

Curriculum Vitae

Sandra K. Knapp, MS, LPCS

LICENSE

South Carolina Licensed Professional Counselor (LPC) # 6564
Supervisor (LPCS) # 8054

EDUCATION

Master of Science 08/2012 - 05/2014
Clinical/Counseling Psychology
Georgia Regents University, Augusta, GA

Bachelor of Arts 08/2007 - 12/2010
Major: Psychology, Minor: Sociology
University of South Carolina, Beaufort, SC

LEADERSHIP AND CLINICAL EXPERIENCE

Founder/Therapist 04/2017 – Present
Mind Matters Therapy Services LLC, Hilton Head Island, SC

- Specialize in providing evidence-based treatment and counseling services to individuals across the lifespan in addressing concerns related to trauma, post-traumatic stress, addiction, and anxiety
- Provide individual and group therapy
- Provide licensure supervision for LPC & LPC/A clinicians in South Carolina
- Implement and review policies and procedures in accordance to state and federal regulations
- Implement budgeting and financial management to ensure compliance and growth of the company
- Attend networking and education events with agencies and individual providers to establish collaborative business relationships in the community

Clinical Director 05/2018- 4/2019
Meadows Behavioral Health, Hilton Head Island & Bluffton, SC
Magnolia Recovery Center & Meadows Outpatient Center

- Oversee the everyday operations of residential and outpatient treatment centers
- Initiate program assessment and implement quality program enhancements, utilizing evidence-based practices
- Implement financial management of the clinical department
- Evaluate patient level of care through data collection, analysis, chart audits, and observing direct patient care
- Implement and review policies and procedures in accordance to SCDHEC and Joint Commission regulations

- Part of senior leadership team, partner closely with the medical, nursing, operations, admissions, and outreach departments
- Oversee and ensure compliance of the medical and nursing departments as it relates to clinical programming and patient care
- Facilitate interdisciplinary staff meetings
- Manage and provide clinical supervision of direct care personnel. Total of 22 staff members including: therapists, behavioral health technicians, case manager, and program manager
- Attend networking and community education events focusing on referrals and collaborative care
- Maintain relationships with outside agencies and referents

Primary Therapist

10/2017- 5/2018

*Meadows Behavioral Health, Hilton Head Island, SC
Sunspire Health/Magnolia Recovery Center*

- Coordinated and provided individual therapy, case management, group therapy, biopsychosocial assessments, and evidence-based individualized treatment to address concerns related to substance use and comorbid diagnoses
 - Utilized Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), Solution-Focused, Eye Movement and Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavioral Therapy (DBT) and client centered approaches
- Attended and participated in clinical and interdisciplinary treatment team meetings
- Developed the outpatient center program curriculum

Therapist/Forensic Interviewer

08/2014 – 10/2017

Hopeful Horizons, Clinical Services, Beaufort, SC

- Clinical Project Supervisor for Alternatives for Families Cognitive Behavioral Therapy (AF-CBT)
 - Provided supervision for clinicians participating in the treatment collaborative
- Provided individual therapy to child victims and suspected victims of trauma and their non-offending caregivers
 - Through implementation of evidence-based treatments: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Child and Family Traumatic Stress Intervention (CFTSI), AF-CBT, and psychoeducation
- Provided individual therapy to adult victims of sexual violence
 - Through implementation of Cognitive Processing Therapy and supportive counseling
- Facilitated group therapy at Child Abuse Prevention Association (CAPA)
- Conducted comprehensive trauma assessments
- Provided trauma-related mental health services to over 250 clients
- Conducted Forensic Interviews with children and adolescents as a method of gathering factual information regarding allegations of abuse and/or exposure to violence

TEACHING EXPERIENCE

Instructor of Psychology

University of South Carolina Beaufort, SC

08/2019 – present

- Provide academic instruction
 - PSYC B101 Introduction to Psychology
 - PSYC B216 Psychology of Marriage
 - PSYC B311 Abnormal Psychology
 - PSYC B321 Life Span Developmental Psychology
 - PSYC B341 Personality Theory
 - PSYC B361 Biological Psychology
 - PSYC B409 Positive Psychology
 - PSYC B411 Introduction to Clinical Psychology
 - PSYC B490 Selected Topics in Psychology
 - PSYC B495 Internship in Psychology I
- Provide student academic support and advising
- Student internship supervision

Adjunct Psychology Instructor

Technical College of the Lowcountry-Beaufort, SC

06/2014 – 12/2016

- Provided academic instruction
- Provided student academic support and advising
- Created lectures, in-class assignments, and discussions
- Compiled and administered instruments to evaluate student progress
- Collaborated with colleagues

Graduate Assistant/Teacher

Georgia Regents University, Augusta, GA

08/2012 - 05/2014

- Assisted in preparation of quizzes and exams
- Provided academic instruction
- Assisted with grading student assignments
- Provided tutoring to students

RESEARCH EXPERIENCE

Graduate Student Researcher

Georgia Regents University, Augusta, GA

08/2012 - 12/2012

- Performed literature searches, obtained IRB approval, recruited participants, collected and analyzed data
 - *Dating 101: Third Party Perceptions on Relationship Longevity Based on Level of Education of a Couple*, this study examined third party perceptions of relationship longevity and viability based on a stimulus couple's similar/dissimilar levels of education

Research Assistant

01/2009 - 08/2009

Clinical Neuroscience Division, Psychiatry & Behavioral Sciences

Medical University of South Carolina, College of Medicine, Charleston, SC

- Assisted in participant recruitment, collected psychological and physiological participant data, assisted in data entry in SPSS, maintained regulatory files.
- Engaged in the following studies:
 - *Stress and Medication Effects on Cocaine-Cue Reactivity*, this study examined the impact of either guanfacine or modafinil on stress and cue induced cravings
 - *D-Cycloserine Facilitation of Cocaine-Cue Extinction*, the study examined the impact of D-cycloserine versus a placebo on responses to cocaine cues in cocaine dependent individuals
 - *The Effects of Yohimbine on Cocaine- Cue Reactivity*, this study examined the impact of yohimbine on responses to cocaine cues in cocaine dependent individuals
- Contributed to data analysis to further explore impulsivity in alcohol dependent individuals with comorbid bipolar disorder and to determine if individuals presenting with more manic symptomatology have increased impulsivity compared to individuals with more depressed symptomatology
- Engaged in the following study:
 - *A Double-Blind, Randomized, Placebo-Controlled Trial of Acamprosate in Alcohol-Dependent Individuals with Comorbid Bipolar Disorder*, the study examined the safety and efficacy of acamprosate in alcohol- dependent bipolar patients, as measured by its effects on alcohol use and mood symptoms relative to placebo

INVITED PRESENTATIONS, INTERVIEWS & PUBLICATIONS

Knapp, S. (2022, March). Getting in Touch with Your Feelings and Emotions: Part One. *Campus Health and Well-Being*, 1(1).

Knapp, S. (2018, June). *Professional Boundaries*. Presented at a Staff Training, Magnolia Recovery Center, Hilton Head Island, SC.

Knapp, S. (2016, September). *Understanding and Addressing Problematic Behaviors in Abused Children*. Presented at the Child Abuse Prevention Association (CAPA), Beaufort, SC.

Knapp, S. (2016, May). Implementing the Child and Family Traumatic Stress Intervention (CFTSI) in CACs in the Carolinas. [Interview]. *National Children's Alliance*, 2-2.

Knapp, S. (2015, August). *Understanding the Effects of Sexual Assault*. Presented at a Volunteer/Staff Training for Advocacy Services to Victims of Rape and Sexual Assault, Hope Haven of the Lowcountry, Beaufort, SC.

Knapp, S., & Patel, S. (2015, May). *Components of Trauma-Focused Cognitive Behavioral Therapy*. Presented to Mental Health Service Providers and Other Professionals in Related Fields, Collaborative Organization of Services for Youth (COSY), Beaufort, SC.

Knapp, S. (2014, March). *Understanding the Effects of Sexual Assault*. Presented at a Volunteer/Staff Training for Advocacy Services to Victims of Rape and Sexual Assault, Hope Haven of the Lowcountry, Beaufort, SC.

Kazlauskaitė, S. (2013, November). *The Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. Presented to the clinical staff at Augusta State Medical Prison, Augusta, Georgia.

Kazlauskaitė, S. (2013, May). *Dating 101: Third Party Perceptions on Relationship Longevity Based on Level of Education of a Couple*. Poster presented at the Student Research Day at Georgia Regents University, Augusta, Georgia.

Kazlauskaitė, S. (2009, August). *Impulsivity in Individuals with Co-occurring Bipolar Disorder and Alcohol Dependence*. Paper presented at the Summer Undergraduate Research Conference at the Medical University of South Carolina, Charleston, South Carolina.

CERTIFICATIONS AND SPECIALIZED TRAINING

Professional Leadership/Supervisory Development

- *Fostering Counselor Development Utilizing a Social Justice Lens in Supervision* 02/2022
- *Power, Privilege and Race in Cross Cultural Supervision* 02/2022
- *Ethical Standards Related to Professional Counseling* 07/2021
- *Competency-Based Approach to Group Supervision: Supervisor Multicultural Humility, Supervisee Self-Efficacy, and Client Satisfaction* 01/2021
- *Humanistic/Existential Supervision* 01/2021
- *Considering Clinical Supervision and Ethics* 11/2020
- *Improving the Success of the Organization, Meadows Behavioral Health* 01/2019
- *If Disney Ran Your Hospital: 9 1/2 Things You Would Do Differently, Magnolia Recovery Center* 10/2018
- *Determining an Organization's Success is its Culture, Meadows Behavioral Health* 09/2018
- *Clinical Supervision for Licensed Professional Counselors in South Carolina, WestGate Family Therapy Institute* 03/2017

Professional Therapist Development

- *Diagnosis of Borderline Personality Disorder in Adolescence: When, Why, and How to Integrate Into Treatment* 02/2022
- *Attachment, Attuned Parenting & Reasoning: The Power of Showing Up, Dr. Daniel Siegal at Cognitive Behavior Institute* 11/2021

- *Viability of 12 Step Support Groups for Individuals with Substance Use Disorders with CBT components* 08/2021
- *HIPAA in The Age of COVID-19* 06/2021
- *Treating Co-occurring Generalized Anxiety Disorder and Depression* 03/2021
- *EMDR and the Stages of Change: Working with Addictions* 11/2020
- *Treating substance use disorders and PTSD: Clinical Considerations* 09/2020
- *Treating OCD During COVID-19: Addressing Contamination-Related Fears* 04/2020
- *Treating OCD During COVID-19: Pharmacotherapy and Combined Treatments* 04/2020
- *Telehealth for Mental Health Professionals: 2 Day Distance Therapy Training* 03/2020
- *Mindfulness, Healing and Transformation: The Pain and the Promise of Befriending the Full Catastrophe* 03/2020
- *How Does the Dialogical Process Help Us Connect? Beaufort County Counselors* 02/2019
- *Theory and Practice of Neurofeedback in Addiction Treatment, Meadows Behavioral Health* 01/2019
- *Medically Assisted Treatments, Meadows Behavioral Health* 08/2018
- *Medical Detox in Addiction, Meadows Behavioral Health* 07/2018
- *Eye Movement Desensitization and Reprocessing: Integrating EMDR into your Clinical Practice, EMDRIA* 01/2018
- *DBT Summer Series / Session III: Chain Analysis and Contingency Management, Medical University of South Carolina* 08/2017
- *DBT Summer Series / Session II: Biosocial Model and Pre-Treatment Strategies Workshop, Medical University of South Carolina* 07/2017
- *Alternatives for Families: A Cognitive Behavioral Therapy (AF-CBT), Medical University of South Carolina* 07/2017
- *Child and Family Traumatic Stress Intervention Training- Foster Families Protocol, Yale School of Medicine* 06/2017
- *DBT Summer Series / Session I: Suicide Risk Assessment and Phone Coaching for Suicidal Behavior Workshop, Medical University of South Carolina* 06/2017
- *Intro to Digital Therapeutics for Mental Health Professionals, Beaufort County Counselors* 06/2007
- *17th Annual Family Justice Center Conference, Alliance for Hope International* 04/2017
- *Navigating the World of DSM-5, Collaborative Organization of Services for Youth (COSY)* 03/2017
- *Multi-disciplinary Team Training with Focus on Response to Sexual Behavior Problems, University of South Carolina School of Law, Children's Law Center* 09/2016
- *Darkness to Light- Stewards of Children: Child Sexual Abuse Prevention Training, Hope Haven of the Lowcountry* 06/2016
- *Treating Adolescent Trauma with Mindfulness, American Professional Society on the Abuse of Children* 06/2016
- *Child and Family Traumatic Stress Intervention Training-Young Child Protocol, Yale School of Medicine* 03/2016
- *Cognitive Processing Therapy, Medical University of South Carolina* 02/2016
- *Lowcountry Coalition against Human Trafficking Conference, Lowcountry* 01/2016

- Coalition of Human Trafficking
- *Identifying Child Victims of Human Trafficking*, Children's Law Center 10/2016
- *Bringing Evidence Supported Treatments to South Carolina Children and Families*, Medical University of South Carolina 05/2015
- *Medical University of South Carolina Project BEST Rostered Therapist* 05/2015
- *Effects of Child Abuse on Neurological Development and Functioning*, 03/2015
- Southeastern Psychology Association
- *Child and Family Traumatic Stress Intervention Training*, Yale School of Medicine 03/2015
- *Therapy with Childhood Traumatic Grief*, Medical University of South Carolina 03/2015
- *Recognizing and Investigating Child Sexual and Physical Abuse*, Children's Law Center 01/2015
- *Trauma-Focused Cognitive Behavioral Therapy with Young Children*, Medical University of South Carolina 10/2014
- *Advocacy Services to Victims of Rape and Sexual Assault*, Hope Haven of the Lowcountry 09/2014

Professional Forensic Interviewer Development

- *Regional Forensic Interviewer Peer Supervision*, Dorchester Children's Center 08/2017
- *Regional Forensic Interviewer Peer Supervision*, Hopeful Horizons 02/2017
- *The Forensic Interviewer at Trial*, USC Upstate Child Protection Training Center 02/2017
- *Regional Forensic Interviewer Peer Supervision*, Dorchester Children's Center 10/2016
- *Child-First South Carolina Interviewing Children and Preparing for Court*, University of South Carolina School of Law, Gundersen National Child Protection Training Center 10/2016

Professional Teaching Development

- *Busting the Myths About Happiness*, Macmillan Learning 01/2021
- *Good Teaching is Good Teaching: Learning Science and Student Success in the Time of COVID-19*, McGraw-Hill Higher Education 09/2020
- *Getting ready to teach online- 4-week course*, USCB 06-07/2020

ACTIVITIES AND AFFILIATIONS

- *Fundraising Initiative of 200 Mile Cycle for St. Jude's Children's Research Hospital*, with 100% of proceeds donated to St. Jude's. 01/2022 -- 02/2022
- *Sunspire Health Governing Board Member* 05/2018 – 12/2018
- *14th Judicial Circuit Multi-Disciplinary Team Member* 08/2014 – 10/2017

- *Graduate Student Mentor*, GRU 07/2013 -- 05/2014
- *Psi Chi Public Relations*, Psychology Honor Society, GRU 04/2013 -- 05/2014
- *Psi Chi Member*, GRU 05/2013 -- 05/2021
- *Psychology Club Member*, GRU 08/2012 -- 05/2014
- *Independent Fundraising Director* for the Lowcountry Autism Foundation (LAF), with 100% of proceeds donated to LAF. 05/2011 -- 06/2012
- *Mental Health America Member* 07/2010 -- 05/2012
- *Psychology Club Member and Secretary*, USCB 08/2007 -- 12/2010