

# Shawna Burns, LPC-S, LADAC-CS

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## EDUCATION

- PsyD** Doctoral Candidate – California Southern University  
**MRC** Masters in Rehabilitation Counseling  
*University of Arkansas at Little Rock*  
**BA** Bachelor's Degree in Psychology  
Graduated May 2002

## PROFESSIONAL LICENSURE

- LPC-S** Licensed Professional Counselor (March 2005-present)  
Approved by the Arkansas Board of Examiners in Counseling  
Supervisor Specialty added 2018  
**LADAC-CS** Licensed Alcohol and Drug Abuse Counselor (February 2013-present)  
State Board of Examiners of Alcoholism and Drug Abuse  
Counselors  
Clinical Supervisor Specialty added 2016

## ARKANSAS TEACHER LICENSURE

**2002-2008**

- Special Education Instructional Specialist (P-4)  
Special Education Instructional Specialist (4-12)  
Early Childhood Education (P-04)  
Middle School Language Arts/Social Studies (4-08)  
Middle School Science/Math (4-08)  
Coaching (P-08)  
Coaching (7-12)  
Arkansas History (7-08)

## PROFESSIONAL EXPERIENCE

- Seed Digging Wellness Center** February 2019-Present  
**Seed Digging, PLLC - Owner**  
[www.seeddigging.com](http://www.seeddigging.com)  
Seed Digging Wellness Center-Harrison, AR  
Seed Digging Online Live and Training Programs  
Seed Digging Books and Mini Curriculum  
Seed Digging School Based Mental Health Consulting Services

**Youth Bridge/Seed Digging Wellness Center  
Regional Director/Mental Health Therapist**

**November 2014-2019**

Harrison (2014-2019), Mountain Home (2014-2019),  
Berryville (2014-2019)

*Manage Clinical Staff (including mental health therapists, child psychologist, psychiatrist, physician, mental health paraprofessionals, and office staff) to provide quality mental health care services. Supervise and Train Clinical Staff (including mental health therapists, child psychologist, mental health paraprofessionals, and office staff) to ensure quality care to patients and families. Lead staff meetings and coordinate care for patients and their families as well as implement, manage, and coordinate school-based mental health programs. Lead school-based mental health programs in Fayetteville/Springdale schools. Served on OPS Committee to create and implement company policies*

**Arkansas Counseling Associates  
Regional Clinical Manager**

**March 2005 to November 2014  
August 2009-November 2014**

Harrison (2009-2014), Mountain Home (2009-2014),  
Conway (2011), Fort Smith (2009-2012), and Clinton Offices (2009-2011)

*Manage Clinical Staff (including mental health therapists, child psychologist, psychiatrist, physician, mental health paraprofessionals, and office staff) to provide quality mental health care services. Supervise and train Clinical Staff (including mental health therapists, child psychologist, mental health paraprofessionals, and office staff) to ensure quality care to patients and families. Lead staff meetings and coordinate care for patients and their families as well as implement, manage, and coordinate Jumpstart Programs; trained and recruited clinical staff in school based mental health programs to work with the Marshallese and Hispanic populations. Supervised Quality Management Projects. Served on OPS Committee to create and implement company policies, including diversity and inclusion*

**Mental Health Therapist  
Jumpstart Program School Based Coordinator**

**March 2005-November 2014  
March 2005-November 2014**

Alpena School District (2005), Valley Springs School District (2006), Omaha School District (2006), Yellville-Summit School District (2006), Bergman School District (2007), Lead Hill School District (2008), Ozark Mountain School District (2010), Green Forest School District (2011), Jasper School District (2012), Berryville School District (2014).

*Provided Mental Health Services to students and their families including assessment and diagnostics, developed and implemented treatment plans, developed and implemented behavior plans, conducted individual therapy, family therapy, and group therapy.*

*Created and implemented Jumpstart Counseling Programs in area schools, managed and coordinated services between school officials, therapists, psychologists, psychiatrist, physician, mental health paraprofessionals, office staff, patients and their families. Responsible for implementing and managing summer and after-school programs to offer extended mental health care services throughout the extended school year.*

*Recruited and supervised Interns in order to serve children without a pay source for free.*

*Coordinated free mental health services for hundreds of children over the past 8 years in local area schools. Created and implemented a mental health summer program (2006); wrote Arkansas Counseling Associates Summer Program Manual (2011); trained all 18 offices on summer program procedures annually (2011-2014). Created and implemented mental health after-school programs for Harrison, Fort Smith, and Mountain Home Offices and for all Jumpstart Program Schools (2006-2014).*

**Alpena Public Schools**  
**High School Special Education Teacher August 2002-July 2005**  
**English 7th and 8th Grade Teacher August 2002-2003**

*Worked with students with identified disabilities, developed and implemented IEPs, and administered appropriate special education testing. Prepared, planned and implemented class lessons; Evaluated and recorded homework and tests; provided individual assistance and instruction to students; Created responsive classroom environment for student learning; Served in various school roles appropriate to position.*

**Books**

Burns, S. (2014). *Seed Digging: A Simple Technique That Leads to Incredible Inner Peace*. Chesterfield, MO: Mira Digital Publishing.

Burns, S. (2015). *Charlie and the Yucky, Stinky, No-Good Fruit*. Chesterfield, MO: Mira Digital Publishing.

Burns, S. (2016). *Seed Digging for Teachers: Sowing Happy Seeds and Pulling Weeds in a Child's Garden*. Chesterfield, MO: Mira Digital Publishing.

Burns, S. (2018). *Charlie and the Yucky, Stinky, No-Good Fruit: Early Childhood Version*. Chesterfield, MO: Mira Digital Publishing.

**Online Training Programs**

Seed Digging **BASICS**: For Parents and Teachers

Seed Digging **ParaPRO**: For Mental Health Paraprofessionals and Nurses

Seed Digging **PRO**: For School Counselors and Mental Health Professionals

Seed Digging **PRO-P**: For Psychologists and Mental Health Professionals

**Presentations**

**Burns, S.** (2011). *Arkansas Counseling Associates Summer Program*. Arkansas Counseling Associates Policy and Procedures Summer Program Training.

**Burns, S.** (2012). *Arkansas Counseling Associates Summer Program*. Arkansas Counseling Associates Policy and Procedures Summer Program Training.

Appelget, K. & **Burns, S.** (2013). *Arkansas Counseling Associates Summer Program*.

Arkansas Counseling Associates Policy and Procedures Summer Program Training

**Burns, S.** (2014). *Arkansas Counseling Associates Summer Program*. Arkansas Counseling Associates Policy and Procedures Summer Program Training.

**Burns, S.** (2014). *ArCA Conference*. Seed Digging Counselor Strategies Training.

**Burns, S.** (2015). *Wilbur D. Mills Education Service Cooperative*. Seed Digging Trauma-Informed Schools: 6-hour Counselor Training.

**Burns, S.** (2015). *AR Career Development Association Conference Closing Speaker*. Seed Digging Trauma-Informed Schools

**Burns, S.** (2015). *ArSCA/ADE Summer Conference*. Seed Digging Trauma & Brain: 2-hour -counselors

**Burns, S.** (2015). *OUR Educational Services Cooperative*. Seed Digging Trauma-Informed Schools 6-hours

**Burns, S.** (2015). *The Family & Consumer Science State Meeting*. Seed Digging Trauma-Informed Schools-2 hours for teachers

**Burns, S.** (2015). *Central Arkansas Homeschool Convention*. Seed Digging 2-hour Parent Training.

**Burns, S.** (2015). *Ozark Opportunities*. Seed Digging Preschool Teachers 4-hour Trauma Informed Training.

**Burns, S.** (2015). *Youth Bridge*. Seed Digging: Trauma, the Brain and Resilience- 4-hour Training.

**Burns, S.** (2015). *North Central Regional Fall Counselor Conference*. 3-hour Teacher/Counselor Training  
Seed Digging Trauma-Informed Schools

- Burns, S.** (2015). *University of Central Arkansas*. Seed Digging Nurse Student Intern-Training. Trauma, the Mind, and the Autonomic Nervous System
- Burns, S.** (2015). *ArCA AR Counselor Association*. Seed Digging Trauma Informed: 2-hour Training.
- Burns, S.** (2015). *Fort Smith School Counselors*. Seed Digging 4-hour Counselor Training-SD Strategies
- Burns, S.** (2016). *Cavanaugh Elementary*. Seed Digging Teacher 2-hour Training: Trauma Informed Strategies
- Burns, S.** (2016). *Youth Bridge*. Seed Digging Advanced Levels 2-hour Training: The Child-Within
- Burns, S.** (2016). *Springdale Public Schools*. Suicide Prevention and Mental Health Awareness 2-hour Teacher Training.
- Burns, S.** (2016). *Wrap-Around Families*. Seed Digging Parent/Teacher 4-hour Trauma Informed Schools
- Burns, S.** (2016). *Springdale Public Schools*. School Counselor 4-hour training-Seed Digging Strategies
- Burns, S.** (2016). *Woodland Junior High, Fayetteville Schools*. PTSD and Mental Health Awareness 2-hour Teacher Training
- Burns, S.** (2016). *Youth Bridge, Inc.* Advanced Levels of Seed Digging. 6 hours – Going Deeper! Power of the Subconscious
- Burns, S.** (2016). *Fayetteville Public Schools*. Alt Ed Teachers. SD Trauma Informed Training. 4 hours
- Burns, S.** (2016). *University of Central Arkansas*. Counselors, Nurses, Social Workers. SD Trauma Informed Training. 3 hours
- Burns, S.** (2016). *Springdale Public Schools*. Junior High School Teachers. 2 hours -Suicide Prevention
- Burns, S.** (2016). *Central Arkansas-Homeschool Convention*: Suicide Prevention and Mental Health Awareness 2-hour Training.
- Burns, S.** (2016). *NW Arkansas Education Service Cooperative*. Seed Digging Counselors/Nurses. 4-hour Training: Mental Health Awareness and Suicide Prevention
- Burns, S.** (2016). *OUR Cooperative*. School Counselor/Teacher training. 4-hour training -Mental Health Awareness
- Burns, S.** (2016). *ALT ED Conference*: PTSD and Mental Health Awareness 2-hour Teacher Training.
- Burns, S.** (2016). *Arch Ford Cooperative*. Seed Digging Trauma Informed Training. Teachers. 2 hours
- Burns, S.** (2016). *Circle of Life*. New Mothers. You are LOVED: 2 hours
- Burns, S.** (2016). *AR School Counselors Association Conference*. Counselors and Mental Health Professionals. SD Technique Training. 2 hours
- Burns, S.** (2016). *Ozark Opportunities*. Preschool Teachers. 6 hours Sowing Happy Seeds in a Child’s Garden
- Burns, S.** (2016). *Springdale School District*: Suicide Prevention and Mental Health Awareness. Nurses. 2-hour Training.
- Burns, S.** (2016). *Springdale School District*. Seed Digging Trauma Informed: Middle School Teachers. 2 hours
- Burns, S.** (2016). *Bergman School District*. Teacher -Trauma Informed training. 2 hours.
- Burns, S.** (2016). *Springdale School District (JO Kelly and TG Smith)*: Mental Health Awareness for teachers. 2-hours.
- Burns, S.** (2016). *AR Dept Education-School Based Health Centers*. Seed Digging Training. Sexual Health Grant Teams. 2 hours.
- Burns, S.** (2016). *Magazine School District*. Seed Digging District Training: Mental Health Awareness and Suicide Prevention. Teachers, counselors, and student assemblies. 6 hours
- Burns, S.** (2016). *Youth Bridge*. Mental Health Therapists’. Level 1-3 Advanced Seed Digging (Reconnecting the Self). Mental Health Professionals. 6 Hours
- Burns, S.** (2016). *Grace Fellowship Cabot*: Mental Health Awareness and PTSD. 6 hours.
- Burns, S.** (2016). *Bruno Pyatt High School*. Student Assembly Drug Prevention Week-1 hour
- Burns, S.** (2016). *Room to Bloom Children’s Center*: Seed Digging Basics for Parents and Teachers. 2 hours
- Burns, S.** (2017). *Eureka Springs Schools*. Seed Digging -Teachers. 2-hour training-Suicide Prevention
- Burns, S.** (2017). *Prairie Grove*. Teacher training and Student Assemblies. 6 hours. Suicide Prevention
- Burns, S.** (2017). *Harding University*: Intro to Seed Digging for Interns. 2-hours
- Burns, S.** (2017). *ARCEC Special Education Conference*. Seed Digging for preschool teachers and staff. 6 hours – Seeing the Heart
- Burns, S.** (2017). *Cotter High School*. Student Assembly. 1 hour. Drug Prevention and the Effects of Drugs
- Burns, S.** (2017). *AR State Nursing Conference*: Intro to Seed Digging. 2 hours
- Burns, S.** (2017). *Youth Bridge and Seed Digging Wellness Center*: Seed Digging. 6 hours Trauma Informed Strategies for Clinicians and Paraprofessionals

- Burns, S.** (2017). *AR CASA State Conference*. Seed Digging. 6 hours Empowering Foster Care Parents with Strategies to Reach a Child's Heart
- Burns, S.** (2017). *National School Based Health National Conference Speaker*. 1 hour-Violence Prevention
- Burns, S.** (2017). *AR School Health Conference: ADE*. 1-hour Power of Unconditional Love & Acceptance
- Burns, S.** (2017). *Greenwood Public Schools*. Seed Digging Trauma Informed Training for school staff. 6 hours.
- Burns, S.** (2017). *ARCARE*. School Teachers, admin and medical staff. 6 hours. Trauma Informed Training
- Burns, S.** (2017). *Southside Bee Branch*: Seed Digging Trauma Informed for Teachers and Counselors. 6 hours
- Burns, S.** (2017). *McKinney-Vento State Conference*. Seed Digging, Trauma, & Minority Populations. 2 hours
- Burns, S.** (2017). *Wrap Around Services*. 6 hours. Community Integration and Aftermath of Trauma
- Burns, S.** (2017). *Omaha Public Schools*. Seed Digging Basics-Teachers. 2 hours Trauma Informed
- Burns, S.** (2017). *McGehee Public Schools*. Trauma Informed Teacher Training-Seed Digging Part-1. 6 hours.
- Burns, S.** (2017). *AR State Head Start Conference*: 2-hours. Planting Happy Seeds in a Child's Heart
- Burns, S.** (2017). *State Special Education Conference*. Seed Digging Basics Trauma Informed-Teachers. 2 hours
- Burns, S.** (2017). *Harrison School District*: Seed Digging for Middle School Teachers. 2 hours Suicide Prevention
- Burns, S.** (2017). *Malvern Public Schools*. District Wide Seed Digging Trauma Informed Training. 3 hours
- Burns, S.** (2017). *AR Special Education Early Childhood Conference*. 6 hours. Sowing Happy Seeds in a Child's Garden
- Burns, S.** (2017). *El Dorado School District*. Seed Digging Basics-Teachers. 6 hours -Trauma Informed
- Burns, S.** (2017). *Wilbur D. Mills Education Cooperative*. Teacher/counselor training-Seed Digging. 6 hours Seed Digging Strategies, Mindfulness, and Connection
- Burns, S.** (2017). *Fayetteville School District*: Suicide Prevention. 2 hours.
- Burns, S.** (2017). *McGehee Public Schools*. Seed Digging Part 2-district wide training. 2 hours S Seed Digging Strategies, Mindfulness, and Connection
- Burns, S.** (2017). *Jasper School District*: Student Assemblies (all campuses). 10 hours Suicide Prevention
- Burns, S.** (2017). *Cabot School District*. Seed Digging for school counselors. 3 hours Strategies, Mindfulness, and Connection
- Burns, S.** (2017). *Western AR Counseling and Guidance Center*. Seed Digging Training for Mental Health Professionals. 6 hours Seed Digging Strategies, Mindfulness, and Connection
- Burns, S.** (2017). *ARMEA State Conference*. Featured Speaker. 2 hours Become a Child's Whisperer: See the Heart
- Burns, S.** (2017). *Suicide Prevention Task Force: Springdale School District*. Task Force Members. 2 hours
- Burns, S.** (2017). *Green Forest School District*: Middle School Assemblies (Understanding Culture & Diversity). 2 hours.
- Burns, S.** (2017). *Cook Elementary: Fort Smith Public Schools*. Seed Digging Trauma Informed Basics for Teachers. 4 hours
- Burns, S.** (2017). *ADE: AR School Based Mental Health Symposium*: counselors, mental health professionals, nurses. 2 hours Seed Digging Strategies, Mindfulness, and Connection
- Burns, S.** (2017). *AR Western Counseling and Guidance Center*. Motivational Speaker-annual event. 20 minutes See through a Lens of Love
- Burns, S.** (2017). *Western AR Counseling and Guidance Center*. Seed Digging Training for Mental Health Professionals. 6 hours Seed Digging Strategies, Mindfulness, and Connection
- Burns, S.** (2017). *ADE Sexual Health Training*. Seed Digging Trauma and Addictions. 2 hours
- Burns, S.** (2017). *AR Therapeutic Foster Care Institute*. Parents, mental health professionals. 6 hours – Seed Digging Strategies, Mindfulness, and Connection
- Burns, S.** (2017). *Green Forest School District*: Middle School Assemblies. 2 hours. Suicide Prevention
- Burns, S.** (2017). *Cook Elementary: Fort Smith Public Schools*. Seed Digging for Teachers. 4 hours-Trauma Informed
- Burns, S.** (2018). *ARMEA*. Featured Speaker. 1.5 hours Mindfulness, and Connection
- Burns, S.** (2018). *Borinquen Medical Centers-Miami-Dade, FL*. Seed Digging Training: Trauma & the Brain (counselors, social workers, and nurses). 6 hours
- Burns, S.** (2018). *ARSCA*. Seed Digging Training: How to Prevent Violence in Schools. 3 hours

- Burns, S.** (2018). *AR Community Corrections Conference*. Seed Digging Trauma and Addictions. 2 hours
- Burns, S.** (2018). *Fayetteville School District. School Counselors-Seed Digging Technique*. Sand Tray. Puppets. 12 hours.
- Burns, S.** (2018). *The Learning Center: Preschool Teachers and Staff*. 3 hours Strategies for Early Childhood Students
- Burns, S.** (2018). *Dequeen Mena Educational Cooperative*. Seed Digging for Teachers -Trauma Informed. 6 hours
- Burns, S.** (2018). *BRAD Child Development Programs*. Seed Digging Trauma Informed Practices for preschool teachers and staff. 6 hours
- Burns, S.** (2018). *ARcare Education Summit*. Seed Digging: See the Garden, not the Weeds
- Burns, S.** (2018). *Youth Bridge: Mental Health Professionals and School Based Counselors*. Community Integration of Trauma Informed Practices 4 hours
- Burns, S.** (2018). *Harrison School District*. Middle School Assemblies. 2 hours Suicide Prevention
- Burns, S.** (2018). *Springdale School District*. Seed Digging for nurses. 2 hours: Calming the Autonomic Nervous System
- Burns, S.** (2018). *Lions Club*. Seed Digging and Trauma Awareness. 30 min
- Burns, S.** (2018). *Helstern Middle School-Springdale School District*: Teachers and staff. 2 hours. Suicide Prevention
- Burns, S.** (2018). *Eureka Springs School District*. Middle School Teachers. Understanding Culture & Diversity. 1 hour
- Burns, S.** (2018). *Valley Springs School District*. Seed Digging Training for all staff and middle school assemblies. 6 hours Seed Digging Strategies, Mindfulness, and Connection
- Burns, S.** (2018). *AR State School Nurse Conference*. Seed Digging Mental Health Awareness and Suicide Prevention. 2.5 hours
- Burns, S.** (2019). *AR Dept of Education: School Nurses*. 6 hours Seed Digging Strategies, Mindfulness, and Connection
- Burns, S.** (2019). *Fayetteville Public Schools: Mental Health Task Force Consult*
- Burns, S.** (2019). *AR Dept of Education: School Nurses*. 12 hours (Pine Bluff & Mountain Home) Seed Digging Strategies, Mindfulness, and Connection
- Burns, S.** (2019). *AR Headstart Conference: Become a Child Whisperer*
- Burns, S.** (2019). *Northeast Education Cooperative: Seed Digging Trauma Informed Strategies*
- Burns, S.** (2019). *South Central Service Cooperative (June & July) Seed Digging Trauma Informed Strategies*
- Burns, S.** (2019). *Green Forest School District Suicide Prevention*
- Burns, S.** (2019). *Northeast Education Cooperative Seed Digging Trauma Informed Strategies*
- Burns, S.** (2019). *AR Virtual Academy (September and October) Suicide Prevention*
- Burns, S.** (2019). *Gifted and Talented Student Training Event: North Arkansas College: Connection and Integration*
- Burns, S.** (2019). *ArCA: Hot Springs: Seed Digging and Complex Trauma*
- Burns, S.** (2019). Boone County: *Teen Summit: Suicide Prevention Assembly*
- Burns, S.** (2020). *Clinton School District: Trauma and the Brain*
- Burns, S.** (2020). *ARMEA State Conference: Become a Child Whisperer*
- Burns, S.** (2020). *Flippin School District: Trauma, the Brain, & Mindfulness*
- Burns, S.** (2020). *Southwest AR Education Cooperative: Trauma, the Brain, & Mindfulness*
- Burns, S.** (2020). *Southwest AR Education Cooperative: Trauma, the Brain, & Mindfulness*
- Burns, S.** (2020). *BNC: Understanding Diversity & Culture: See through the eyes of Love*
- Burns, S.** (2021). *Boone County: Teen Summit: Having Empathy & Understanding for One Another*
- Burns, S.** (2021). *North Arkansas College Coaches Clinic: Sports Psychology: "I am more than the Sport"*
- Burns, S.** (2021). *Shirley Public Schools: Trauma: Effects on the Mind, Brain, & Body and Rewire the Brain through Connection and Love*
- Burns, S.** (2021). *Integrating the Personification of Unconditional Acceptance & Love into Counseling Sessions*
- Burns, S.** (2021). *Benton School District: Trauma: Effects on the Mind, Brain, & Body and Rewire the Brain through Connection and Love*

## Professional Growth

*Clinical Supervisor Training LADAC: August 2015-February 2016. 6 monthly courses*

*University of Central Arkansas: Counselor Supervision Course.* June-August 2017  
*Youth Bridge, Inc.: Ethics and Best Practices.* July 2017  
*Youth Bridge, Inc.: Sexually Reactive Youth-Understanding the Mind of the Offender.* Jan. 2017  
*Arkansas Mental Health Education Association: Suicide Prevention.* March 2017  
*National School-Based Health Care Convention: Long Beach California.* June 2017  
*Arkansas Mental Health Education Association: Suicide Prevention.* March 2018  
*Crisis Prevention Institute: Youth Bridge.* September 2018  
*National School Based Health Conference: June 2019*  
*ArCA: November 2019*  
*California Southern University PsyD Program.* January 2020-present  
*Culture & Diversity Course* January 2021  
*Frontiers in the Treatment of Trauma Series (B. Van der Kolke, P. Levine, S. Porges, P. Ogden, F. Shapiro, R. Lanius, D. Berceles)-NICABM*

### Professional Awards

Youth Bridge Billy Bell - Leadership	2016
Arkansas Mental Health in Education Therapist of the Year	2018
Youth Bridge Community Leader of the Year	2018

### References

Mr. Jeff Cantrell  
 Jasper School District  
 Superintendent

Mr. Jamie Jones  
 Ozark Mountain School District  
 Former Superintendent

Dr. Andrea Martin  
 Greenland Public Schools  
 Superintendent

Dr. Wanda Van Dyke  
 Lead Hill School District  
 Former Superintendent

Dr. Matt Sumers  
 Green Forest Public Schools  
 Superintendent

Dr. Michael Flowers  
 Youth Bridge, Inc  
 Clinical Director

Darryl Rhoda  
 Youth Bridge, Inc  
 CEO

Mary Miller  
 School Based Health Coordinator  
 Springdale Public Schools

Jackie Govan  
 Collaboration Director  
 AR Head Start-State Collaboration

Dana Davis  
 Arkansas Dept of Education  
 McKinney-Vento State Coordinator

Judy Green  
 Valley Springs School District  
 Superintendent

Bryan Pruitt  
 Eureka Springs School District  
 Superintendent

Mr. Jerry Parrett  
 Omaha School District  
 Former Superintendent

Sarah Alexander  
 Bergman School District  
 Superintendent