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Sara earned her doctoral degree in marriage and family therapy from Texas Tech University and her master's degree in marriage and family therapy from Abilene Christian University. She has a bachelor's degree in marketing from Oklahoma State University.

Sara has advanced training in Emotionally Focused Couples Therapy (EFT) and is a clinical fellow in the American Association for Marriage and Family Therapy (AAMFT) as well as an AAMFT-Approved Supervisor. She is a former fellow of the Minority Fellowship Program, administered through the AAMFT Research and Education Foundation and funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). She has also served as an MFP Mentor. She currently serves on the Elections Council of the AAMFT. She has been published in the *Journal of Feminist Family Therapy*.

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