

## Curriculum Vitae

### **SARA BRYN MORROW, PhD** **Licensed Psychologist**

---

7905 N. Meadowlark Way, Suite E  
Coeur d'Alene, Idaho 83815

Office/Fax: (208) 765-8608  
drsara@morrowconsulting.net

---

#### **Education and Professional Licensure**

- June 2013    **Harmony Yoga**, Spokane, WA  
RYT-200, 200-hour yoga teacher training program
- Sep. 2005    **Idaho Bureau of Occupational Licenses**, psychology license granted, state of ID  
License Number – PSY 202225
- Aug. 2004    **University of Vermont**, Burlington, VT  
APA Accredited Clinical Psychology Doctoral Program  
**Degree: Ph.D. Clinical Psychology**  
Dissertation:  
- “The Role of Parent-Child Interaction in Recurrent Abdominal Pain”  
- Defended March 2003
- Dec. 1999    **University of Idaho**, Moscow, ID  
Degree: B.S. Psychology, Minor in Spanish  
Cumulative GPA: 4.0  
*Summa Cum Laude*

#### **Clinical Experience**

- June 2006 - **Private Practice – Sara Morrow, PhD, LLC**, Coeur d'Alene, ID  
Present    Title: Licensed Clinical Psychologist  
Responsibilities: Sole proprietor of psychology practice. Provide outpatient mental health services to children and families, including psychotherapy and psychological assessment. Manage all aspects of business – scheduling, billing, accounting, record keeping, public relations, etc.
- Sep. 2005 - **Northwest Psychiatric Associates**, Coeur d'Alene, ID  
June 2006    Title: Licensed Clinical Psychologist  
Responsibilities: Provide outpatient individual and family therapy to children and adolescents (ages 3 to 20), working primarily from a cognitive-behavioral perspective. Maintain caseload of 20 to 30 therapy clients with a diverse array of clinical concerns (anxiety, depression, ADHD, ODD, PTSD, autism spectrum disorders etc.). Conduct outpatient psychological evaluations. Write psychological evaluation reports. Conduct weekly intake assessments, write reports, provide

preliminary diagnoses and treatment recommendations. Collaborate with multidisciplinary colleagues. Give professional talks.  
40-45 hours/week

Oct. 2005 - **Kootenai Medical Center – North Idaho Behavioral Health**, Coeur d’Alene, ID  
June 2006 Title: Allied Health Professional – Psychology; Hospital privileges granted 10/2005  
Responsibilities: Conduct up to three psychological evaluations per week at a children’s psychiatric inpatient hospital. Provide diagnostic clarification and treatment recommendations. Evaluations include objective and projective measures, cognitive testing when ordered.  
5-20 hours/week

Sep. 2004 - **Northwest Psychiatric Associates**, Coeur d’Alene, ID  
Sep. 2005 Title: Psychology Resident/Post-doc  
Responsibilities: Provide outpatient individual and family therapy to children and adolescents, working primarily from a cognitive-behavioral perspective. Maintain caseload of 15 therapy clients with a diverse array of clinical concerns. Conduct psychological evaluations at a children’s psychiatric inpatient hospital (NIBH). Conduct outpatient psychological evaluations and write reports. Conduct weekly intake assessments. Collaborate with multidisciplinary colleagues. Give professional talks as needed. Participate in two hours of individual supervision per week. Pursue psychology license in the State of Idaho (EPPP licensing exam completed 3/2005 – scored above 95<sup>th</sup> percentile).  
Supervisor: Gary Stanton, Ph.D.  
40-45 hours/week

Aug. 2003 - **Spokane Mental Health Child & Family Services**, Spokane, WA  
Aug. 2004 Title: APA Pre-doctoral Intern  
Responsibilities: Provide outpatient individual and family therapy to children and adolescents within a community mental health setting. Maintain caseload of 10 clients with a diverse array of clinical concerns. Co-facilitate weekly two-hour parent training group, *Parenting with Positive Discipline*. Conduct two psychological evaluations per month (ADHD, ODD, anxiety, depression, mood/bipolar disorders, autism spectrum disorders, learning disabilities, personality disorders, thought disorders), implementing a variety of assessment instruments (IQ and achievement tests, executive functioning assessments, continuous performance tasks, projective assessment measures, symptom checklists, etc). Write psychological evaluation reports. Participate in minor rotation at Sacred Heart Medical Center inpatient Psychiatric Center for Children and Adolescents conducting diagnostic interviews and brief psychological assessments. Collaborate with multidisciplinary staff and school teams. Complete one two-hour intake assessment per week. Participate weekly in two hours of individual supervision, one hour of group supervision, two hours of case-staffing team meetings, four hours of training on therapy and assessment techniques/tools.  
Supervisors: Lisa Koch, Ph.D., W. Craig Hall, Ph.D., Lou Sowers, Ph.D., Kevin Heid, Ph.D., Kathy Holmes, Ph.D., Christen Echleberger, Ph.D.  
40-45 hours/week

- Jan. 2004 - **Early Head Start**, Spokane, WA  
Aug. 2004 Title: Behavioral Consultant  
Responsibilities: Observe classroom behavior of 2½ year-old Vietnamese child with Autism. Provide home visits to help child's mother learn to generalize classroom intervention techniques and manage home behavior problems.  
Supervisor: Lisa Koch, Ph.D.  
2 hours/week
- Oct. 2003 **National Depression Screening Day**, Spokane, WA  
Title: Volunteer Therapist  
Responsibilities: Administer, score, and interpret brief screening for Major Depressive Disorder, Generalized Anxiety Disorder, Bipolar Disorder, and Post Traumatic Stress Disorder for adolescents and adults from the community. Provide feedback and make referrals to healthcare providers when appropriate.
- June 2002 - **Behavior Therapy and Psychotherapy Center**, Burlington, VT  
July 2003 Title: Psychology Fellow  
Responsibilities: Provide therapy to a caseload of 15 children and adolescents and their families, using cognitive-behavioral principles and empirically validated programs such as Barkley's *Defiant Child*, Kendall's *Coping Cat*, and Lewinsohn's *Adolescent Coping with Depression*. Conduct psychological evaluations for children and adolescents with emotional and behavioral problems. Conduct developmental disability evaluations of children and adolescents for Disability Determination Services. Write psychological evaluation reports. Collaborate with other service providers in the community (pediatricians, school teams, therapists). Engage in weekly individual, group, and peer supervision. Present cases in supervision. Attend weekly trainings in a variety of therapies and specific treatments techniques.  
Supervisors: Karen Fondacaro, Ph.D., Marc Kessler, Ph.D., Alexi Potter, Ph.D.  
20 hours/week
- May 2002 - **Developmental Disability Evaluations –**  
July 2003 **Susan Culbert, Ph.D. Licensed Psychologist, Private Practitioner**  
Burlington, VT  
Title: Psychology Fellow  
Responsibilities: Conduct IQ testing (WISC-III, WAIS-R) and adaptive behavior assessments (ABAS, Vineland). Obtain social/developmental history of children, adolescents, and adults to determine individuals' eligibility for Developmental Services. Write comprehensive reports for all cases.  
Supervisor: Susan Culbert, Ph.D.  
5-10 hours/week
- Aug. 2001 - **Interdisciplinary Leadership Education for Health Professionals Program**  
June 2002 Burlington, VT  
Title: Psychology Trainee for grant-funded LEND Program  
(Leadership Education in Neuro-developmental Disabilities)  
Responsibilities: Member of an interdisciplinary team (psychology, pediatrics, physical therapy, occupational therapy, speech/language pathology, education,

social work, nutrition, nursing, audiology, public administration, family support) conducting in-depth community assessments of children with neuro-developmental disabilities. Perform intake interviews, provide care coordination for families, conduct clinical assessment interviews, observe children in multiple contexts, write interdisciplinary consultation reports. Attend legislative committee meetings, conduct research in maternal/child health, present seminars.  
Supervisors: Patty Prelock, Ph.D., Sara Burchard, Ph.D.  
20 hours/week

Aug. 2001 - **Parent to Parent of Vermont**, Burlington, VT

June 2002 Title: Family Support/Respite Provider

Responsibilities: Provide respite for a family whose 4-year-old son has Down Syndrome. Accompany child and family to medical appointments and school meetings. Experience day-to-day challenges of family.

Supervisor: Patty Prelock, Ph.D.

4 hours/month

Jan. 2001 - **University of Vermont Counseling Center**, Burlington, VT

May 2001 Title: Doctoral Practicum Student/Training Staff

Responsibilities: Conduct counseling with undergraduate students experiencing a range of emotional and behavioral difficulties (anxiety, depression, eating disorders, ADHD, substance abuse). Attend group supervision and individual supervision weekly. Receive training in couples counseling.

Supervisors: Miv London, Ph.D., Dot Brauer, M.S.

20 hours/week

Apr. 1999 - **Alternatives to Violence of the Palouse**, Pullman, WA

Jan. 2000 Title: Shelter Staff/Child Advocate

Responsibilities: Conduct advocacy-based counseling at domestic violence shelter. Provide education and support, work with children in the shelter, on-call for emergency hotline and for emergency shelter intakes.

20-30 hours/week

### **Professional Presentations and Teaching Experience**

June 2013 - **Mind Balance Yoga**, Coeur d'Alene, ID, Hayden, ID

Present Therapeutic yoga teacher

Feb. 2019 **Family Health Pathways**, Boise, ID

Podcast Interview – “Teen Sleep Matters”

Jan. 2019 **Coeur d'Alene Press**, Coeur d'Alene, ID, **KXLY**, Spokane, WA

News articles regarding School Start Times

Nov. 2016 **Idaho Psychological Association**, Boise, ID

Guest Speaker – “Acceptance & Mindfulness in Therapy”

Provided hands-on mindfulness skills training to clinicians as part of conference

- 
- Dec. 2013 **Washington Counseling Association Annual Convention**, Spokane, WA  
Guest Speaker – “Working with the Body, Breath, and Mind to Find Emotional Balance”
- Oct. 2011 **Washington Counseling Association Annual Convention**, Spokane, WA  
Guest Speaker – “Self-Injury: Why They Cut and How to Help”
- Oct. 2010 **Idaho School Counselor Association Annual Convention**, Coeur d’Alene, ID  
Guest Speaker – “Self-Injury: Why They Cut and How to Help”
- Oct. 2007 **Idaho School Counselor Association Annual Convention**, Boise, ID  
Guest Speaker – “Self-Injury: Why They Cut and How to Help”
- Jan. 2007 **Idaho School Counselor Association**, Coeur d’Alene, ID  
Guest Speaker – “Self-Injury in Adolescents”
- Nov. 2006 **Spokane Mental Health Professional Development Seminar**, Spokane, WA  
Speaker – “The Road to Establishing a Private Practice”
- June 2006 **Spokane Mental Health Training Seminar**, Spokane, WA  
Guest Lecturer – “Youth Suicide – Prevention and Intervention”
- May 2006 **Idaho Psychological Association Annual Convention**, Sun Valley, ID  
Panel Speaker – “What’s the Buzz in Psychology?”
- Jan. 2006 **Kootenai Medical Center**, Coeur d’Alene, ID  
Community Outreach Speaker – “Depression in Children and Adolescents”
- Jan. 2006 **Lunch & Learn Continuing Education Program**, Coeur d’Alene, ID  
Guest Lecturer – “Youth Suicide – Prevention and Intervention”
- Dec. 2005 **Lake City High School**, Coeur d’Alene, ID  
Guest Lecturer – “Youth Suicide” QPR certification training
- May 2005 **North Idaho School Psychologists Association**, Coeur d’Alene, ID  
Guest Speaker – “Working with Children and Adolescents with Depression”
- Feb. 2005 **Community Presentation Series, Northwest Psychiatric Associates, CdA, ID**  
Community Outreach Speaker – “Depression in Children and Adolescents”
- Jan. 2005 **North Idaho School Counselors Association**, Sagle, ID  
Guest Speaker – “Understanding Depression in Children and Adolescents”
- July 2004 **Grand Rounds, Spokane Mental Health**, Spokane, WA  
Guest Speaker – “Working with Children on the Autism Spectrum”
- Mar. 2004 **Martin Hall Juvenile Detention Facility**, Medical Lake, WA  
Guest Speaker – “Common Mental Health Disorders in Youth”

- Jan. 2004 **MedEX Northwest Physician Assistant Training Program, University of Washington, Spokane, WA**  
Guest Speaker – “Mental Health Disorders of Childhood and Adolescence”
- Nov. 2003 **Students Mastering Important Life-skills Education (SMILE) Conference**  
Spokane, WA  
Poster Presentation – “Youth Suicide”
- Apr. 2003 **Society for Research in Child Development, 2003 Conference, Tampa, FL**  
Panel Speaker – “Multi-site Application of the IFIRS Observational Coding System” – discussion of doctoral research
- June 2002 **Vermont Institute on Autism, Burlington, VT**  
Title: Facilitator  
Responsibilities: Facilitated group discussions and reviewed conference materials for group of educators and clinicians attending specialized training conference. Content focused on working with children with Autism and other neuro-developmental disabilities.
- April 2002 **Interdisciplinary Leadership Education for Health Professionals Program**  
Burlington, VT  
Lecturer – “Pediatric Pain: Past, Present, and Future”
- Dec. 2001 **Interdisciplinary Leadership Education for Health Professionals Program**  
Burlington, VT  
Lecturer – “Sexuality in Individuals with Developmental Disabilities”
- Aug. 1999 - **University of Idaho, Moscow, ID**  
Dec. 1999 Title: Teacher's Assistant for Abnormal Psychology  
Responsibilities: Prepared lessons/presented lectures to class of 70 undergraduates.

## **Research Experience**

- Aug. 2000 - **University of Vermont, Burlington, VT**
- Mar. 2003 Dissertation Research  
Title: “The Role of Parent-Child Interaction in Recurrent Abdominal Pain” (N=59)  
Description: Developed study as a supplement to an existing study (see below). Involved videotaping children with recurrent abdominal pain and their parents discussing the children’s pain. Observational data was coded using a macro-level coding system developed at Iowa State University Institute for Social and Behavioral Research (The Iowa Family Interaction Rating Scales (IFIRS); Drs. Rand Conger & Janet Melby, 1991). Results showed parents’ positive and negative interaction styles impacted children’s level of pain and degree of emotional distress. However, children’s distress did not mediate the relationship between parenting and children’s pain.  
Advisor: Bruce Compas, Ph.D.

- Aug. 2000 - **University of Vermont**, Burlington, VT  
June 2003 Title: Graduate Research Assistant/Project Coordinator  
Study: "Recurrent Abdominal Pain: Identification of Individual Differences in Reactivity and Coping with Pain" (N = 350)  
Responsibilities: Coordinated data collection for a multi-method, multi-informant, longitudinal, study using a biopsychosocial model to examine children with recurrent abdominal pain and their parents. Assisted in design of study and database, coordinated questionnaire and laboratory studies, maintained database, developed parent-child interaction study, recruited subjects, conducted laboratory study assessing physiological reactivity to stress, attentional biases, pain tolerance/sensitivity, and parent-child interaction. Completed Internal Review Board (IRB) paperwork and oversaw IRB Compliance Visit. Conducted data analysis using SPSS and AMOS (structural equation modeling), and wrote manuscripts.  
Advisor: Bruce Compas, Ph.D.  
20 hours/week
- Aug. 2000 - **University of Vermont**, Burlington, VT  
June 2003 Title: Research Supervisor  
Responsibilities: Supervised and trained seven undergraduate research assistants. Assisted with RA's research projects, data analyses, and research papers.
- Jan. 1999 - **University of Idaho**, Moscow, ID  
Dec. 1999 Title: Research Assistant  
Responsibilities: Compared statistical analyses used in the *Journal of Consulting and Clinical Psychology* and the *Journal of Counseling Psychology* with the statistical training provided in doctoral programs over the past 50 years.

## **Publications**

Boyer, M.C., Compas, B.E., Stanger, C., Colletti, R.B., Konik, B.S., **Morrow, S.B.**, Thomsen, A.H. (2006). Attentional biases to pain and social threat in children with recurrent abdominal pain. *Journal of Pediatric Psychology*. Mar:31(2): 209-220.

**Morrow, S.B.** (2004). Study finds link between parenting behaviors and children's wellbeing. *SMH Connections*. May:35(5): 11.

## **Honors and Awards**

Spokane Mental Health Employee Recognition Award, 2004  
UVM Graduate Studies Travel Grant, 2003  
Child and Adolescent Psychology Training and Research Grant, 2001  
*Summa Cum Laude*, University of Idaho, 1999  
Jesse E. Buchanan Award for Higher Scholarship, 1999  
Alumni Award for Excellence, 1999  
Phi Beta Kappa Award, 1998  
Dean's List 1996, 1997, 1998, 1999

**Professional Memberships**

Idaho Psychological Association