



# SARAH BUINO

PSYCHOTHERAPIST  
CONSULTANT  
TEACHER  
SPEAKER  
PODCASTER

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## EXPERIENCE

### Founder

Head/Heart Therapy Business Therapy | 2022 - present

- Provided consultation to organizations, private practices, and individual therapists to support wellness and liberation

Head/Heart Therapy | 2014 - 2022

- Led a team of nearly 20 therapists providing outpatient therapy for addiction, shame and trauma

### Adjunct Faculty

Loyola University | 2015-present

Fordham University | 2019-2020

- Educate masters of social work students on clinical and group work with substance use disorders

### Keynote Speaker

Federal Bureau of Investigation | 2023

- It's Ok To Not Be Ok - Investigating Strength in Vulnerability

National Association for Addiction Counselors | 2021

- Anti-racism in Addiction Treatment: A Searching and Fearless Moral Inventory

Illinois Certification Board | 2021

- Experiences Regarding Clinical Supervision

### Podcast Host

Conversations with a Wounded Healer | 2017 - present

Transforming Trauma | 2019-2021

### Social Worker and Substance Abuse Counselor

Various Organizations | 2009 - present

## EDUCATION

### Master of Social Work

Loyola University, 2009

### Bachelor of Music

Miami University, 2001

## TRAINER EXPERIENCE

- Federal Bureau of Investigation
- West Virginia University Medicine
- University of Arizona College of Medicine
- University of Chicago
- Loyola University
- Georgia State University
- National Association of Social Workers - Illinois
- Simple Practice
- Make An Impact
- AdCare Educational Institute
- New Hampshire Drug and Alcohol Counselors Association
- Delaware Council on Gambling Problems
- Missouri Institute of Mental Health
- Cape Cod Symposium on Addictive Disorders



**HEAD / HEART  
BUSINESS THERAPY**  
*Professional Healing & Transformation*



## MEDIA APPEARANCES

- Rebel Therapist
- The Trauma Therapist Podcast
- Transforming Trauma
- The Indie Spiritualist Podcast
- Unapologetically Sensitive
- Sun and Moon Sober Living Podcast
- Real Common Treatable
- Your Mental Health Business Mentor
- Well Not Perfect
- Savage Lifecast
- Power Your Story
- Authentic Wednesday Podcast
- Buddhist Wisdom Podcast
- Podcast Envy
- The Creative Impostor

## SKILLS

- Dynamic teaching/speaking
- Organizational wellness
- Professional vulnerability
- Authentic social media marketing
- Podcasting
- Engaging and entertaining interviewing
- Singer/entertainer

## AWARDS

- Illinois Certification Board, Professional of the Year | 2022
- Illinois Association of Addiction Professionals, Rising Star | 2018
- National Association of Social Workers, Emerging Leader | 2017
- Sierra Tucson Gratitude for Giving, Humility Award | 2014

## PRESENTING/TEACHING FEEDBACK

"Excellent teacher- she cares about us as students, pre-professionals, and human beings. I have learned exponentially from Sarah and could not ask for a better professor. I will always remember her as one of the most influential teachers I have ever had."

"I am truly grateful to have taken this course with Sarah as the instructor. Her clinical experience in the field of addictions has been extremely beneficial to my learning and understanding. She conceptualized addictions in an empathetic manner and gave us so many resources to increase our ability to empathize with those in recovery. She is an amazing social worker and her energy is empowering and inspiring. Her passion for individuals with substance use disorders is astounding and refreshing. This was by far my favorite course at Loyola and it is all because of Sarah. I know more about addictions because of her class than I would if I had not taken her section."

"Thank you for the awesome workshop. I learned some new language I can use with patients! You are such an engaging speaker and a wonderful human being! Thank you for helping me have greater insight into shame!"

"Wonderful, engaging, accepting, interactive. Thank you."

"Thank you for being YOU! I really like that you shared info and who you are with us through your personality and examples."

"Professor Buino is amazing! She's raw, authentic, knowledgeable, and she incorporates fun into her classes. I felt very seen and supported by her, It's clear she cares about her students. I appreciated her insight and live coaching with role plays."