

**DR. SARAH FAITH SHELTON**  
**Licensed Clinical Health Psychologist**

**EDUCATION**

- **Doctor of Psychology (Psy.D.) - Clinical Psychology, Health Psychology Emphasis**  
Spalding University, APA accredited program, June 2005
- **Master of Public Health (M.P.H.) - Informatics**, Medical College of Georgia, May 2009
- **Master of Science (M.S.) - Clinical Psychology**, Murray State University, May 2001
- **Bachelor of Arts (B.A.) – Psychology**, Murray State University, August 1999
- **Associate of Arts (A.A.)** Paducah Community College, August 1997

**LICENSES & CERTIFICATIONS**

- **Kentucky Psychologist License #1477** (2007-present)
- **Georgia Psychologist License #003051** (2006-present)
- **South Carolina Psychologist License #1112** (2007-2010)
- **National Register of Health Service Providers in Psychology #51877**
- **Multiple Sclerosis Certified Specialist, Consortium of Multiple Sclerosis Centers**

**LICENSED CLINICAL EXPERIENCE**

- **Psychological Wellness Group** Paducah, KY Jan. 2008-present  
Co-Owner, Clinical Health Psychologist
- **Psychological Wellness of Augusta** Augusta, GA Aug. 2007-present  
Owner, Clinical Health Psychologist
- **Medical College of Georgia** Augusta, GA Aug. 2007-present  
**Children’s Medical Center, Department of Pediatrics & Department of Psychiatry**  
Director of Pediatric Psychology, Supervising Pediatric Psychologist
- **Aiken-Augusta Holistic Health** North Augusta, SC Jan. 2008-Jan. 2010  
Clinical Health Psychologist
- **Hope House** Augusta, GA Aug. 2006-present  
Director of Training & Education, Director of Program Evaluation, Director of Pediatrics  
Clinical Psychologist, Residential Substance Abuse/Dual Diagnosis Treatment Facility

**FACULTY APPOINTMENTS**

- **Medical College of Georgia** Augusta, GA Aug. 2007-present  
Clinical Faculty, Asst. Professor, Department of Psychiatry & Health Behavior  
Clinical Faculty, Asst. Professor, Department of Pediatrics  
Director of Pediatric Psychological Services, MCG Children’s Medical Center
- **Troy University** Augusta, GA Aug. 2005-present  
Professor, Psychology, Graduate Counseling and Psychology Program
- **Chicago School of Psychology** Chicago, IL Aug. 2009-present  
Professor, Psychology, Graduate Clinical Counseling and Psychology Program
- **South University** Savannah, GA Nov. 2009-present  
Biomedical Informatics Subject Expert, Curriculum Developer
- **Liberty University** Lynchburg, VA Jan. 2010-present  
Professor, Psychology, Center for Counseling and Family Studies
- **Grand Canyon University** Phoenix, AZ Jan. 2010-present  
Professor, Psychology, College of Health Sciences

**Courses Taught**

Abnormal Psychology; Theories of Personality; Diagnosis and Treatment Planning; Evaluation and Assessment of the Individual; Community Counseling and Psychology; Drug and Alcohol Prevention, Education, & Intervention; Behavioral Pathology; Theories of Counseling and Intervention; Theories of Counseling and Psychotherapy; Cognitive Behavioral Therapy; Counseling Skills in the Helping Profession; Career Development and Counseling; Human Growth and Development; Ethics; Biomedical Informatics; Clinical Supervision

### HOSPITAL PRIVILEGES

- **Western Baptist Hospital** Paducah, KY 2008-present
- **Lourdes Hospital** Paducah, KY 2008-present
- **Medical College of Georgia Children's Medical Center** Augusta, GA 2007-present

### PROFESSIONAL CONTRACTS

- **Heartland Cares, Inc.** Paducah, KY April 2010-present  
Clinical Health Psychologist, Provide Psychological Services to Med-Psych Patients
- **Biomedical Research Alliance of NY Institutional Bio-Safety Committee (BRANY - IBC)** New York, NY Nov. 2009-present  
Public Health Representative, Recombinant DNA/Human Gene Transfer Research
- **Richmond County Board of Health** Augusta, GA July 2008-present  
Clinical Health Psychologist, Provide Psychological Services to Pediatric Patients
- **Dept. of Family and Children's Services** Augusta, GA Nov. 2007-present  
Psychologist, Provide Court Related Psychological Evaluations (Child and Adult)

### SUPERVISORY EXPERIENCE

- **Medical College of Georgia:** Supervise Postdoctoral Psychology Fellows, Predoctoral Psychology Residents and Interns, and 3<sup>rd</sup> and 4<sup>th</sup> year Medical Students in Pediatrics
- **Hope House:** Supervise Graduate Psychology Students for Practicum Rotations
- **Psychological Wellness:** Supervise Pre-License Psychologists and Masters Level Mental Health Practitioners

### CLINICAL TRAINING EXPERIENCE

- **Medical College of Georgia** Augusta, GA Aug. 2005-Aug. 2007  
Fellow - Postdoctoral Fellowship, Medical Psychology Track – 12 month rotation  
Fellow - Postdoctoral Fellowship, Behavioral Medicine Track – 12 month rotation  
Specialties: Multiple Sclerosis, Infectious Disease, Cystic Fibrosis, Asthma, Diabetes
- **Northeastern Ohio Universities College of Medicine** Akron, OH July 2004-July 2005  
Chief Resident - APA Accredited 1 year Pre-doctoral Internship/Residency
- **Spalding University Psychological Center** Louisville, KY June 2003- June 2004  
Therapist - 12 month Doctoral Health Psychology Practicum
- **University of Louisville School of Medicine Kosair Children's Hospital** Louisville, KY Feb. 2002- Aug. 2003  
Therapist - 18 month Doctoral Pediatric/Medical Psychology Practicum  
Specialties: Hematology/Oncology, Endocrinology, Gastroenterology, Neurology/Neurosurgery, Cardiology/Cardiac Surgery, Pediatric Infectious Diseases, Pediatric Burns, Pediatric Intensive Care, and General Pediatrics.
- **Archdiocese Family Counseling Center** Louisville, KY Aug. 2001- Aug. 2002

- Therapist - 12 month Doctoral Psychotherapy Practicum
- **Most Blessed Sacrament School** Louisville, KY Aug. 2001- May 2002  
Therapist - 12 month Doctoral School Psychology Practicum
- **Murray State Univ. Psychological Center** Murray, KY Aug. 2000- May 2001  
Therapist - 12 month Masters Psychological Assessment & Psychotherapy Practicum
- **FHC Cumberland Hall** Paducah, KY May 2001- Aug. 2001  
**Site Director; Licensed Psychological Associate - Therapeutic Camp**

### AWARDS & GRANTS

- **Teva Neuroscience Grant**, Co-Author 2007
- **Multiple Sclerosis Foundation Grant**, Co-Author 2007
- **Christopher Reeve Foundation Grant**, Co-Author 2006
- **Multiple Sclerosis Foundation Grant**, Co-Author 2006
- **Northeastern Ohio Universities College of Medicine Chief Resident**, 2004-2005
- **Northeastern Ohio Universities College of Medicine Excellence in Research**, 2005
- **Northeastern Ohio Universities College of Medicine Outstanding Resident Accomplishment Award**, 2004

### PROFESSIONAL MEMBERSHIPS

- **Member, American Psychological Association (APA)**
- **Member, Kentucky Psychological Association (KPA)**
- **Registrant, National Register of Healthcare Providers in Psychology**
- **Associate Member, American Society of Clinical Hypnosis (ASCH)**
- **Member, American Humane**
- **Member, American Society for the Prevention of Cruelty to Animals (ASPCA)**
- **Member, Animal Legal Defense Fund (ALDF)**
- **Member, Medical Reserve Corps**

### PUBLICATIONS

#### Book Chapters:

- **Shelton, S.F. & Stepleman, L. (2008). Spiritual Coping as a Therapeutic Resource in Reducing Psychological Distress Among Adults with Disease.** In J. Upton (Ed.), *Religion and Psychology: Research Progress*. Nova Publishing.
- **Shelton, S.F. & Stepleman, L. (2006). Sexuality.** In S. Loue (Ed.), *The Encyclopedia of Aging and Public Health*. Springer Publishing.
- **Shelton, S.F. & Mabe, A. (2006). The Spiritual Coping Strategies of Chronically Ill Children.** In S. Ambrose (Ed.), *Religion and Psychology: New Research*. Nova Publishing.

#### Journal Articles:

- Stepleman, L. M., Jump, R., **Shelton, S. F.**, & Hughes, M. D. (2009). **Psychological Consultation Service at a Multiple Sclerosis Clinic: A Programmatic Example.** *International Journal of MS Care*, 11(4), 180-186.
- **Shelton, S. F. & Liljequist, L. (2002). Characteristics and Behaviors Associated with Male Body Image in Male Domestic Violence Offenders.** *Eating Behaviors*, 3(3), 217-227.

#### Abstracts:

- **Shelton, S.F., Stepleman, L., & Hughes, M. (2007). Utilization of Mental Health Services by Multiple Sclerosis Centers in the U.S.** 23rd Congress of the European Committee for Treatment and Research in Multiple Sclerosis. *Abstract Book*.

- Stepleman, L., **Shelton, S.F.**, & Hughes, M. (2006). **Overcoming Mental Health Care Barriers for Individuals with Multiple Sclerosis: Innovations in Psychological Consultation.** 22<sup>nd</sup> Congress of the European Committee for Treatment and Research in Multiple Sclerosis Abstract Book.
- **Shelton, S.F.** & Stepleman, L. (2006). **Spirituality as a Resource in the Mental Health Treatment of HIV-Positive Adults with Depression.** XVI International AIDS Conference Abstract Book.
- **Shelton, S.F.**, Linfield, K., Carter, B., & Morton, R (2005). **Spirituality and Coping with Chronic Life-Threatening Pediatric Illness: Cystic Fibrosis and Severe Asthma.** Proceedings of the American Thoracic Society (PATS), Volume 2, Abstract Issue, 520.

#### **Non-Refereed Publications:**

- **Shelton, S.F.** (2010). **Mother's Day and Infertility: From Heartache to Hope.** Parenting and Family, Doctor's Desk, May Issue, p. 59-61.
- **Shelton, S.F.** (2010). **Animal Abuse and the Link to Human Violence: How Animal Cruelty Affects Us All.** Parenting and Family, Doctor's Desk, April Issue, p. 59-61.
- **Shelton, S.F.** (2010). **Healing a Hurt Heart: Applying Cardiac Psychology to Prevent and Respond to Heart Attacks.** Parenting and Family, Doctor's Desk, February Issue, p. 69-72.
- **Shelton, S.F.** (2010). **Recovering from Brain Injury or Stroke: Hope Through Cognitive Rehabilitation.** Parenting and Family, Doctor's Desk, January Issue, p. 18-20.
- **Shelton, S.F.** (2009). **Less Stressing, More Blessing This Holiday Season.** North Augusta Today, December 2<sup>nd</sup> Issue, p. 2.
- **Shelton, S.F.** (2009). **Freshman Fall Out: Understanding the First Year College Experience.** Parenting and Family, Doctor's Desk, November Issue, p. 67-69.
- **Shelton, S.F.** (2009). **Managing Migraines.** Parenting and Family, Doctor's Desk, August Issue, p. 57-58.
- **Shelton, S.F.** (2009). **The Minds of Mothers: How Motherhood Changes the Brain.** Parenting and Family, Doctor's Desk, May Issue, p. 57-58.
- **Shelton, S.F.** (2009). **Stress and Sleep Disorders.** Parenting and Family, Doctor's Desk, March Issue, p. 12-14.
- **Shelton, S.F.** (2008). **Pet Positives.** Parenting and Family, Doctor's Desk, December Issue, p. 68-70.
- **Shelton, S.F.** (2008). **Seasonal Affective Disorder: Does Cold Weather Make You S.A.D.?** Parenting and Family, Doctor's Desk, November Issue, p. 16-17.
- **Shelton, S.F.** (2008). **The Sobriety Test.** Parenting and Family, Doctor's Desk, August Issue, p. 16-17.
- **Shelton, S.F.** (2008). **Dad: Modern Day Superhero.** Parenting and Family, Doctor's Desk, June Issue, p. 19-21.
- **Shelton, S.F.** (2008). **Milestones of Motherhood.** Parenting and Family, Doctor's Desk, May Issue, p. 19-21.
- **Shelton, S.F.** (2008). **What's Really Hurting? Childhood Psychosomatic Disorders.** Parenting and Family, Teachable Moments, February Issue, p. 53-54.
- **Shelton, S.F.** (2004). **Rape: What You Need to Know to Stay Safe.** Getting Up to Speed, May, 2004, 2.
- **Shelton, S.F.** (2003). **SOS: Stressed Out Students.** Getting Up to Speed, Jan. 2003, 2.
- **Shelton, S.F.** (2002). **"Ex" Marks the Spot: Moving Forward When Relationships End.** Psychology A-Z, Louisville's Eccentric Observer (LEO), 12 (15), 41.

#### **Publication Appearances:**

- **Featured Psychologist** in article by Michael de los Reyes. **Understanding Multiple Sclerosis** (2010). House Call Weekly, Paducah Sun, March 10, p. 1-3C.
- **Featured Psychologist** in article by D. Ray titled **Ice Storm Damage May Make Depression Worse** (2009). House Call Weekly, Paducah Sun, Nov. 18, p. 2D.
- **Featured Psychologist** in article by L. Wyatt titled **Multiple Sclerosis** (2008). Parenting and Family, April Issue, p. 68-71.
- **Featured Psychologist** in article by S. Crawford titled **Stress Less** (2006). Augusta Magazine, Health and Fitness Issue, 17-21.

## **PRESENTATIONS**

### **International:**

- **Shelton, S.F., Stepleman, L., & Hughes, M. (2007). Utilization of Mental Health Services by Multiple Sclerosis Centers in the U.S.** 23rd Congress of the European Committee for Treatment and Research in Multiple Sclerosis, Prague, Czech Republic.
- Stepleman, L., Wright, D., Hughes, M., **Shelton, S.F. (2007). The Development of an Educational Intervention for MS-related Sexual Intimacy Concerns.** 23rd Congress of the European Committee for Treatment and Research in Multiple Sclerosis, Prague, Czech Republic.
- Stepleman, L., **Shelton, S.F., Hughes, M., (2007). Using Problem-Solving Therapy to Treat Depression Within the MS Clinic Setting.** 23rd Congress of the European Committee for Treatment and Research in Multiple Sclerosis, Prague, Czech Republic.
- Stepleman, L. **Shelton, S.F., & Hughes, M. (2007). Multiple Sclerosis Psychological Consultation: Addressing the Mental Health Needs of Individuals With MS.** Annual Consortium of Multiple Sclerosis Centers (CMSC) Conference: The Challenges of Care and Research in MS, Washington D.C.
- Stepleman, L., **Shelton, S.F., & Hughes, M. (2007). Utilization of Mental Health Services for Patients at Multiple Sclerosis Centers.** Annual Consortium of Multiple Sclerosis Centers (CMSC) Conference: The Challenges of Care and Research in MS, Washington D.C.
- **Shelton, S.F., Stepleman, L., & Hughes, M. (2006). Overcoming Mental Health Care Barriers for Individuals with Multiple Sclerosis: Innovations in Psychological Consultation.** 22<sup>nd</sup> Congress of the European Committee for Treatment and Research in Multiple Sclerosis, Madrid, Spain.
- **Shelton, S.F. & Morton, R. (2005). Coping with Chronic Life-Threatening Pediatric Illness: The Mediating Factor of Spirituality in Cystic Fibrosis and Severe Asthma.** Presented at the Annual International Convention for the American Thoracic Society (ATS), San Diego, CA.

### **Regional**

- **Shelton, S.F. & Frank, C. (2010). Psychosocial Correlates of Outpatient Opioid Replacement Therapy Outcomes.** Workshop Presented at 7<sup>th</sup> Annual Midwest Conference on Problem Gambling and Substance Abuse. Kansas City, MO.
- **Shelton, S.F. (2008). Program Evaluation and Evidence-Based Practice: The How, When, and Why of Outcome Measures.** Workshop Presented at 5<sup>th</sup> Annual Midwest Conference on Problem Gambling and Substance Abuse. St. Louis, MO.
- **Shelton, S.F. (2006). Parenting and Multiple Sclerosis: How to Help Your Child Cope With Your Illness.** Presented to Multiple Sclerosis patients and their families at the MCG Augusta Multiple Sclerosis Center's Annual "Family Day." Fort Discovery, Augusta, GA.

- **Shelton, S.F. (2004). Psychological Correlates of Multiple Sclerosis: Coping Skills for Daily Living.** Presented at the Annual National Multiple Sclerosis Society Convention, Baptist Hospital East, Louisville, KY.
- **Shelton, S.F. (2001). When I Grow Up, I Want to Be a Psychologist! Choosing the Right Graduate Program for You.** Presented to undergraduate college students at a Tri-State Graduate School Symposium, Kentucky Wesleyan University, Owensboro, KY.

### Local

- **Shelton, S.F. (2009). Keys to Unlocking Change: Using Motivational Interviewing with Forensic Populations.** Presented to Freedom Forever Women's Prison Ministry Board of Directors and Staff, Paducah, KY.
- **Shelton, S.F. (2009). Depression and Fatigue: Managing Symptoms and Enjoying Life.** Presented at Earthfare as part of an ongoing series of health lectures, Augusta, GA.
- **Shelton, S.F. (2009). Diabetes and Emotional Wellness: The Link Between Blood Sugar and Mood.** Presented at Earthfare as part of an ongoing series of health lectures, Augusta, GA.
- **Shelton, S.F. (2009). Contract Negotiations for Mental Health Professionals: How to Know Your Worth and Earn Your Value.** Presented to Department of Psychiatry and Psychology Residents, Fellows, & Staff at the Medical College of Georgia as part of an ongoing series of professional development lectures, Augusta, GA.
- **Shelton, S.F., & Kumar, V. (2009). The Impact of Anxiety and Depression on Health Behaviors Among Children.** Medical College of Georgia 25<sup>th</sup> Annual Research Day, Augusta, GA.
- **Shelton, S.F. (2009). Stress and Heart Health: Applying Cardiac Psychology.** Presented at Earthfare as part of an ongoing series of health lectures, Augusta, GA.
- **Shelton, S.F. (2008). Goal Setting for Your Health: The Magic of Motivation.** Presented to participants in a course "8 Weeks to Optimal Health" at Aiken-Augusta Holistic Health, North Augusta, SC.
- **Shelton, S.F. (2008). Healthy Mind, Healthy Body: An Integrative Approach to Wellness.** Presented at Earthfare as part of an ongoing series of health lectures, Augusta, GA.
- **Shelton, S.F. (2007). Stress Less at the Holidays.** Presented to the Augusta Chamber of Commerce Small Business Owners Group, North Augusta, SC.
- **Shelton, S.F. (2007). The Psychological Impact of Chronic Illness.** Presented to medical students and residents at the Medical College of Georgia. Augusta, GA.
- **Shelton, S.F. (2006). Multiple Sclerosis and Moods Swings: How to Manage Your Emotions.** Presented to Multiple Sclerosis Patients and Medical Staff at the Augusta Multiple Sclerosis Center's Monthly Educational Luncheon Series, Medical College of Georgia, Augusta, GA.
- **Shelton, S.F. (2006). The Family Dynamics of Multiple Sclerosis.** Presented at the Annual National Multiple Sclerosis Society Convention, Georgia Chapter, Walton Rehabilitation Hospital, Augusta, GA.
- **Shelton, S.F. (2005). Psychological Assessment and Treatment of Cognitive Problems in Multiple Sclerosis Patients.** Presented to the staff of the Augusta Multiple Sclerosis Center, Medical College of Georgia, Augusta, GA.
- **Shelton, S.F. (2005). Spiritual Coping of Chronically Ill Children: Emotions, Behaviors, and Health Factors.** Presented at the Northeastern Ohio Universities College of Medicine Annual Research Symposium, Akron, OH.
- **Shelton, S.F., Morton, R., & Carter, B. (2004). Medical Correlates in Pediatric Pulmonary Patients: How Spirituality Relates to Adaptive Functioning and**

- Symptom Distress.** Poster Presentation at the Department of Pediatric Medicine Research Symposium, University of Louisville College of Medicine, Louisville, KY.
- **Shelton, S.F. (2004). Cognitive Behavioral Interventions for Adults with Chronic Illness.** Training seminar presented to the clinical staff of NOVA Behavioral Health, Massillon, OH.
  - **Shelton, S.F. & Cash, E. (2004). The Psychological Trauma of Rape and Sexual Assault.** Seminar and panel discussion presented to the students and faculty of Spalding University as part of National Safety and Awareness Week, Louisville, KY.
  - **Shelton, S.F. (2004). Body and Mind: The Impact of Stress on Physical Health.** Health and Wellness Lecture Series presented to undergraduate Nursing students at Spalding University, Louisville, KY.
  - **Shelton, S.F., Bartholome, A., & Gustin, E. (2003). Sexual Harassment: A Modern Day Workplace Dilemma.** Training and development workshop presented to faculty and staff of Spalding University, Louisville, KY.
  - **Shelton, S.F. (2003). Health Psychology: The Integration of Mind and Body.** Presented to psychology graduate students at Murray State University, Murray, KY.
  - **Shelton, S.F. (2003). Psychological Benefits of Higher Education.** Presented to the public at the Annual Louisville Women's Expo, Freedom Hall, Louisville, KY.
  - **Shelton, S.F., & Henderson, P. (2002). Expectancies and Experiences: Tapping Student Perceptions Through Focus Groups.** Presented to the Department of Social Work faculty during the annual program planning session at Spalding University, Louisville, KY.
  - **Linfield, K. & Shelton, S.F. (2002). Assessing Spirituality and Religious Faith.** Presented to the staff of LifeSpring Mental Health Services, Jeffersonville, IN.
  - **Shelton, S.F. (2002). Life After a Masters Degree: Choices, Options, and Opportunities in the Mental Health Field.** Presented to psychology graduate students at Murray State University, Murray, KY.
  - **Shelton, S.F. (2001). Body Image in Male Domestic Violence Offenders.** Presented to students and faculty at the Murray State University College of Humanistic Study Honors Symposium, Murray, KY.

### **VOLUNTEER EXPERIENCE**

- Board Member, Night of White Committee, Fundraiser for the Medical College of Georgia's Children's Medical Center, Augusta, GA (2010).
- Mistress of Ceremonies, Night of White, Fundraiser for the Medical College of Georgia's Children's Medical Center, Augusta, GA (2008, 2009, 2010).
- Volunteer, Artist Row Art-Therapy Program, Medical College of Georgia Children's Medical Center, Augusta, GA (2009, 2010).
- Volunteer Counselor, Hope Unlimited Pregnancy Crisis Center, Paducah, KY (2000).
- Volunteer Tutor, Kids Company, After School At-Risk Youth Program, Paducah, KY (1996, 1997).