseling and Research Center (CCRC), Orlando, FL

- Organized data collection on student and clients engaged at the CCRC.
- Generated reports on students' performance in the CCRC training environment.
- Searched for and collaborated on available grant funding for free community-based services like the CCRC.

Clinic Coordinator, Dr. John Super

August 2020-August 2021

- Assisted with daily operations of clinical management
- Provided oversight of all intake volunteers and schedule of clients
- Reviewed all intake screenings for the placement of clients
- Created WebCourse@UCF Orientation to Practicum
- Facilitated transition to telehealth counseling services during COVID-19
- Coordinated placement of Practicum Master's level students

Outreach Coordinator, Dr. J. Richelle Joe

August 2019-August 2020

- Collaborated with local mental health providers to facilitate referrals
- Attended community events to support awareness of the CCRC
- Assisted with creating access to technology at local community site so prospective clients could have tele-health support
- Connected with local school counselors to assist with referral process for students and families

Graduate Research Assistant, Dr. Mark Young

May 2006-December 2008

Department of Child, Family, & Community Sciences
University of Central Florida, Orlando, FL

- Assisted in the response for proposals for Marriage and Family Research on Couple's Enrichment that created the Florida Marriage and Family Research Institute at UCF and funded the *Together Project*.
 - Daire, A. P., Principal Investigator, & Young, M., Co-Principal Investigator. (2007-2011). Supporting Healthy Marriages (SHM) – Together Project. MDRC Supporting Healthy Marriages National Demonstration Project. Amount funded: \$3,574,583. Participated in start-up and beginning phases of grant funding with federal oversight team and UCF faculty.
- Traveled to flagship research site in Oklahoma City to learn best practices for programmatic structure and research.

Applied Cognition and Technology (ACAT) Lab, Dr. Valarie Sims

2004-2006

Psychology Department

University of Central Florida, Orlando, Florida

- Collaborated with lab team on animal-human interactions to complete Research and Mentorship Program (RAMP) & McNair Scholarship research.
- Assisted in research on anthropomorphism and facial recognition in vehicles

GRANT PROPOSALS

Office of Research & Development (RED) at Montana State University. (2025).
Collaboration to Increase Access to Mental Health Services for Spanish Speaking Population: Development of Culturally Sensitive Intervention for an NIH R-level proposal. Funded for \$46,000 through 1/16/26.

National Institute of Minority Health and Health Disparities (NIMHD) (2024).
Measures and Methods to Advance Research on Minority Health and Health Disparities-Related Constructs [PAR-22-072]. *Trenzas: A Participant-Centric Braided Data Collection Framework for Psychosocial Health Survey Research to Capture Complexity and Promote Accuracy, Equity, and Participant Engagement*. (Unfunded).

Education, Health and Human Development (EHHD) at Montana State University start-up research funds (2022). Human Development Clinic Quantitative Assessment Research with Voluntary, Outpatient Clients ages 12 and up. Funded for \$30,000 over the Initial Three Years through Summer 2025.

PUBLICATIONS

- Mendoza, S., & Dillman Taylor, D.** (2024). The empathy reading project: Bibliotherapy between parents and their children with autism spectrum disorder. *International Journal of Developmental Disabilities*
- Rujimora, J., **Mendoza, S.**, Fakhro, D., Zeligman, M., & Super, J. (2024). A counselor education's community clinic's shift to telehealth during COVID-19: A programmatic perspective. *International Journal for the Advancement of Counseling*
- Dillman Taylor, D., Thompson, K. Frawley, C., **Mendoza, S.**, & Blount, A. (2023). Understanding the effect of COVID-19 on two children with autism and their caregivers: a case study research design. *International Journal of Developmental Disabilities*, 1-12.
<https://doi.org/10.1080/20473869.2023.2231219>
- Fakhro, D., Rujimora, J., Zeligman, M., & **Mendoza, S.** (2023). Counselor self-efficacy, multicultural competency, and perceived wellness among counselors in training during covid-19: A pre- and peri-analysis. *Journal of Counselor Leadership and Advocacy*, 1–13.
<https://doi.org/10.1080/2326716X.2023.2229323>
- Sims, V.K., Chin, M.G, Smith, H.S., Ballion, T., Sushil, D.J., Strand, M., **Mendoza, S.**, Schumaker, R., Finkelstein, N. (2006). Effects of eye structure and color attribution for intelligent agents. In *Proceedings of Human Factors and Ergonomics Society Annual Meeting*, 50(17), 1849-1852. <https://doi.org/10.1177/154193120605001728>.

Under Review:

- Dunbar, E T., **Mendoza, S.**, Nelson, M. D., Hurt-Avila, K., Tarabochia, D. S., & Steller, J. M. (Under Review). Integrating spirituality into rural school counseling. *Journal of School Counseling*.
- Franklin, K., Koltz, R., **Mendoza, S.**, Wright, S. (Under Review) Rural Realities: Navigating Challenges and Cultivating Success in School and Community Counseling. *Journal of School Counseling*.

In Progress:

- Decker, K., Vaterlaus, M., Sparks, A., & **Mendoza, S.** (In Progress). Montana families experience of parent-child interaction therapy: An exploratory study.
- Zeligman, M. & **Mendoza, S.** (In Progress). Adverse childhood experiences and treatment outcomes in a training clinic.

TEACHING EXPERIENCE

AC 505: Cross Cultural & Ethical Issues in Addictions Counseling

Summer 2024, 2025

- Instructor of record, Assistant Professor Montana State University
- Course content and instruction provided asynchronous online through Desire2Learn

HDCO 564: Diagnosis

Spring 2024, 2025

- Instructor of record, Assistant Professor Montana State University
- Course content and instruction provided in person with online enrichment through Desire2Learn
- Provided instructional supervision to Counseling Department Graduate Teaching Assistant

AC 502: Psychopharmacology

Spring 2024, 2025

- Instructor of record, Assistant Professor Montana State University
- Course content and instruction provided asynchronous online through Desire2Learn

HDCO 522: Group Counseling

Fall 2022, 2023, 2024

- Instructor of record, Assistant Professor Montana State University
- Course content and instruction provided in person with online enrichment through Desire2Learn
- Supervision provided to Graduate Teaching Assistants for Experiential Group

HDCO 568: Mental Health Methods

Fall 2022, 2024

- Instructor of record, Assistant Professor Montana State University
- Hybrid course delivery in person and Desire2Learn on alternating weekly schedule

COUN 5600(APSU) & HDCO 558 (MSU): Career Counseling

Summer 2022, 2024, 2025

- Non-tenure track instructor Austin Peay State University 2025
- Non-tenure track instructor at Montana State University summer 2022 and tenure track faculty 2024
- Course content and instruction provided in person with online enrichment through Desire2Learn.

MHS 6466: Foundations of Trauma and Crisis Counseling

Fall 2021

- Co-instructor under the supervision of Dr. John Super (Associate Lecturer).
- Course content and instruction provided in person with online enrichment.

MHS 6401: Techniques in Counseling

Spring 2021

- Co instructor under the supervision of Mr. Shane Johnson (Adjunct Professor).
- Course content and instruction provided in person on campus.

Fall 2020

- Co-instructor under the supervision of Dr. Ximena Mejia (Adjunct Professor).
- Course content and instruction provided online.

MHS 6803/HDC 571: Practicum in Counseling

Fall 2020, 2025 Spring 2023, 2024

- Co-instructor under the supervision of Ms. Tiffanie Trudeau (Adjunct Professor).
- Provided live-supervision and triadic supervision to supervisees
- Completed Counselor Competency Scale Revised (CCSR) for mid and final evaluations of supervisees.

MHS 6830/HDC 598: Internship in Counseling

Fall 2019, Summer 2023, Fall 2023

- Provided supervision while primary instructor Dr. Gunlora Hundley (Associate Lecturer) was away for two consecutive weeks.
- Course content and instruction provided in person on campus.

Invited Guest Lecture

MHS 6020: Mental Health Care Systems

Fall 2021

- Guest lecture on the Managed Care in Mental Health Systems and best practices.
- Course content and instruction provided in person on campus.

MHS 6470: Human Sexuality & Relationships

Summer 2020

- Dr. Shea Hughes-Brand, class instructor, allowed peer guest lecture in coordination with the PhD Course on Multicultural Counseling.
- Provided co-guest lecture on Pedophilia and Forensic Sexual Disorders.
- Course content and instruction provided in person on campus.

MHS 6020: Mental Health Care Systems

Fall 2019

- Guest lecture on the National Alliance on Mental Health and the peer base support in mental health recovery.
- Course content and instruction provided in person on campus.

PROFESSIONAL PRESENTATIONS

Mendoza, S. & Franklin K. (2025, April). Wrangling Stigma: Counseling on a Dude Ranch. [Poster Presentation]. Rocky Mountain Association for Humanistic Counselors National Conference, Tampa, Florida

Zeligman, M., Hasan, S., Rickman, L., **Mendoza, S.**, & Fazel, N. (2025, January). Client Outcomes in a University Training Clinic. University of Central Florida Annual Virtual Conference, Orlando, Florida.

Mendoza, S. & Franklin K. (2024, September). Wrangling Stigma: Counseling on a Dude Ranch. [Poster Presentation]. Rocky Mountain Association for Counselor Education and Supervision Regional Conference, Whitefish, Montana.

Fakhro, D., Nier, K., & **Mendoza, S.** (2024, July). Impact of the COVID-19 pandemic on perceived stress and functioning: A community clinic study. The 45th Annual International Stress, Trauma, Anxiety, and Resilience Research Conference (STAR), Charlotte, North Carolina.

Mendoza, S., Wright, G., & Super, J. (2023, October). The flipped classroom: Pedagogy for counselor education for all time. [Poster Presentation]. Association for Counselor Education and Supervision, Denver, Colorado.

Rujimora, J., Fakhro, D., **Mendoza, S.**, & Zeligman, M. (2023). Adverse childhood experiences as predictors of treatment outcomes in a training clinic. Florida Counseling Association Traumatology Symposium, Virtual.

Rujimora, J., & Fakhro, D., **Mendoza, S.**, & Zeligman, M. (2023, March). Adverse childhood experiences as predictors of treatment outcomes in a training clinic. [Poster Presentation]. UCF College of Community Innovation and Education Research and Impact Showcase, Orlando, Florida.

Rujimora, J., & Fakhro, D., **Mendoza, S.**, & Zeligman, M. (2023, March). Adverse childhood experiences as predictors of treatment outcomes in a training clinic. [Poster Presentation]. UCF Student Scholar Symposium, Orlando, Florida.

Fakhro, D., Rujimora, J., Innocent, B., **Mendoza, S.**, & Zeligman, M. (2023, October). The impact of COVID-19 on counselors-in-training's wellness and self-efficacy. [Poster Presentation]. American Counselor Education & Supervision National Conference, Denver, Colorado

Fakhro, D., Rujimora, J., Innocent, B., **Mendoza, S.**, & Zeligman, M. (2022, November). The impact of COVID-19 on counselors-in-training's wellness and self-efficacy. [Poster Presentation]. Southern Association for Counselor Education and Supervision, Baltimore, Maryland.

Zeligman, M., **Mendoza, S.**, Rujimora, J., & Fakhro, D. (2022, September). Adverse childhood experiences and mental health in a community counseling clinic. [Poster Presentation]. Association for Assessment and Research in Counseling, St. Louis, Missouri.

- Rujimora, J., Fakhro, D., Innocent, B., **Mendoza, S.**, & Zeligman, M. (2022, March). Examining self-efficacy and perceived wellness in counselors-in-training before and during Covid-19. [Poster Presentation]. CCIE Research Showcase, Orlando, Florida.
- Rujimora, J., Fakhro, D., Innocent, B., **Mendoza, S.**, & Zeligman, M. (2022, March). Examining self-efficacy and perceived wellness in counselors-in-training before and during Covid-19. [Poster Presentation]. UCF Student Scholar Symposium, Orlando, Florida.
- Rujimora, J., Fakhro, D., Zeligman, M., & **Mendoza, S.** (2022, January). Examining Self-Efficacy and Perceived Wellness in Counselors-in-Training Before and During COVID. Virtual Presentation University of Central Florida Annual Counseling Conference 2022
- Dillman Taylor, D., Frawley, C., & **Mendoza, S.** (2022, January). Parenting in the Pandemic: How to Facilitate Connection. Virtual Presentation University of Central Florida Annual Counseling Conference 2022
- Mendoza, S.** (2019, November). Treating Opioid Use Disorder using Internal Family Systems Approach. Poster presentation in IDS 7500 with College of Community Innovation and Education interdisciplinary PhD cohort.
- L. Herbert, **Mendoza, S.**, & Shillingford, M. A. (2019, July) Thriving and Coping: Understanding the many layers of the Superwoman Archetype. Presented at The UCF Summer Research Summit, Orlando, FL.
- Ruiz, C. & **Mendoza, S.** (2018, March). The Brain Always Wins: Medically Assisted Treatment for Opioid Use Disorder. Continuing Education event for La Amistad Behavioral Health, Winter Park, FL.
- Mendoza, S.** (2005, October). Animal Abuse inquiries in Counseling. Poster presentation McNair National Research Conference, Delavan, WI
- Mendoza, S.** (2004, August). Animal Abuse inquiries in Counseling. McNair Research Symposium, University of California Berkeley, Berkeley, CA.

PROFESSIONAL CLINICAL EXPERIENCE

Sarah L. Mendoza, LLC

May 2023-Present

- Provide individual, outpatient counseling to adults in rural and urban settings, both in person and via telehealth
- Provide clinical supervision to pre-licensure counselors in Florida and Montana

La Amistad Behavioral Health Services, Maitland, FL **Director of Admissions**

November 2012-May 2019

- Directed team of intake counselors to facilitate the admission of all adult, adolescent, and child patients entering residential, partial hospitalization, and intensive outpatient treatment voluntarily for mental health and/or substance use disorder treatment services.
- Provided supervision of the triage process of all patients entering care, coordinated the psychiatrist's admissions schedules, ensured unit preparedness with distribution of daily

schedule, and coordinated all admissions aspects of care with the treatment team.

- Maintained and update all policies and procedures, job descriptions and department manual.
- Facilitated initial steps in research required by Joint Commission of all patients entering treatment with Risk Manager.

Intake Counselor

November 2011-November 2012

- Facilitated the intake and assessment process of prospective dual-diagnosis patients for residential, partial hospitalization and intensive outpatient care.
- Received incoming calls from prospective clients and their family members and provided program information.
- Coordinate patient care with treatment providers: inpatient hospitals, outpatient therapists, detoxification centers, and other referring professionals.

Patient Care Advocate

February 2012-February 2013

- Selected for patient care advocate role by the Chief Executive Officer to address patient concerns throughout the facilities in addition to other duties.
- Addressed patient feedback and concerns with appropriate leadership team members and ensured proper resolution and documentation of meeting the patient's needs.

Choices Counseling Center, Winter Park, FL

May 2010-November 2011

Counselor

- Provided individual and group psychotherapy to dual-diagnosis client population in an outpatient and intensive outpatient program in a therapeutic community model of care.
- Conducted individual therapy using cognitive behavioral therapy.
- Conducted family therapy using a family systems approach.
- Co-facilitated group counseling sessions utilizing psychodrama and experiential therapy techniques in regularly scheduled group therapy and weekend and week-long intensive treatment programs provided in retreat-like structure.

Specialize Treatment Education and Prevention Services (STEPS), Apopka, FL

Assistant Director of Women's Residential

January-May 2010

- Provided daily administrative support to Program Directory in the operation of Women's Residential Program for indigent, pregnant women, post-partum women, and those who are receiving treatment in lieu of incarceration for substance-related legal charges.
- Supported treatment goals of program participants to identify with a 12-step recovery model, complying with legal requirements, seeking employment, and performing community service work to maintain sobriety and mental health stability.
- Conducted individual and group counseling, psychoeducation on the disease of addiction, co-occurring mental health disorders, and the process of recovery with structured support.
- Completed Employee Training Manual for multiple sites, facilitated staff meetings, and supported other STEPs treatment locations with intake evaluations and clinical services as directed by Executive Director.

Alcoholism Treatment Center, Raleigh, NC

January-August 2009

(Formerly Wake Medical Plaza now Holly Hill Hospital)

Counselor Intern

- Completed 900 hours of internship clinical experience on detoxification and inpatient treatment unit for chemical dependence and mental health treatment.
- Participated in multi-disciplinary team of medical and clinical treatment providers.
- Performed intake and family assessments with patients on 20 bed inpatient unit.

- Provided individual counseling, family sessions and co-facilitated group counseling based on 12-step and medical model of treatment and addiction.
- Documented treatment progress in accordance with Medicaid and Medicare standards.

SafeHouse of Seminole

Seminole County Domestic Violence Advocacy Center, FL

Family Service Coordinator

November-December 2008

- Supervised visitation between parents and children who were required by the Department of Children and Families (DCF) to work on a reunification plan after child(ren) were removed from the home as part of a parenting safety plan.

Victims Advocate

May-December 2008

- Provided victim support services to women and children who were in imminent danger from domestic violence and female survivors of sexual assault.
- Supported program participants in women's shelter through individual and group counseling, safety planning, medical and social service referrals, intakes and screenings.
- Answered 24-hour crisis hotline for Seminole County Victims Services.

SERVICE

Faculty Senate Alternate, MSU

Academic Year 2024-2025

Chi Sigma Iota, Mu Tau Chapter, MSU, Faculty Advisor

Spring 2023-2025

Seach Committee Member, MSU, New Hire Assistant Professor

Spring 2023

Conference Proposal Reviewer, SACES National Conference

March 2022

Volunteer, Prospective UCF PhD Student Orientation

October 2021

Member, UCF Counselor Education Advisory Board of Directors

Fall 2021-Summer 2022

President, Counselor Education Doctoral Student Organization

May 2020-2021

Coordinated PhD peer student support meetings and updates through pandemic

Conference Proposal Reviewer, UCF Counseling Conference

January 2020

Volunteer on site for weekend conference

Volunteer reviewer for presentation proposals

Counselor, Master's Students Experiential Group Counseling

Fall 2019 & Spring 2020

Facilitated group counseling experience for 10-12 Masters students

Volunteer, Just as You Are (JAYA) Program

2013-2016

Supported women in work release program at Journey Christian Church

Presenter, National Alliance for Mental Illness of Greater Orlando (NAMIGO)

2012-2022

Volunteer Presenter for Provider Education with NAMIGO

SCHOLARSHIP & FELLOWSHIP AWARDS

MSU Outstanding Faculty Education, Health and Human Development	Spring 2024
Graduate McNair Fellowship, PhD	Fall 2019-Present
Summer Research & Mentorship, Dr. M. Ann Shillingford-Butler	May-August 2019
Graduate McNair Fellowship, Masters	August 2006-December 2009
Summer Research & Mentorship Program, Dr. Mark Young	May-August 2006
McNair Scholar, Undergraduate, Dr. Valarie Sims	August 2004-May 2006
Research and Mentorship Program, Dr. Valarie Sims	August 2004-May 2006

CONFERENCES

American Counselor Education & Supervision Present	August 2022- March 2024
American Counseling Association, New Orleans, LA <i>Attendee</i>	
Association for Counselor Education and Supervision (ACES), Atlanta, GA <i>Attendee</i>	Oct 2021
American Association of Colleges for Teacher Education (AACTE), Atlanta, GA <i>Attendee</i>	Feb 2020
Holmes Scholars Preconference to AACTE, Atlanta, GA <i>Attendee</i>	Feb 2020
UCF Counselor Education Conference, Orlando, FL <i>Attendee</i>	Jan 2020
American Society of Group Psychotherapy and Psychodrama, Clearwater, FL <i>Attendee</i>	May 2011
American Counseling Association Conference, Detroit, MI <i>Attendee</i>	March 2007
American Psychological Association National Conference, Washington D.C. <i>Attendee</i>	August 2005

PROFESSIONAL MEMBERSHIPS

American Counselor Association (ACA)	2019-Present
Humanistic Counselor Association (HCA)	2019-Present
National Board Certified Counselor	2019-Present
Counselor Education Doctoral Student Organization (CEDSO)	2019-2022

Holmes Scholar

2020-2022

National Alliance for Mental Illness, Greater Orlando (NAMI)

2012-2022