

# SALLY MICHAEL FARAH, MA, ED.D, LPCC

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## EDUCATION:

ARGOSY UNIVERSITY, Los Angeles, California <i>Doctorate of Education in Counseling Psychology</i>	2015
PEPPERDINE UNIVERSITY, Malibu, California <i>Masters in Clinical Psychology, Emphasis in Marriage and Family Therapy</i>	2006
PEPPERDINE UNIVERSITY, Malibu, California <i>Certificate in Child Abuse Assessment and Reporting</i>	2006
UNIVERSITY OF CALIFORNIA, Los Angeles, California <i>Bachelor of Arts in Sociology, Minor in Communication Studies</i>	1998

## SPECIALTIES:

### *Populations*

- **Age groups: Children (9+), Adolescents, Adults, Seniors**
- **Modalities: Individuals, Families, Couples**

### *Conditions*

- **Anxiety**
- **Depression**
- **Trauma / PTSD**
- **Self Esteem / Confidence**
- **Life Changes**
- **Social Skills**
- **Communication Difficulties**
- **Relational Problems**
- **School Difficulties**
- **Poor Impulse Control**
- **Stress Management**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2019 – Present  
**Mental Health Therapist**

*Clients: Children, adolescents, adults, seniors, families, couples*

- Provide individual, family, and couples therapy in an outpatient setting.
- Diagnose and treat a variety of mental health disorders, including depression, anxiety, divorce, child abuse, domestic violence, attachment difficulties, post-traumatic stress, school difficulties, poor impulse control, social skills development, relational problems, self-exploration, self-esteem/confidence issues, communication difficulties, life changes, grief and loss, geriatric issues, and relational problems.

- MINNESOTA MENTAL HEALTH CLINICS, Lakeville, Minnesota 2013 – 2019
- Outpatient Clinician**  
*Clients: Children, adolescents, adults, seniors, families, couples*
- Provided individual, group and family therapy in an outpatient setting.
  - Starting in 2016, provided individual supervision on an ongoing basis, led weekly supervision, developed training materials for use with new staff/members of the clinical team, established guidelines polices, and procedures for clinical operations.
  - Diagnosed and treated a variety of mental health disorders, including depression, anxiety, divorce, child abuse, domestic violence, attachment difficulties, post-traumatic stress, school difficulties, poor impulse control, social skills development, relational problems, self-exploration, self-esteem / confidence issues, communication difficulties, life changes, grief and loss, geriatric issues, and relational problems.
- LIFESPAN, Burnsville, Minnesota 2011 – 2013
- Day Treatment Therapist**  
*Clients: Children, Adolescents*
- Provided individual and group therapy in a day treatment setting.
  - Responsible for creating diagnostic assessment for children and adolescents.
  - Developed and monitored individual treatment plans for caseload clients.
  - Coordinated treatment goals with educational goals and with primary support system.
- HOLLYGROVE/EMQ, Hollywood, California 2006 – 2010
- Outpatient Clinician**  
*Clients: Children, Adolescents*
- Provided individual and group therapy in a community setting.
  - Provided Trauma-Focused Cognitive Behavioral Therapy for clients with severe trauma.
  - Documentation and maintenance of clinical records completed per Medi-Cal standards.
- HMS ADULT DAY HEALTH CARE CENTER, Pasadena, California 2004 – 2007
- Social Worker**  
*Clients: Adults, Seniors*
- Provided assessments and reassessments of psychological needs of the participants and developed individual plan of care for each participant, including short and long-term goals.
  - Developed and facilitated problem orientated discussion groups for participants.
  - Developed peer support groups and family caregiver groups.
  - Served as a liaison to the participant's family, caregivers and to community agencies providing services to the participant.
  - Participated in community education, networking and advocacy groups for frail and disabled adults.
  - Provided referrals to available community resources.
- PENNY LANE, Northridge, California 2000 – 2004
- Mental Health Specialist**  
*Clients: Adolescents*
- Provide troubled and emotionally disturbed adolescents (12-18 years) with clinical interventions to help them achieve a higher level of functioning in a class, in a group setting, as well as to progress towards their mental health goals.
  - Clinical interventions include counseling, case management, engaging the adolescent in self-calming/anxiety reducing exercises, and provided reminders to engage in responsible behaviors.
  - Provided one-to-one support and interventions with emotionally/developmentally disabled clients (6-18 years) receiving Therapeutic Behavioral Services and is outlined in the child's treatment plan. As a TBS, I worked with the birth family, foster family, and/or residential staff in directing and guiding their positive interventions toward helping the child reach behavioral goals.

- As an assistant supervisor at a group home setting for troubled and emotionally disturbed adolescents, I counseled each resident individually and in a group setting. I supervised and monitored the residents as well as staff. I engaged the residents in therapeutic games (approved by the therapist). In addition, I modeled the importance of positive and appropriate behaviors.

## **OTHER EXPERIENCE**

- Fluent in English and I am able to speak/understand **Arabic**. I have used my communication skills to broaden my cultural and professional development.
- I am a firm believer of community outreach, and have volunteered at the following: tutored and counseled at risk, emotionally disturbed, and developmentally disabled adolescence for 3 years; Sheriff's Department gathering criminal statistics for crime reports; Pre-litigation clerk with a highly respected law firm who vividly provides pro bono work to the community.