

**Sara Dungan C.V. Mediator Family Counselor**

## **Family Counselor at Sparrow Counseling**

**Sparrow Counseling**

**University of Montevallo**

**Birmingham, Alabama**

Ms. Dungan has over 25 years of experience working with children and families. She began her professional life with a five-year tenure as a teacher at Pinson Valley High School. After several years of focused investment in her own children, she began working with the children and families of Shades Valley Community Church. She served as the Children's Ministry Coordinator for that congregation for 4 years before deciding to apply to graduate school. While pursuing her Masters in Counseling, Ms. Dungan served as a counselor for abused and neglected children and their parents at The Prescott House in Jefferson County. She also gained invaluable experience as a grief counselor to families during her internship at The Amelia Center at Children's of Alabama. Her education, training and experience have led Ms. Dungan to a philosophy and practice of therapy that values understanding, expression, and healing for children and their families. She welcomes any opportunity to facilitate both recovery from trauma and rediscovery of hope for her clients, and her distinct strengths in communication and organization enable her to be personable yet ever professional in her interactions. Ms. Dungan is particularly interested and experienced in guiding families through the pain and disappointment of divorce. For the past year, she has served as a supervisor for court-ordered supervised visitation for families of divorce. She has a passion for supporting children and their parents in difficult seasons of loss and helping them find reason to hope and love again. Above all, Ms. Dungan is committed to being an energetic and insightful resource for families and a fierce advocate for children in her current and future work as a counselor.

## **Experience**

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**Marriage And Family Therapist**

**Company Name Sparrow Counseling**

**Dates Employed Apr 2016 – Present**

**Employment Duration 1 yr 7 mos**

**Location Birmingham, Alabama Area**

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**Parenting Coordinator**

**Company Name Sparrow Counseling**

**Dates Employed Apr 2016 – Present**

**Employment Duration 1 yr 7 mos**

**Location Birmingham, Alabama Area**

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**Divorce and Family Mediator**

**Company Name Sparrow Counseling**

**Dates Employed May 2016 – Present**

**Employment Duration 1 yr 6 mos**

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**Family Counselor**

**Company Name Sparrow Counseling**

**Dates Employed Apr 2016 – Present**

**Employment Duration 1 yr 7 mos**

**Location Homewood, AL**

Services

- Individual Counseling
- Couples/Family Counseling
- Co-Parenting Counseling/ Trainer
- Sexual Abuse Counseling
- Certified Parenting Coordinator
- Divorce & Family Mediator (Domestic Violence Trained)

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**Court-Appointed Parental Visitation Supervisor**

**Company Name Sparrow Counseling, LLC.**

**Dates Employed Feb 2015 – Present**

**Employment Duration 2 yrs 9 mos**

- Provide court-ordered supervision to families involved in custody disputes

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**Student Intern**

**Company Name Amelia Center, A Department of Children's of Alabama**

**Dates Employed Jan 2015 – Dec 2015**

**Employment Duration 12 mos**

**Location Birmingham, Alabama Area**

- 600 Hour Internship
- Carried a caseload of children, teens and adults coping with the loss of a loved one

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### **Spin Instructor**

**Company Name Shades Valley Ymca**

**Dates Employed Apr 2010 – Nov 2015**

**Employment Duration 5 yrs 8 mos**

**Location Homewood, AL**

- Taught up to two weekly Spin classes
- Develop new classes to create interest

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### **Student Intern**

**Company Name Prescott House Children's Advocacy Center**

**Dates Employed Aug 2014 – Dec 2014**

**Employment Duration 5 mos**

**Location Jefferson County, AL**

- 100 Hour Practicum Experience
- Completed intakes for incoming families who reported suspected child abuse
- Worked with detectives, attorneys and counselors on suspected child abuse cases
- Counseled children, teens and parents dealing with child abuse

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### **Children's Coordinator**

**Company Name Shades Valley Community Church**

**Dates Employed Sep 2010 – Aug 2014**

**Employment Duration 4 yrs**

- Worked with the pastoral staff to incorporate children into the life and worship of the church
- Developed and coordinate curriculum for the children on Sundays and Wednesday night Interact program twice a year
- Facilitated the vision of Children's Ministry (calendar, transitions, programming, curriculum)
- Ensured volunteer teachers are recruited, trained and have the necessary information and materials for all classes and special programs
- Managed Children's Ministry budget & resources
- Enforced safety procedures
- Communicated with teachers and parents regarding curriculum and opportunities to serve

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### **High School Social Studies Teacher**

**Company Name Vinson Valley High School**

**Dates Employed 1997 – 2001**

**Employment Duration 4 yrs**

**Location Vinson Valley, AL**

- Taught up to 7 different academic subjects each school year
- Sponsor of National Honor Society and Peer Helpers

## **Education**

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## **University of Montevallo**

Degree Name Master's Degree

Field Of Study Counseling Psychology

Dates attended or expected graduation 2012 – 2015

Activities and Societies: Chi Sigma Iota

I studied counseling with an emphasis in marriage and family therapy.

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## **University of Alabama at Birmingham**

Degree Name Master's Degree

Field Of Study Secondary Education and Teaching

Dates attended or expected graduation 1995 – 1996

I studied Secondary Education with an emphasis in Social Studies.

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## **University of California San Diego**

Field Of Study Political Science and Government

Dates attended or expected graduation 1989 – 1993

I majored in Political Science with a minor in Soviet Studies.

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**University of Leeds**

Degree Name Bachelor's Degree

Field Of Study Study Abroad Junior Year Program

Dates attended or expected graduation 1991 – 1992

I studied Politics (as they called it in the U.K.).