

Sarah E. Campbell, PhD, LPC, NCC, ACS, BCTMH, Counseling Faculty, Mental Health Clinician & Private Practice Owner in NJ

Bridging Academia and Mental Health Through Innovative Practices and Expertise



New York City, New York Sep 13, 2024 ([Issuewire.com](https://www.issuewire.com)) - At the forefront of the evolving landscape of mental health and education, Dr. Sarah E. Campbell serves as Core Clinical Counseling Faculty at Southern New Hampshire University, as well as a dedicated counselor within school-based and private

practice settings. With nearly two decades of experience in both clinical and educational settings, Dr. Campbell is on a mission to foster holistic development through evidence-based practices with a strong emphasis on empowering others to access their voices.

Dr. Campbell's focus and commitment to providing school-based counseling support continues to be on nurturing emotional intelligence in our youth. In line with this mission, she founded Changing Waves Consulting, LLC, which serves as a platform to empower individuals and organizations to navigate life's complexities with resilience.

Changing Waves Consulting offers a wide array of services, including: consulting services for individuals, agencies, institutions, school districts, universities, and corporate businesses; community education services aimed at enhancing understanding and skills in mental wellness; life and executive coaching services designed to support personal and professional growth; clinical counseling services that provide therapeutic support tailored to individual, groups, couples, and families (EFT trained); forensic services encompassing both evaluative and therapeutic dimensions to include reunification therapy; and curriculum development to enrich educational programs with evidence-based practices.

Dr. Campbell earned her MS in Mental Health Counseling and her PhD in Counselor Education and Supervision from Capella University. Her dissertation focused on the lived experiences of counselors in training (CIT) and their journey toward becoming social justice advocates, a topic she is passionate about. Her qualifications include credentials as a National Certified Counselor (NCC), Approved Clinical Supervisor (ACS), and Board Certified Telemental Health Provider (BC-TMH).

In addition to her extensive clinical experience, Dr. Campbell has over twelve years of online teaching experience in counselor education and has developed training curricula for various programs. She has also contributed to non-profit initiatives focusing on international adoption and family homelessness.

Dr. Campbell's commitment to service extends beyond her immediate community. She has participated in local, regional, and national service activities with organizations such as the National Board for Certified Counselors (NBCC), the Association for Counselor Education and Supervision (ACES), and the North American Regional Association for Counselor Education and Supervision (NARACES). Her work includes co-authoring a chapter on utilizing Digital Storytelling to support CITs in becoming social justice advocates as well as having a self-help book in the works.

Learn More about Dr. Sarah E. Campbell:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/81785135-Sarah-Campbell-Counselor-Therapist>, or through Southern New Hampshire University, <https://www.snhu.edu/online-degrees/masters/ma-in-clinical-mental-health-counseling/faculty>

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Source : Sarah E. Campbell, PhD, LPC, NCC, ACS, BC-TMH

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