

2021 Virtual STAR-Center Conference
May 14, 2021

Will be held virtually via ZOOM

INFORMATION TO BE INCLUDED IN CONFERENCE PROGRAM
(Please complete and return to Jamey Covaleski no later than January 8th)

Name, Credentials, Position Title	Sara Goodyear, MEd, LPC, NCC
Affiliation:	STAR Clinic; A.W. Beattie Career Center
Please Provide a Brief Bio (Also request that you attach a copy of your CV)	
<p>Sara Goodyear is a dedicated PA Licensed Professional Counselor, Nationally Certified Counselor and PA Certified School Counselor for grades K-12. Sara joined the STAR Clinic in January 2017 as a clinician specializing in providing CBT/DBT therapy to adolescents and college-aged patients with depression, anxiety and suicidality. In 2019, she moved to a School Counselor position at A.W. Beattie Career Center serving grades 10-12 in northern Allegheny County. She still maintains a clinical role at STAR.</p> <p>Prior to STAR, she worked as an individual, group and family therapist in the school, home, and community settings. She has worked with diverse clientele, including at-risk/high need populations, for over 15 years. Her previous experience includes work as a School-Based Therapist working through an agency partnered with several Pittsburgh Public Schools' Emotional Support classrooms for grades K-8 clientele with mood and behavioral disorders. In addition, she has worked extensively in both schools and wraparound settings, specializing in children with Autism and behavioral disorders, to implement positive behavioral supports and interventions.</p>	
Skill Development Workshop (1 hr. and 15 min session (includes Q&A))	
Title of Presentation (As you would like it to appear in conference program) Self-Care and Mindfulness in the School	
Description (Please describe your presentation in 50 words or less as you would like it to appear in the conference program)	
This session will provide school & community professionals with a variety of self-care and mindfulness strategies to utilize on an individual, classroom and school-wide level. Highlighted will be teaching coping skills techniques and ways to present the concept of self-care and mindfulness in a meaningful manner to secondary students.	
Level of Presentation (Select one) (This applies to workshops only)	
Introductory ___ Intermediate <u>X</u> Advanced ___	
Learning Objectives: (Please list 3)	
At the conclusion of this session, participants should be able to:	
1. Identify practical coping strategies and mindfulness techniques that can be applied with secondary students.	

2. Identify ways to present coping strategies and mindfulness on an individual and classroom basis in a meaningful manner.
3. Explore options for normalizing mental health awareness on a systemic, school-wide level.

FOR ACCREDITATION PURPOSES PLEASE PROVIDE:

Three (3) current (within the past 10 years) peer-reviewed publications that support the evidence base for the content of your presentation. (See next page).

Publications must be listed in American Psychological Association (APA) Style (see www.apastyle.org for more information).

APA format for journal article citation:

Author last name, Author first initial. Author Second Initial. (Publication Year). Title of article. *Title of Journal*. volume(issue) (if issue numbered), pages.

1. Lin, L. C., Chan, M., Hendrickson, S., & Zuñiga, J. A. (2020). Resiliency and Self-Care Behaviors in Health Professional Schools. *Journal of Holistic Nursing*, 38(4), 373-381. doi:10.1177/0898010120933487
2. Semple, R. J., Droutman, V., & Reid, B. A. (2016). Mindfulness Goes To School: Things Learned (So Far) From Research And Real-World Experiences. *Psychology in the Schools*, 54(1), 29-52. doi:10.1002/pits.21981
3. Zenner, C., Herrleben-Kurz, S., & Walach, H. (2014). Mindfulness-based interventions in schools—a systematic review and meta-analysis. *Frontiers in Psychology*, 5. doi:10.3389/fpsyg.2014.00603

Please e-mail your completed form, along with your CV, to me at covalesskijj@upmc.edu by Friday, January 15, 2021