



Sarah R Probst, LPC-S

Public Speaker | Trauma Specialist | Author | Founder of Pneuma, Trauma Informed Christians, & Brain Parlor™

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Profile

Accomplished public speaker, author and licensed Christian mental health trauma counseling supervisor specializing in trauma recovery through a Biblical perspective.

Founder of Pneuma Counseling  Brain Parlor™  and Trauma Informed Christians 

Passionate about teaching Ministry Leaders how to synthesize innovative, scientific brain-smart methods through a Biblical lens. Background in media and speech communication, with extensive experience in training church and ministry leaders on trauma-informed care.

Education

- ✚ Master of Arts in Counseling – Multnomah University, 2014
- ✚ Master's Diploma in Ministry & Leadership – Western Seminary, 2012
- ✚ Bachelor of Arts in Speech Communications – Southeastern Louisiana University, 1999

Certificates

- ✚ Post-Graduate Certificate from Portland State University in Adoption & Foster Therapy
- ✚ Certificate from the EEG Institute in Neurofeedback Therapy
- ✚ Post-Graduate Certificate in Lifespan Integration Therapy (Level I & II)
- ✚ Post-Graduate Certificate in Genesis Process Addiction Recovery Curriculum
- ✚ Post-Graduate Certificate in EMDR – 60 hours
- ✚ Othmer Neurofeedback Certificate Levels I, II, III, IV & Alpha Theta
- ✚ Neurooptimal Neurofeedback Certificate
- ✚ Brain Master Neurofeedback Certificate

Licenses

- ✚ LPC-S – Licensed Professional Counselor Supervisor – Tennessee 2024–present #7071
- ✚ LPC-S – Licensed Professional Counselor Supervisor – Louisiana 2018–present #7149
- ✚ LPC – Licensed Professional Counselor Supervisor – Oregon 2016–present #C4343

PROFESSIONAL EXPERIENCE

FOUNDER | MENTAL HEALTH THERAPIST | SUPERVISOR | PNEUMA COUNSELING | 2015 – PRESENT

Offers trauma-informed, faith-based counseling for individuals and families, using EMDR and other therapies within a Biblical framework. Leads and trains a team of therapists to blend trauma science with theological insights.

FOUNDER | BRAIN PARLOR™ A NEUROFEEDBACK SPA | 2021 – Present

Developed and trademarked the Brain Parlor™ brand and concept to promote mental health and alleviate suffering through neurofeedback.

AUTHOR | *HOPE ALIVE* | 2024

Best-selling author featured in *Hope Alive* (2024), recognized for insights on trauma-informed care. Currently developing a trauma-informed Biblical commentary on the Book of Esther.

RESIDENTIAL COUNSELOR/CASE MANAGER | PORTLAND RESCUE MISSION | 9/2013 – 9/2014

Counseled clients with trauma, addiction, and homelessness; led a support team, managed client cases, facilitated recovery programs, life skills, and spiritual growth groups, coordinated transportation, maintained progress logs, and developed new curriculum for healing and growth.

MENTAL HEALTH YOUTH & FAMILY THERAPIST | YOUTH CONTACT, INC | 9/2014 – 7/2016

Delivered family therapy for at-risk youth using Strategic Family Systems, Motivational Interviewing, and other tailored approaches. Set treatment goals, implemented interventions, facilitated mental health groups, developed a youth mentorship program, and maintained thorough client documentation

RESIDENTIAL COUNSELOR | WHITE SHIELD CENTER | (WILDFLOWERS PROGRAM) 2012–2013

Oversaw trauma-informed care for at-risk female teenagers exposed to complex trauma, providing individual counseling and leading life skills training groups to foster healing and resilience. Managed disciplinary and positive reinforcement programs, documented therapeutic progress, and developed curriculum components to support clients' learning and personal growth. Engaged in public speaking to guide clients in personal development and coordinated transportation to appointments and events, promoting stability and structure in their daily lives.

DISC JOCKEY | WZRH THE ZEPHYR RADIO | New Orleans, LA | 1994 – 1997

Built skills in live broadcasting and audience engagement as a DJ, live remote broadcast host, and event coordinator.

PUBLIC SPEAKING & TRAINING EXPERIENCE

Trauma Informed Christians – Training for Church Leadership – Delivered specialized training to equip church leaders with trauma-informed care tools, empowering them to support congregants through a Biblically rooted clinical perspective. Developed online courses and content tailored to meet the needs of faith-based communities. Conducted workshops and training sessions for ministry leaders focused on understanding and addressing trauma within a ministry setting, fostering compassionate, faith-based care including:

- ✦ **Bridgetown Church (John Mark Comer)** Trauma Conference – Keynote Speaker
- ✦ **InCourage Conference** – Portland Oregon 2020 – Breakout Speaker
- ✦ **Her Brain – Her Wholeness Conference** – 2020 – Keynote Speaker

Workshop Topics:

- ✦ Understanding Trauma through a Biblical lens
- ✦ Understanding EMDR through a Biblical Lens
- ✦ Synthesizing the languages of Clinical Psychology & Biblical Theology
- ✦ Human Trafficking Awareness: Addressing trauma in trafficking survivors
- ✦ Helping Ministry leaders understand trauma-through-a-Biblical-lens: Workshops for church leaders and faith-based community organizations.

SPECIALIZED INTERNSHIPS

Transitions Global – Trauma Recovery | Phnom Penh, Cambodia | Summer 2011

Worked with young girls rescued from sex trafficking, providing trauma support and building resilience under difficult circumstances. Learned from Global leaders in trauma recovery.

Michelle Clark | Human Trafficking Studies | 2010

Studied under Michelle Clark, an expert in international human trafficking and UN advisor, gaining insights into the psychological impact of trafficking and trauma recovery.

Intern | WWL-TV, the CBS affiliate in New Orleans | INTERN 1997

Supported newsroom operations as well as field reporting and broadcasting, gaining valuable media and public speaking training under seasoned journalists including Hoda Kotb.

Fox News New Orleans, LA – Sports room intern

NOTEWORTHY PROFESSIONAL TRAINING

‡ **THE ALLENDER CENTER STORYWORK CONFERENCE 2024 (20 HOURS)**

‡ **SOMATIC TRAUMA HEALING IMMERSION 2024 – (45 HOURS) PRESENTATIONS BY:**

KARINE BELL, MSc, SEP	BETSY POLATIN, MFA, SEP	DR. BESSEL VAN DER KOLK
PETER A. LEVINE, PHD	NKEM NDEFO, MSN	JUSTIN MICHAEL WILLIAMS
DR. SCOTT LYONS	DR. ARIELLE SCHWARTZ	DR. ALBERT WONG
DR. GABOR MATÉ	KAI CHENG THOM, MSW,	

‡ **NATIONAL BOARD OF CERTIFIED COUNSELORS CERTIFICATE – ADVANCED MASTER PROGRAM ON THE TREATMENT OF TRAUMA 2023**

‡ **EMDR TRAINING – COMPLETE COURSE (PARTS 1 & 2) 2017**

‡ **TREATING COMPLEX TRAUMA WITH INTERNAL FAMILY SYSTEMS (IFS): 2-DAY CERTIFICATE COURSE – SPEAKER(S): FRANK G. ANDERSON, M.D. 2019**

‡ **POST-GRADUATE ADOPTIVE & FOSTER FAMILY THERAPY CERTIFICATE – PORTLAND STATE UNIVERSITY**

‡ **DIALECTICAL BEHAVIOR THERAPY (DBT) CERTIFICATE; 2-DAY INTENSIVE TRAINING SPEAKER(S): STEVE GIRARDEAU, PSY.D. – 2018**

‡ **CONGRESS ATTACHMENT AND TRAUMA – THE NEUROBIOLOGY OF HEALING – TIMES SQUARE NEW YORK 2017 – PRESENTATIONS BY:**

ALLAN SCHORE	DIANA FOSHA	RACHEL YEHUDA
ROBIN SHAPIRO	PAT OGDEN	VITTORIO GALLESE
SUE JOHNSON 1	STEPHEN PORGES	

‡ **BRAINSPOTTING PHASE I & II CERTIFICATE – 2021**

‡ **ADVANCES IN TRAUMA TREATMENT – BESSEL VAN DER KOLK 2018 (12 HOURS)**

‡ **ATTACHMENT-FOCUSED EMDR: HEALING DEVELOPMENTAL DEFICITS AND ADULTS ABUSED AS CHILDREN TWO-DAY WORKSHOP – LAUREL PARNELL, PH.D.**

VOLUNTEER & OUTREACH

✠ Hubei Vocational and Technical College

中国湖北省孝感市学院路17号

No. 17 Xueyuan Road, Xiaogan, Hubei Province, China

Taught English as a second language to nearly 300 college-aged students, designing interactive classroom activities and leading sessions with over 50 students and presentations for audiences of 1,000+. Acted as a communication liaison for recruitment efforts in the U.S., producing print and video updates. Developed and implemented an internship program with the Ritz Carlton Sanya for Chinese students and created communication materials, including newsletters and a short film, to support team outreach.

✠ **Portland Rescue Mission:** Led trauma recovery and life skills groups for women overcoming addiction and homelessness.

✠ **Cupcake Girls & New Orleans Dream Center:** Provided outreach and support to women in the sex industry, focusing on spiritual care and empowerment.

✠ **"The Rose of Sharon Ministry," outreach** aimed to support women in the adult entertainment industry on Bourbon Street by bringing them roses and chocolate while showing them love and compassion. The ministry's volunteers focused on creating connections and offering non-judgmental support as part of their faith-based outreach efforts.

✠ **Home of Hope Orphanage** – Gong Yi, China

✠ **Village Baptist Church** – Story Team Journalist

✠ **Western Seminary** – Student Ministry Team Coordinator

AFFILIATIONS

American Association of Christian Counselors

American Counseling Association