

Dr. Sheriece Sadberry
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Education:

Ph.D. **University of Missouri-Columbia**

Counseling Psychology (emphasis, Sport Psychology), APA-Accredited

Dissertation: "College Adjustment of African American Student-Athletes at Predominately White Institutions and Historically Black Colleges and Universities"

M.Ed. **University of Missouri-Columbia**

Counseling Psychology

B.A. **University of Nebraska-Lincoln**

Psychology (minor, Business Administration)

Licensures and Certifications:

Licensed Psychologist, PY8416, Florida

Licensed Psychologist, 2029, Kansas

USOC Sport Psychology Registry

Certified Mental Performance Consultant, 353, Association for Applied Sport Psychology

Licensed Psychologist, 2014031968, Missouri (Inactive)

Professional Memberships:

Board Member, Technology Chair, Collegiate Clinical/Counseling Sport Psychology Association (CCSPA)

Member, American Psychological Association (APA)

(Division 17, The Society of Counseling Psychology)

(Division 47, Exercise and Sport Psychology)

Member, Association for Applied Sport Psychology (AASP)

Member, National Association of Collegiate Women Athletic Administrators (NACWAA)

(2015 - Graduate of NACWAA Institute for Administrative Advancement)

Experiences:

08/2017 – present **Owner, Licensed Counseling and Sport Psychologist**, Optimal Moments, LLC, Tampa, FL

- Provide culturally appropriate, mental health individual clinical and couples therapy sessions: specializations include eating disorders/body image, anxiety, depression, cultural and LGBTQ concerns, and trauma (adolescents through adulthood)
- Conduct intake, psychological and personality assessments, and pre-bariatric surgery assessments
- Conduct Veteran Administration Compensation and Pension Exams for mental disorders and post-traumatic stress disorder
- Conduct psychological assessments and evaluations for the Federal Public Defenders Office
- Provide crisis interventions as needed
- Provide presentations about mental health and relationships to the Kansas City Chiefs Rookie Symposium
- Provide individual and team sport psychology services to the general population (adolescents through adulthood)
- Utilize biofeedback in conjunction with therapeutic techniques and mental skills training when appropriate
- Consult with athletes and coaches on incorporating mental skills in training and team practice
- Provide presentations to the general population about mental health, diversity, mental skills, etc.
- Maintain an electronic health records system and file insurance claims (SimplePractice)
- Preferred provider for the University of Tampa athletics department

01/2015 – 07/2017 **Counseling and Sport Psychology Consultant**, Buckner Sports Law, Lawrence, KS

- Consulted on legal matters that involve mental health, sport psychology, and risk management concerns

10/2011 – 07/2017 **Owner, Licensed Counseling and Sport Psychologist**, Optimal Moments, LLC, Lawrence, KS

- Provide culturally appropriate, mental health individual clinical and couples therapy sessions: specializations include eating disorders/body image, anxiety, depression, cultural and LGBTQ concerns, and trauma (adolescents through adulthood)
- Conduct intake, psychological and personality assessments, and pre-bariatric surgery assessments
- Conduct Veteran Administration Compensation and Pension Exams for mental disorders and post-traumatic stress disorder
- Provide crisis interventions as needed
- Provide individual and team sport psychology services to the general population (adolescents and young adults)
- Utilize biofeedback in conjunction with therapeutic techniques and mental skills training when appropriate
- Consult with athletes and coaches on incorporating mental skills in training and team practice
- Provide presentations to the general population about mental health, diversity, mental skills, etc.
- Maintain an electronic health records system and file insurance claims (SimplePractice)
- Preferred provider for Kansas Athletics, Inc (1/2016-6/2017)
- Preferred provider for Kansas City Chiefs (8/2014-6/2017)

08/2014 – 07/2017 **Rookie Success Program Facilitator**, Kansas City Chiefs, Kansas City, MO

- Oversaw the delivery of presentations designed to assist with the transition to being a professional athlete to the newly acquired, first-year football players (10-20 athletes)
- Led presentations on stress management, healthy relationships, unhealthy relationships, decision making, life transition, and non-discrimination
- Preferred provider for the organization for all athletes and their family members in need of mental health treatment

1/2012 – 12/2015 **Licensed Counseling and Sport Psychologist**, Kansas Athletics, Inc., Lawrence, KS

Administrative Duties:

- Reviewed and developed policies to address clinical best practices, such as creating a comprehensive Policy and Procedure Manual
- Coordinated clinical care with athletics sports medicine department, campus services and community outpatient and inpatient services
- Implemented and maintained an electronic health records system (Titanium Schedule)
- Maintained a budget and finances related to the provision of psychological services
- Utilized website content and media outlets (Twitter) to introduce psychological services and reduce stigma
- Provided consultation on athletic department committees addressing student-athlete well-being
- Introduced high school recruits, parents and current student-athletes to services provided
- Served as a guest lecture about relevant psychological concerns to undergraduate classes
- Ensured clinical services are in compliance with regulatory agencies, state and federal laws, and professional accrediting agencies

Clinical Duties:

- Provided culturally appropriate, individual clinical and sport psychology services to an athletic department with approx. 550 student-athletes
- Conducted intakes, psychological and personality assessments and ADHD screenings
- Provided on-call crisis interventions for student-athletes and consultation with families, coaches and administrators for crisis management
- Designed and delivered psychoeducational workshops for student-athletes, coaches, and staff
- Provided weekly, 1-hour individual supervision to one post-doctoral counselor (8/2013-8/2014)
- Provided weekly, 1-hour individual supervision to one doctoral graduate assistant (1/2012-7/2012 and 8/2012-6/2013)
- Facilitated team interventions for 16 sport teams, coach development consultations, and training on the incorporation of mental skills training in performance

- Utilized biofeedback in conjunction with therapeutic techniques and mental skills training when appropriate
- Assisted in leadership development individually, within a team, and through the KU Leads Emergent Leadership Retreat
- Led group yoga sessions upon request of teams and designed individual yoga routines for student-athletes

- 8/2010 – 1/2012 **Licensed Counseling and Sport Psychologist**, University Counseling Center, Florida State University, Tallahassee, FL
- Provided individual, group, and couples therapy to university students in a brief (10-session) therapeutic model
 - Conducted intake, psychological, and personality assessments
 - Provided walk-in crisis interventions for students and consultation with families, staff and administrators for crisis management
 - Co-facilitated specialized support/empowerment and process groups
 - Utilized biofeedback in conjunction with therapeutic techniques
 - Organized and presented outreach presentations to students and campus community
 - Designed a biofeedback lab/program
 - Revitalized the center's marketing strategies and website to decrease stigma and increase access
- 8/2009 – 8/2010 **Clinical Internship**, Counseling & Wellness Center, University of Florida, Gainesville, FL
- Provided individual, group, and couples therapy to university students in a brief (15-session) therapeutic model
 - Conducted intake, psychological, and personality assessments
 - Provided walk-in crisis interventions for students and consultation with families, staff and administrators for crisis management
 - Co-facilitated specialized support/empowerment and process groups
 - Utilized biofeedback in conjunction with therapeutic techniques
 - Organized and presented outreach presentations to student and campus community
 - Participated in weekly clinical team consultation meetings
- 8/2008 – 5/2009 **Practicum Counselor**, University Counseling Center, University of Missouri, Columbia, MO
- Provided individual therapy to university students in a brief (12-session) therapeutic model
 - Participated in weekly clinical team consultation meetings
- 8/2007 – 12/2007 **Practicum Counselor**, Assessment & Consultation Clinic, University of Missouri, Columbia, MO
- Observed and aided in scoring the Autism Diagnostic Interview (ADI-R) which is conducted with parents of children being assessed for autism spectrum
 - Observed Disability Determinations for community members
 - Developed and facilitated a psychoeducational self-esteem group for juvenile offenders
 - Participate in weekly for clinical team consultation meetings
- 8/2006 – 5/2007 **Practicum Career Counselor**, Hickman High School, Columbia, Missouri
- Provided individual therapy and career counseling to sophomore high school students at-risk of withdrawing from school for an average of 24 sessions
- 1/2006 – 5/2006 **Practicum Career Counselor**, Hickman High School, Columbia, Missouri
- Provided individual therapy and career counseling to sophomore high school students at-risk of withdrawing from school for an average 12 sessions
- 8/2005 – 12/2005 **Practicum Counselor**, University Counseling Center, University of Missouri, Columbia, MO
- Provided individual therapy to university students in a brief (12-session) therapeutic model
 - Participated in weekly clinical team consultation meetings
- 11/2003 – 5/2004 **Community Treatment Aide**, Visinet, Inc., Lincoln, NE
- Facilitated goals developed by therapists with clients

9/2002 – 5/2004 **Family Support Worker**, Visinet, Inc., Lincoln, NE

- Supervised visitations between parents and children
- Facilitated goals developed by therapists with parents
- Provided parents with various resources

4/2001 – 5/2002 **Youth Specialist II**, Cedars Home for Children, Lincoln, NE

- Assisted children with their goals and behavior plans
- Empathized with children as they prepared for their long-term placement
- Guided children and youth to develop a sense of belonging, mastery, independence, and generosity

11/2000 – 4/2001 **Relief Youth Specialist**, Cedars Youth Services, Lincoln, NE

- Substituted for full-time and part-time employees at the various programs offered by Cedars
- Assisted children with their goals and behavior plans

Clinical-Related Experiences:

Clinical Supervision

1/2012 – 8/2014 **Clinical Supervisor**, Kansas Athletics, Inc.

- Provided weekly, 1-hour individual supervision to one post-doctoral counselor (8/2013-8/2014)
- Provided weekly, 1-hour individual supervision to one doctoral graduate assistant (1/2012-7/2012 and 8/2012-6/2013)

1/2010 – 7/2010 **Clinical Supervisor**, Counseling & Wellness Center, University of Florida

- Provided weekly, 1½ hour individual supervision to one doctoral practicum student

8/2008 – 12/2008 **Clinical Supervisor**, Dept. of Educational, School, & Counseling, Psychology, University of Missouri

- Provided weekly, 1-hour individual supervision to 2 master's level practicum students (1 at the MU Career Center and 1 at Hickman High School Success Center)

Therapeutic Groups

2/2011 – 12/2011 **Take a Breath Mindfulness-Based Group**, University Counseling Center, Florida State University

- Co-facilitated and developed curriculum for an 8-week, semi-structured, mindfulness-based group

10/2010 – 5/2011 **Black Student's Empowerment Group**, University Counseling Center, Florida State University

- Co-facilitated a process group focusing on specific concerns of Black students

1/2010 – 4/2010 **Invincible Black Women's Empowerment Group**, Counseling & Wellness Center, University of Florida

- Co-facilitated a process group focusing on specific concerns of Black women

8/2009 – 4/2010 **Making Peace with Food**, Counseling & Wellness Center, University of Florida

- Co-facilitated a process group focusing on moderate to severe disordered eating (anorexia, bulimia, and compulsive eating) in college-aged women

8/2009 – 12/2009 **First Generation Empowerment Group**, Counseling & Wellness Center, University of Florida

- Co-facilitated a semi-structured/process group focusing on specific concerns of first-generation college students

8/2007 – 12/2007 **Self Esteem Group for Juvenile Offenders**, Assessment & Consultation Clinic, University of Missouri

- Co-facilitated a 6-week psycho-educational group for juvenile offenders age 13-15.

Sport Psychology Experiences:

- 1/2010 – 5/2010 **Mental Performance Consultant**, Lincoln University, Jefferson City, MO
- Consulted with coaches on incorporating psychological skills in team practice and understanding leadership techniques to improve team morale and cohesion
- 1/2007 – 5/2009 **Sport Psychology Internship**, Lincoln University, Jefferson City, MO
(Spring 2007, Fall 2007, Fall 2008, Spring 2009)
- Consulted with student-athletes and coaches on performance enhancement issues and life skills
 - Provided individual and group mental skills training sessions
 - Facilitated group yoga sessions
- 3/2004 – 5/2004; 3/2003 – 5/2003 **Sport Psychology Internship**, Southwest High School, Lincoln, NE
- Presented mental skills training techniques to the spring track team
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Teaching Experiences:

- 8/2011 – 1/2012 **Adjunct Instructor**, Sport Psychology, Argosy University Online
- Psychopathology (SP6005) and Psychological Aspects of Athletic Injury (SP6493) – Graduate courses
- 8/2008 – 8/2010 **Instructor**, MU Direct Online Courses, University of Missouri
- Fall 2008, Spring 2009, Summer 2009, Summer 2010 - Introduction to Educational Statistics (ESCP 4170/7170); Undergraduate and graduate courses
- 6/2008 – 7/2009 **Instructor**, Department of Psychology, Morehouse College, Atlanta, GA
- Summer 2008 & Summer 2009 - Introduction in Social Psychology (HPSY 303); Undergraduate course
 - Summer 2009 - Select Topic: Sports Psychology (HPSY 389); Undergraduate course
- 8/2008 – 12/2008 **Instructor**, Dept. of Educational, School, & Counseling Psychology, University of Missouri, Columbia, MO
- African American Psychology (ESCP/BS 3100); Undergraduate course
- 1/2007 – 12/2007 **Teaching Assistant**, Dept. of Educational, School, & Counseling Psychology, University of Missouri, Columbia, MO
- Assisted lead instructor in the delivery of information and grading homework for Quantitative Methods in Educational Research, ANOVA (ESCP 8620); graduate course in the Spring 2007 and Fall 2007
 - Maintained regular office hours to provide direct assistance to students for questions and technology support for SAS and Bengalspace
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Other Facilitation Experiences:***Invited Speaker***

- 9/2013 – 6/2017 **Invited Speaker**, *Leadership and Mindfulness*, Undergraduate and Honors Leadership Studies Courses, University of Kansas, Lawrence, KS
- 9/2016 – 6/2017 **Invited Speaker**, *The Profession of Psychology*, Introduction to Professional Counseling, University of Missouri-Kansas City, Kansas City, MO
- 3/2017 **Invited Speaker**, *The Field of Sport Psychology*, Benedictine College, Atchinson, KS
- 3/2017 **Keynote Speaker**, *Taking the Lead: The Intersection of Advancing Pharmacy Practice and Sport Psychology*, Kansas Council of Health-System Pharmacy and Missouri Society of Health-System Pharmacists Spring Meeting, Lawrence KS
- 8/2016 **Invited Speaker**, *The Psychology Behind Wellness*, Women's Wellness Soiree, Kansas City, MO

9/2015 **Invited Speaker**, *Helping Coaches Address Body Image with Swimmers and Parents*, USA Swimming Women's Leadership Summit, Kansas City, MO

Invited Facilitator

1/2012 – 6/2017 **Small Group Facilitator**, KU Leads Emergent Leadership Retreat, Kansas Athletics, Inc., Lawrence, KS

- Facilitate small group discussions and activities designed to assist student-athletes, who have been identified by their coaches as potential leaders, in developing the confidence and strength to become leaders on their team. The retreats are held twice an academic year

1/2009 **Small Group Facilitator**, Florida Opportunity Scholars Academy of Leadership Retreat, University of Florida, Gainesville, FL

- Facilitated small group discussions with Florida Opportunity Scholarship students who were learning how their strengths and passions can influence their ability to become leaders on campus and in the community

Mentor/Tutor

1/2008 – 5/2008 **Athletic Association Tutor**, Georgia Institute of Technology, Atlanta, GA

- Provided guidance to 3 student-athletes on study skills and tutored psychology courses (Introduction to Psychology, Social Psychology, and Abnormal Psychology).

1/2005 – 12/2005 **Pro-Active Study Hall Mentor/Tutor**, University of Missouri, Columbia, MO

- Oversaw the delivery of tutoring services for 3 student-athletes who experienced barriers to learning
- Provided instruction on time management skills, scheduling of classes, study habits and tutored various courses in a manner conducive to their learning styles while addressing their barriers to learning

Instructor

5/2010 – 12/2011 **Yoga Instructor**, Florida State University Robert E. Leach Student Recreation Center, Tallahassee, FL

Research Experiences:

8/2006 – 5/2008 **Graduate Research Assistant**, University of Missouri

- Assisted faculty advisor in conducting literature reviews, project organization and creation, and data collection for numerous research projects focusing on collegiate student-athletes
- Second author on an article submitted to peer reviewed journal
- Created numerous poster presentations for national conferences

1/2004 – 12/2005 **Research Team Member**, University of Missouri

- *Multicultural competency of sports psychologists and consultants & A meta-analysis of sports psychology journals for cultural inclusion*
- Collaborated with a research team on conducting a meta-analysis on sports psychology related journals
- Reviewed literature on multicultural issues in sports
- Developed case studies related to cultural issues within the sport context

1/2006 – 1/2007 **Secondary Investigator**, University of Missouri

- *Psychological and contextual correlates of alcohol use among college students: A multi-site investigation*
- Assisted in data collection for multisite investigation

8/2002 – 8/2004 **Primary Investigator**, University of Nebraska-Lincoln

- *Minority athletes' perceptions of themselves in a White majority sports environment*
- Conducted interviews with racial minority student-athletes in a White-majority environment
- Examined their perceptions of treatment as minority athletes

1/2001 – 5/2003 **Undergraduate Research Assistant – McNair Research Project**, University of Nebraska-Lincoln

- *Emotional self-management and attentional focus training: Effects on psychosocial growth and psychophysiological reactivity in high risk adolescents*
- Assisted in the implementation of biofeedback training tools, such as relaxation and stress management programs, and Attention Deficit Hyperactivity Disorder related attention/concentration computer games

9/2001 – 6/2002 **Undergraduate Research Assistant**, University of Nebraska-Lincoln

- *Mapping prejudice against Hispanics and Asians: A contemporary article and two new scales*
- Assisted in developing a prejudice scale for Hispanics and Asians
- Collected data and participated in the analysis of data using SPSS
- Assisted in the creation of poster presentation.

9/2000 – 5/2001 **Undergraduate Research Assistant**, University of Nebraska-Lincoln

- *Acculturation and drinking expectancies in Mexican-Americans*
- Assisted graduate student with data collection and analysis of the data using SPSS
- Researched articles in library database for literature review and discussion sections

Scholarly Publications:

Sadberry, S. & Mobley, M. (2013). Sociocultural and mental health adjustment of Black student-athletes: Within-group differences and institutional setting. *Journal of Clinical Sport Psychology*, 7.

Cox, R.H., **Sadberry, S.**, McGuire, R.T., & McBride, A. (2009). Predicting student-athlete career situation awareness from college experiences. *Journal of Clinical Sports Psychology*, 3, 156-181.

Scholarly Presentations:

Sadberry, S. & Mobley, M. (2011, September). *Sociocultural and mental health adjustment of Black student-athletes: Within-group differences and institutional setting*. Poster session presented at the Association for Applied Sports Psychology Conference.

Sadberry, S., Cox, R.H., McGuire, R.T., & Moran-Miller, K.E. (2007, October). *Predicting student-athlete academic performance from athlete identity, parents' education, study habits, and financial aid while controlling for gender, sport, and race*. Poster session presented at the Association for Applied Sports Psychology Conference.

Grants:

2011 Institute for HeartMath Education Sponsorship (\$1,375.04)

2009 National Collegiate Athletic Association Graduate Research Grant (\$5,000)

Professional Service:

- 2/2015 – 12/2015 **Sexual Assault/Harassment Task Force**, Kansas Athletics, Inc.
 Consulted with athletics staff and campus community members to ensure the athletic department was providing information and resources the student-athletes on sexual assault and harassment concerns
- 1/2012 – 12/2015 **Gender Equity and Diversity Committee**, Kansas Athletics, Inc.
 Consulting with athletics staff and campus community members to develop the yearly diversity trainings for student-athletes and athletics staff members
- 1/2012 – 12/2015 **Alcohol and Drug Education Committee**, Kansas Athletics, Inc.
 Consulting with athletics staff members to develop the yearly substance use education training for the student-athletes
- 1/2012 – 12/2015 **Student-Athlete Welfare Committee**, Kansas Athletics, Inc.
 Consulting with athletics staff members to improve the services offered to student-athletes to ensure their development
- 1/2012 – 12/2015 **Personal Safety and Responsible Social Behavior Committee**, Kansas Athletics, Inc.
 Consulted with athletics staff members to monitor efforts to help student-athletes make healthy choices and stay safe on the campus and in the neighboring community. This included utilizing a

program called Locker Talks to provide sexual assault awareness information and the development of a communication action plan in case of a serious emergency such as a natural disaster

- 1/2012 – 7/2014 **Drug Education/Testing Committee**, Kansas Athletics, Inc.
Collaborating with athletics staff on the implementation of the Drug Policy for when student-athletes fail drug testing. Providing the mandated substance use assessment and/or counseling as part of the Protect Your Talent program
- 8/2010 – 1/2012 **REACH Committee**, University Counseling Center, Florida State University
Organized and facilitated outreaches to enhance the wellness and retention of underrepresented students; collaborated with university-wide departments on marketing and presentations to decrease mental health stigmas and improve accessibility of services for minority students
- 8/2010 – 1/2012 **Outreach Committee**, University Counseling Center, Florida State University
Developed and facilitated outreach presentations to faculty, staff, and students about counseling services and provided psychological interventions; organized Stress Buster Event; and collaborated with university departments to improve the wellness of students
- 8/2010 – 1/2012 **Quality Assurance Committee**, University Counseling Center, Florida State University
Consulted with staff members to improve the effectiveness of counseling services
- 8/2010 – 1/2012 **Eating Disorders Team**, University Counseling Center, Florida State University
Consulted with physicians, psychiatrists, nutritionist/dieticians, and other mental health providers about the services provided to individuals with eating disorders
- 8/2010 – 2/2011 **Public Safety Committee**, University Counseling Center, Florida State University
Consulted with university-wide staff members to ensure the safety of college students
- 1/2010 – 8/2010 **Florida Opportunity Scholars**, Division of Student Affairs, University of Florida
Served as a mental health consultant to the Florida Opportunity Scholarship's development and implementation of workshops for their scholars. This scholarship ensures first generation college student who meet economic criteria will not have to work or borrow to attend the University in Florida
- 8/2009 – 8/2010 **ASPIRE**, Counseling & Wellness Center, University of Florida
Participated in activities to enhance the program which targets African-American students, Hispanic students, and first generation college students' academic success and retention
- 1/2010 – 5/2010 **Multicultural Counseling Committee**, Counseling & Wellness Center, University of Florida
Addressed multicultural concerns within the center in terms of administration of services, training, and clinician competencies, as well as facilitating outreach in the campus community with other center clinicians
- 8/2009 – 5/2010 **University Athletic Association Work Group**, Counseling & Wellness Center, University of Florida
Discussed with other clinicians aspects of the liaison between the Counseling & Wellness Center and the University Athletic Association; provided direct clinical services to student-athletes; facilitated outreach presentations to the various athletic teams; consulted with the group on clinical and professional issues
- 8/2009 – 12/2009 **Counseling Training Committee**, Counseling & Wellness Center, University of Florida
Addressed practicum and internship training issues on monthly basis with other clinicians; participated in the development of formal rotations for internship training during the consolidation of the University Counseling Center and Student Mental Health Center

8/2006 – 5/2007

Faculty Search Committee, Dept. of Educational, School, & Counseling Psychology,
University of Missouri
Student representative for faculty search committee for joint appointment in Educational School,
& Counseling Psychology and Black Studies Departments; reviewed application materials,
participated in interviews, and attended meetings

Academic Honors:

Graduate Fellowships & Scholarships

Ronald E. McNair Fellow
Eunice Drake Vandiver Fund for Education
Gertrude Strickler Memorial Fund

Undergraduate Academic Honors

UNL Chancellor's High Scholarship Award
Harry K. Wolfe Award Nominee
Outstanding Student of Color
Dean's List

Honor Societies

Golden Key International Honor Society
Psi Chi National Honor Society in Psychology
National Honor Society of Collegiate Scholars