

# **Sarah Stillwell, PhD, LPC (TX), NCC**

Assistant Professor  
Department of Counseling  
Loyola University- New Orleans  
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Curriculum Vita last updated: August 2023

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## **Education**

### **PhD Counselor Education and Supervision, August 2023**

Texas A&M University-Commerce, CACREP Accredited

**Cognate:** Multicultural Diversity

**Dissertation:** *The Necessity for Affirmative Therapy Training: Initial Development and Validation of The Stillwell Affirmative Counseling Competency Scale (SACCS)*

**Dissertation Chair:** Edith Gonzalez, PhD, NCC/ LaVelle Hendricks, Ed.D

### **MS in Counseling January 2017**

Southern Methodist University, CACREP Accredited

**Specialization:** LGBT Affirmative Therapy

### **BA in Psychology, June 2012**

University of North Texas

Graduated, Summa cum laude

**Minor:** Sexualities

## **Areas of Expertise**

SOGI (Sexual Orientation/Gender Identities) Affirmative Therapy

Gender-Affirmative Mental Health Care Provider

Queer Sex Therapy

Kink-Aware and Polyam Affirmative Therapy

## **Professional Licenses and Certifications**

Licensed Professional Counselor (LPC), Texas, License Number: #78099 (Exp 02/28/2025)

## ACADEMIC APPOINTMENTS/TRAINING EXPERIENCE

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**Loyola University- New Orleans**, *Assistant Professor (Tenure Track), (August 2023-Present), Chi Sigma Iota Advisor*

### **Master Courses Taught:**

*Synchronous*

COUN A830: Counseling Theories

COUN A842: Multicultural Counseling

COUN A866: Internship (Online)

**Texas A&M University- Commerce**, *Adjunct Professor, Graduate Student and Teaching Assistant, McKinney, TX (Spring 2020-Current)*

Developed a four-course Affirmative Therapy Certification program; Designed a new curriculum for the Affirmative therapy course; Led lectures and discussions; Aided professors inside and outside the classroom setting; provided assistance in grading assignments; provided assistance in examinations; provided assistance in teaching classes; facilitated discussions and activities in courses

### **Master/Doctoral Courses Taught:**

*Asynchronous/Synchronous Hybrid Online*

COUN 597/697: Introduction to Affirmative Therapy

### **Masters Level Courses Co-Taught:**

*Asynchronous online*

COUN 512: Career Development

*Asynchronous/Synchronous Hybrid Online*

COUN 548: Advanced Counseling Skills

COUN 528: Introduction to Group Dynamics and Procedures

### **Other Guest Lectures**

**Counselor Identity**, Clinical Internship Course, Walden University (*Spring 2023*)

**SOGI Affirmative Counseling and Social Justice**, Clinical Internship Course, Walden University (*Fall 2022*)

**SOGI Affirmative Counseling and Social Justice**, Clinical Mental Health Counseling Orientation and Ethics, Southeastern Oklahoma State (*Fall 2021*)

**Ethical Non-Monogamy**, Sexual Orientation and Gender Identity (SOGI) Therapeutic Counseling, Tarleton University (*Fall 2020*)

**Assessment and Letter Writing**, Affirmative Therapy with Transgender Clients, Southern Methodist University (*Spring 2020*)

### **Other Teaching Experiences**

**Sensitivity Training for SOGI Clients**, Trainer, May 2020- Current

**Ally Training**, Trainer, May 2020- Current

**Affirmative Therapy Competency Training**, Trainer- Dallas Counseling and Treatment Center, May 2020- Current  
**Gender-Affirming Mental Health Services**, Trainer- Dallas Counseling and Treatment Center, May 2020- Current

## **AWARDS, GRANTS, & SCHOLARSHIPS**

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### AWARDS

*Awarded*

#### **2022 TACES Outstanding Advocacy Award**

Awarded to individuals who demonstrate a record of advocacy activities to support the mission of TACES and counselors in Texas, Texas Association for Counselor Education and Supervision, February 2022

#### **Molly Gerold Human Rights Award**

Awarded to an individual in recognition of contributions in one or more areas of human rights Texas Counseling Association, September 2021

#### **Distinguished Service Award**

Awarded to individuals who serve multiple years of the Texas Counseling Association Board Texas Counseling Association, June 2020

#### **Outstanding Member of Psi Chi**

Awarded to the person showing exemplary service and commitment to the UNT Chapter of PSI CHI  
Department of Psychology, University of North Texas, 2011

#### **UNT President's List**

Awarded to the person who earned a perfect grade point average of 4.0  
Department of Psychology, University of North Texas, Spring 2011

#### **UNT Dean's List**

Awarded to the person who earned a grade point average of 3.5 or higher  
Department of Psychology, University of North Texas, Spring 2010, Fall 2011, Spring 2012

*Not Awarded*

#### **SAIGE Mark Pope Social Justice and Advocacy Award**

*In Progress*

### GRANTS

*Awarded*

#### **TACES Advocacy Grant (\$500)**

Awarded to use to arrange an advocacy project for the Texas Legislative 2023 Session  
Texas Association of Counselor Education and Supervision, February 2023

#### **Educational Endowment Fund Award (\$500)**

Awarded to an individual for use towards a professional project  
Texas Counseling Association, October 2021

*Not Awarded*

*In Progress*

### SCHOLARSHIPS

*Awarded*

#### **Keith and Nancy McFarland Endowment (\$1530.90)**

Awarded to deserving doctoral students at TAMUC in good academic standing  
Texas A&M University- Commerce, Fall 2022 – Spring 2023 semester

#### **Nancy Ruth Lenoir Memorial Endowment (\$370.29)**

Awarded to deserving doctoral students at TAMUC working on a dissertation  
Texas A&M University- Commerce, Fall 2022 – Spring 2023 semester

#### **Ruth Ann White Endowment (\$1172.25)**

Awarded to deserving doctoral students in the Counseling program at TAMUC  
Texas A&M University- Commerce, Fall 2022 – Spring 2023 semester

#### **Texas Association of Counselor Education and Supervision Scholarship (\$500)**

Awarded to graduate students showing a need and exemplary work in a graduate program  
Texas Association for Counselor Education and Supervision, February 2022

#### **Dr. Harold Murphy Memorial Endowment Scholarship (\$1959)**

Awarded to deserving doctoral students in the Counseling program at TAMUC  
Texas A&M University- Commerce, 2021

### **PUBLICITY/MEDIA/INTERVIEWS**

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**Guest Speaker on “Falling Out” Podcast, *Mental Health and the LGBTQIA+ Community*,  
February 19, 2022**

- <https://www.fallingoutlgbtq.com/episodes/why-lgbtq-mental-health-matters>

**Interview with Jake Kent, *How to become an affirmative therapist*, March 9, 2021**

**Southern Methodist University Simmons School of Education Alumni Spotlight, by SMU  
*Simmons School of Education*, Southern Methodist University, February 2020. [Website Article]**

- <https://www.smu.edu/Simmons/About-Us/Alumni/Spotlight>

### **PEER REVIEWED PROFESSIONAL PRESENTATIONS**

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*National*

Sarah Stillwell

1. **Stillwell, S.** (2021). *The Wide World of Ethical Non-Monogamy*. Presented at the Society for Sexual, Affectional, Intersex, and Gender Expansive Identities inaugural virtual conference.
2. **Stillwell, S., McGarrh, D., Munsey, B.** (2020). *Queer Sex Therapy: From LGBT to Fetish and everything in-between the sheets*. Presented at the Society for Sexual, Affectional, Intersex, and Gender Expansive Identities inaugural virtual conference.
3. **Stillwell, S., Munsey, B.** (2020). *Assessment, Letter writing, and Interventions every affirmative therapist needs for transgender/gender non-confirming clients and students*. Presented at the Society for Sexual, Affectional, Intersex, and Gender Expansive Identities inaugural virtual conference.

*State*

1. **Stillwell, S., Munsey, B.** (2022). *TxCSSJ presents- New Standards of Care (Version 8) for Gender Affirming Mental Health Care Assessment*. Presented at Texas Counseling Association's 66th Professional Growth Conference, Dallas, TX.
2. Test, T., **Stillwell, S., Connor, B.** (2022). *Unlike Bruno, We Gotta Talk About Sex! A Clinician's Ethical Obligations*. Presented at Texas Counseling Association's 66th Professional Growth Conference, Dallas, TX.
3. **Stillwell, S.** (2022). *The Wide World of Ethical Non-Monogamy*. Presented at the Texas Association for Counseling Education and Supervision (TACES) Midwinter Conference 2022.
4. **Stillwell, S., Munsey, B.** (2021). *Assessment, Letter writing, and Interventions every affirmative therapist needs for transgender/gender non-confirming clients and students*. Presented at Texas Counseling Association's 65th Professional Growth Conference, Dallas, TX.
5. **Stillwell, S.** (2021). *Bi/Pansexual erasure: What clinicians can learn from non-monosexual female experiences*. Presented at the Texas Association for Counseling Education and Supervision (TACES) Midwinter Conference 2021.
6. **Stillwell, S., Munsey, B.** (2020). *Assessment, Letter writing, and Interventions every affirmative therapist needs for transgender/gender non-confirming clients and students*. Presented at Texas Counseling Association's 64th Professional Growth Conference, Dallas, TX.
7. **Stillwell, S., McGarrh, D.,** (2020). *How Counselors are Superheroes: Why being a social justice warrior is needed*. Presented at Texas Counseling Association's 64th Professional Growth Conference, Dallas, TX.
8. **Stillwell, S., McGarrh, D., Munsey, B.** (2020). *Queer Sex Therapy: From LGBT to Fetish and everything in-between the sheets*. Presented at the 2nd Annual MALGBTIC Symposium.
9. **Stillwell, S., Munsey, B.** (2020). *Assessment, Letter writing, and Interventions every affirmative therapist needs for transgender/gender non-confirming clients and students*.

Presented at Texas Counseling Association's 64th Professional Growth Conference, Dallas, TX.

10. **Stillwell, S.**, Olshine, R., Burgess, M. (2019). *How to be a social justice warrior*. Presented at Texas Counseling Association's 63rd Professional Growth Conference, Fort Worth, TX.

*Local*

1. **Stillwell, S.** (2021). *Affirmative Therapy Competencies, Part 1*. Presented at Texas A&M Commerce Doctoral Seminar, McKinney, TX.
2. **Stillwell, S.** (2021). *Affirmative Therapy Competencies, Part 2*. Proposal presented at Texas A&M Commerce Doctoral Seminar, McKinney, TX.
3. **Stillwell, S.**, McGarrh, D., (2020). *How Counselors are Superheroes: Why being a social justice warrior is needed*. Presented at Texas A&M Commerce Doctoral Seminar, McKinney, TX.

### INVITED PROFESSIONAL PRESENTATIONS

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*National*

*State*

1. **Stillwell, S.** (2023). *Gender Affirming Mental Health Assessments and letter writing for Medical and Legal Transitions per WPATH Standards of Care, Version 8*. Presented for Room For Change Counseling, Garland, TX.
2. **Stillwell, S.** (2023). *Affirmative Therapy for Music Therapists*. Presented for Texas Woman's University, Denton, TX.
3. **Stillwell, S.** (2022). *Affirmative Therapy Competency/ Assessment, letter writing, and interventions every affirmative therapist needs for transgender/gender non-conforming clients and students*. Presented for Austin College, Sherman, TX.
4. **Stillwell, S.** (2022). *Assessment, letter writing, and interventions every affirmative therapist needs for transgender/gender non-conforming clients and students*. Presented for Legacy Counseling Center, Dallas, TX.
5. **Stillwell, S.** (2021). *Assessment, letter writing, and interventions every affirmative therapist needs for transgender/gender non-conforming clients and students*. Presented for Ajana Therapy and Clinical Services, Houston, TX.
6. **Stillwell, S.** (2021). *Assessment, letter writing, and interventions every affirmative therapist needs for transgender/gender non-conforming clients and students*. Presented for Apple Counseling, Dallas, TX.

### PROFESSIONAL DEVELOPMENT, ADVANCED TRAINING, & CONFERENCES

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**CBT-Depression 15-session model**

Dallas Counseling and Training Center, 2019, Training for a research project comparing the effects of EMDR and CBT on medication-resistant depression

**Gottman Training, Levels 1 and 2**

Dallas Counseling and Training Center, 2019, Online Asynchronous - 30 hours training

**Emotional Support Animal Assessment**

Dallas Counseling and Training Center, 2019, Online Asynchronous- 1 hour training

**Eye-Movement Desensitization Reprocessing (EMDR)**

EMDR Training Group, 2019 (Audited in 2021), In-Person/Online Synchronous- 2-Part Training:40 hours training/ 10 hours consultation

**Internal Family Systems Foundations**

EMDR Training Group, 2023, Online Synchronous- 11 Week Training- 33 hours of live lectures, demonstrations, videos, practicum, and consultation

**Texas Association for Counseling Education and Supervision Midwinter Conference**

2022 Arlington, TX

2021 Virtual

2020 San Antonio, TX

**Texas Counseling Association's Annual Professional Growth Conference**

2022 Dallas, TX

2021 Galveston, TX

2020 Virtual

2019 Fort Worth, TX

2018 Dallas, TX

2017 Galveston, TX

2016 Dallas, TX

**Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE) Conference**

2021 Virtual

2020 Virtual

**Texas Association of Lesbian Gay Bisexual and Transgender Issues in Counseling (TALGBTIQ) and Texas Counselors for Social Justice's (TxCSJ) Annual Day of Learning Conference**

2019 Dallas, TX

2016 Dallas, TX

**UNT Allies Program**

2011 Denton, TX

**Texas Counseling Association's Summer Leadership and Training Institute**

2018 Clear Lake, TX

2017 Houston, TX

**PROGRAM PROPOSAL REVIEWER**

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**Reviewer,** Texas Counseling Association Professional Growth Conference

2022, 2021, 2020, 2019

## PROFESSIONAL SERVICE

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### *Leadership*

**Counselors for Social Justice, Mentor**

2021-2022

**Counselor Advocates Learning to Lead, Co-Founder**

2020-2021

**TxCSJ, Board of Directors, Emerging Leader, Senator, President-Elect, President**

Texas Counselors for Social Justice

2017-Current

**TxSAIGE, Board of Directors, Emerging Leader, Newsletter Editor, Senator**

Texas Society for Sexual, Affectional, Intersex, and Gender Expansive Identities

2017-Current

**Psi Chi Honor Society in Psychology, President, Secretary**

University of North Texas

2010-2012

**Department of Psychology, Ambassador,**

University of North Texas

2011-2012

**Department of Psychology Newsletter, Editor,**

University of North Texas

2010-2012

## ADVOCACY AND SOCIAL JUSTICE INITIATIVES

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Donation Collections for Dallas ISD Homeless Education Program	<i>Texas Counselors for Social Justice</i>	November 2022
ACA 2021 Virtual Hill Day	<i>American Counseling Association</i>	June 2021
Equality Act Letter Writing Initiative	<i>Texas Counselors for Social Justice</i>	April 2021
Donation Collections for The Bridge Homeless Shelter	<i>Texas Counselors for Social Justice</i>	November 2019
Texas Advocacy Days	<i>Texas Counseling Association</i>	2019, 2021, 2023

## PROGRAM EVALUATION AND CONSULTATION

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**DFW Poly/Kink Therapy Consultation Group**

Admin/Moderator/Mentor, July 2020-Current, Once a month (Average attendance 5-10 people), Consult on client cases regarding clients who identify as Ethically Non-Monogamous or involved in the Kink lifestyle

**Affirmative Therapy Consultations**

Consultant, June 2020- Current, By request, Scheduled in 1-hour increments



**Greenhill School- Physics First**

Program Evaluator, April 2020, Appx. 5-10 hours of gathering information with a project team on the program and then presenting the final report to the school

**SOGI Issues Consultations for Frisco ISD**

Consultant, January 2020-Current, By request, Scheduled in 1-hour increments

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**PROFESSIONAL ASSOCIATIONS****American Counseling Association**

Counselors for Social Justice (CSJ)

Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE)

Association for Counseling Education and Supervision (ACES)

**Texas Counseling Association**

Texas Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (TxSAIGE)

Texas Counselors for Social Justice (TxCSJ)

Texas Association for Counseling Education and Supervision (TACES)

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**SUPERVISION****Texas A&M University-Commerce**

*Doctoral Student Supervisor, Commerce, TX (August 2021-May 2022)*

Provided supervision to master's level counseling students in practicum

**Southern Methodist University**

*Masters Student Supervisor, Dallas, TX (Spring 2015)*

Provided supervision to master's level counseling students in the Individual Counseling course

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**PEER-REVIEWED PUBLICATIONS*****In Review******In Preparation***

1. Stillwell, S. (2021). Bi/Pansexual erasure: What clinicians can learn from non-monosexual female experiences.

***Peer-Reviewed Newsletters***

1. McGarrh, D.A., Silveus, S.A., **Stillwell, S.J.**, Colliflower, S.L., & Schmit, E.L. (2020). CALL to Action. *Southern Association for Counselor Education and Supervision Newsletter*. 15(1), 8-10.  
<http://saces.wildapricot.org/resources/Documents>

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**CURRENT RESEARCH PROJECTS**

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**The Necessity for Affirmative Therapy Training: Initial Development and Validation Of The Stillwell Affirmative Counseling Competency Scale (SACCS)**

- Project: To create an instrument to be used by Affirmative Therapy training programs that will measure a clinician's competency based on the Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE) Competencies
- Duties: Submit IRB, recruitment, instrument creation, data collection, communication with participants, data analysis

**PAST RESEARCH EXPERIENCE**

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**Bi/Pansexual Erasure (Pilot Study): What Clinicians can Learn from Non-Monosexual Female Experiences**

- Project: Qualitative review of self-report journals of experiences from non-monosexuals with female experiences to deduce what strategies are needed for counseling interventions for this population
- Duties: Submit IRB, recruitment, survey creation, data collection, communication with participants, conducted focus group, data analysis

**Research Assistant, DCTC/Tarleton State University Research Partnership**

- Project: An Exploration of the use of Eye Movement Desensitization and Reprocessing on Treatment Resistant Depression.
- Duties: Administer initial screening instruments for treatment resistant depression, including Dissociative Experiences Scale, Inventory of Depressive Symptomology (Self-Report), and PTSD scale. Administered manualized EMDR/CBT-Depression in individual adult patients. Participated in biweekly treatment fidelity meetings.

**FUTURE RESEARCH PROJECTS**

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1. Continued development of the SACCS- Establish reliability of scale
  2. Quantitative assessment of the efficacy of the Affirmative Therapy Certification Program using the SACCS
  3. Qualitative phenomenological study of parenting in Polyam relationships

**CLINICAL EXPERIENCE**

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**Room For Change****August 2023-Current*****Affirmative Therapist, Gender-Affirming Mental Health Provider***

- Private practice environment treating individuals and relationships on various topics regarding mental health with marginalized minority populations such as sexual/affectional and gender minority individuals, ethically non-monogamous individuals, and individuals who practice Kink
- Assisting people with managing substance use to either moderation or sobriety and the maintenance of the client's goal.

**Dallas Counseling and Treatment Center****May 2019- October 2023**

***Clinical Coordinator of Affirmative Therapy, Gender-Affirming Mental Health Provider***

- Private practice environment treating individuals and couples on various topics such as SOGI issues, anxiety, depression, and substance abuse.
- Develop training for onboarding and competency with the SOGI population and supervise therapists in this area.
- Participate in monthly clinical processing meetings to discuss various aspects of cases and give feedback to other clinicians.
- Develop an assessment and provide gender-affirming mental health services by assessing individuals for Gender Dysphoria in order to write their legally required letters for Hormone Replacement Therapy, Gender Confirmation Surgery, and legal changes.

**Resource Center of Dallas**

**August 2016- January 2017 (Internship), June 2018- April 2020 (Contract)**

***Gender-Affirming Mental Health Provider***

- Provide individual and group counseling for individuals who identify with a sexual and/or gender minority or are struggling with HIV, low socioeconomic status, mental health concerns, and substance abuse.
- Provide gender-affirming mental health services by assessing individuals for Gender Dysphoria in order to write their legally required letters for Hormone Replacement Therapy, Gender Confirmation Surgery, and legal changes.

**Hickory Trail Hospital**

**August 2018-April 2019**

***Co-Occurring Psychiatric and Substance Use Disorders (COPSD) Therapist***

- Supported the day-to-day operations of the Partial Hospitalization and Intensive Outpatient programs including administrative functions, utilization review, assessment, discharge planning, group/individual therapy, case management, and other duties related to delivering a successful program
- Lead daily therapy groups for patients in the PHP/IOP program that were psychoeducational and therapeutic in nature
- Staffed client with the program director, lead psychiatrist, and utilization review as necessary

**Integrated Psychotherapeutic Services (IPS Recovery)**

**March 2017-August 2018**

***Co-Occurring Psychiatric and Substance Use Disorders (COPSD) Therapist***

- Lead multiple therapy groups a week for clients in the Dallas probation system seeking treatment for co-occurring psychiatric and substance use disorders, anger management, and thinking for a change as mandated by their court program
- Kept consistent communication with the probation officer and judge assigned to each client on the assigned caseload
- Participated in treatment team meetings, conducted various treatment programs, utilized treatment curriculum, and interacted with clients utilizing didactic and directive interventions.
- Completed all clinical documentation and worked cooperatively with other team members to ameliorate the symptoms of those assigned to the caseload

**VOLUNTEERING**

**Alternative Spring Break, Big Cat Rescue, Eureka Springs, AR**  
University of North Texas, Spring 2012

**Alternative Spring Break, Peppers Ranch Foster Family Community, Guthrie, OK**  
University of North Texas, Spring 2011

## PROFESSIONAL REFERENCES

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Edith Gonzalez, PhD, NCC, LPC  
Assistant Professor  
Department of Counseling  
Texas A&M University-Commerce  
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(903) 245-4492