

# Sarah Danielle Burney, MSW, LCSW #74809, CEDS-S #3965

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## Education

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### University of Southern California, Aug. 2011 – May 2013

- **Master of Social Work, Mental Health Concentration, May 2013**
- Honor Society: Phi Alpha Fraternity
- Dean's Scholarship Recipient, Philanthropy Scholarship Recipient

### Chapman University, Aug 2007 – May 2011

- **Bachelor of Arts in Psychology, Communications Minor, May 2011**
- Honor Society: Psi Chi Fraternity
- Dean's Scholarship Recipient

## Professional Licensure, Affiliations, Certifications, & Trainings

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**Licensed Clinical Social Worker #74809** - Issue Date: December 6, 2016

**Certified Eating Disorder Specialist & Supervisor #3965** - Issue Date: February 2018

**National Association of Social Workers Member** – since April 2014

**International Association of Eating Disorder Professionals Individual Member** – since January 2017

**AMFT, ACSW, APCC Supervisor** – since December 2018

### Evidence Based Practice Model Certifications

- Problem Solving Therapy – Fall 2012
- Trauma-Focused Cognitive Behavioral Therapy – Fall 2012
- Strengthening Families Program – Fall 2012
- Motivational Interviewing Training – Fall 2011
- Trauma-Informed Practice and Sandtray Therapy – October 2012
- Dialectical Behavioral Therapy – June 2016

### Additional Trainings

- CPI
- First-Aid & AED

## Presentations and Research

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- Presented on “Marijuana and Eating Disorders” at various conferences / CEU events since 2017
- Presented on “Integrating Mind, Body, and DBT” at various conferences / CEU events since 2017
- Presented on “Trauma and the Brain” at various conferences / CEU events since 2017
- Presented on “Body Image, Eating Disorders, and College Campuses” from 2015 to present at various college campuses for both staff and students
- Paper presentation at iaedp 2017 symposium on “Cannabis and Eating Disorders” in March 2017
- Collect and input data on clients as a part of a large, ongoing research project within a national ED treatment company – since 2014

## Social Work/Psychology Experience

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### LCSW in Private Practice – CEO & Lead Clinician - Burney Therapy Group, Newport Beach, CA August 2017-Present

- Provide in-person & telehealth private practice outpatient services
- Specialize in treatment of eating disorders, obsessive compulsive disorder, mood symptoms, trauma, substance abuse
- Collaborate with other treatment professionals
- Provide case management services

### Residential Treatment Center Program Director– Center for Discovery, Rancho Palos Verdes, CA, November 2016- September 2019

- Complete Residential Treatment Center Primary Therapist duties (see below)
- Supervising MSW, AMFT, APCC, and ACSW interns
- Developed an eating disorder focused DBT curriculum and a mind/body recovery curriculum that integrated DBT skills, somatic experiencing techniques, and neuroplasticity psychoeducation in the treatment of eating disorders and trauma
- Co-present at various colleges & seminars on eating disorders, co-morbid diagnoses, and trauma
- Supervise and manage the treatment program, facility, staff, and clients.
- Consult with the COO, director of operations, and CEO to ensure services, program functioning, and client treatment are conducted in a manner consistent with Center For Discovery's mission statement and values
- Supervise weekly treatment team meetings and ensure effective communication between multidisciplinary team
- Monitor and assess staff morale, while intervening as needed
- Interview and hire prospective staff members
- Provide adequate and ongoing training of facility employees through routine check-ins and bimonthly trainings
- Ensure full adherence to the policy and procedure manual, health code policies (Department of Health), and JACHO licensing regulations. Provide oversight of any/all audits as necessary.

Updated February 2024

- Market the program and Center For Discovery by maintaining collaborative relationships without outside treatment professions.

**Residential Treatment Center Primary Therapist– Center for Discovery, Lakewood, CA & Rancho Palos Verdes, CA, August 2015 – November 2016**

- Provide residential mental health services for adolescents and adults struggling with Anorexia, Bulimia, and/or Binge Eating Disorder, which are often comorbid with substance abuse/dependency, mood disorders, anxiety disorders, depressive disorders, and/or personality disorders
- Complete biopsychosocial assessments, treatment plans, daily progress notes, and admission and discharge summaries
- Guide and support clients through treatment process by facilitating therapeutic meals, group, individual, and family therapy
- Implement Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Exposure and Response Prevention Therapy, and Emotion Focused Therapy in individual, family, and group sessions when appropriate
- Perform insurance reviews by communicating with insurance companies regarding clients' medical necessity and criteria for treatment
- Collaborate with other treatment team professionals including dietitians, psychiatrists, physicians, and psychologists
- Refer clients to higher and lower levels of care when appropriate and assist clients in transitioning out of treatment
- Accurately chart mental health notes

**Intensive Outpatient Primary Therapist– Center for Discovery, Los Alamitos, CA, February 2014 – August 2015**

- Provide intensive outpatient mental health services for adolescents and adults struggling with Anorexia, Bulimia, and/or Binge Eating Disorder, which are often comorbid with substance abuse/dependency, mood disorders, anxiety disorders, depressive disorders, and/or personality disorders
- Develop, implement, and facilitate multi-family program
- Complete biopsychosocial assessments, treatment plans, daily progress notes, and admission and discharge summaries
- Guide and support clients through treatment process by facilitating therapeutic meals, group, individual, and family therapy
- Implement Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Exposure and Response Prevention Therapy, and Emotion Focused Therapy in individual, family, and group sessions when appropriate
- Perform insurance reviews by communicating with insurance companies regarding clients' medical necessity and criteria for treatment
- Collaborate with other treatment team professionals including dietitians, psychiatrists, physicians, and psychologists
- Refer clients to higher and lower levels of care when appropriate and assist clients in transitioning out of treatment
- Accurately chart mental health notes