

---

# SARA DESAI, LCSW

---



SARA.DESAI@CCEBT.COM



312-600-3936

---

IL License: Licensed Clinical Social  
Worker #149014532

---

## CERTIFICATIONS

Certified FBT Therapist  
CBT-E Trained

---

---

## EXPERIENCE

---

### **CO-FOUNDER, THERAPIST/ THE CHICAGO CENTER FOR EVIDENCE BASED TREATMENT**

January 2015-Present

Oversee and manage clinical and administrative duties of specialized eating disorder practice. Conduct individual and family outpatient therapies in the following modalities: Family-Based Treatment (FBT) for and Cognitive Behavioral Therapy (CBT). Supervise employees and train therapists in the above modalities.

### **THERAPIST/ UNIVERSITY OF CHICAGO EATING DISORDERS PROGRAM**

April 2013-December 2015

Conducted individual and family outpatient therapies in the following modalities: Family Based Treatment (FBT) and Cognitive Behavioral Therapy (CBT).

Served as attending in the bariatric surgery clinic, providing pre surgical evaluations for adult weight loss surgery population and supervising psychology interns and externs.

### **CRISIS WORKER/ NORTSHORE HOSPITAL SYSTEM**

January 2013-August 2014

Addressed the psychosocial needs of patients and families as they presented in the emergency department.

Completed thorough psychosocial assessments and provided accurate crisis intervention evaluations and disposition planning for the emergency department.

### **SOCIAL WORKER II/ THE UNIVERSITY OF CHICAGO HOSPITAL**

July 2008-April 2013

Provided psychosocial support to patients and families, including counseling services. Facilitated discharge planning, including planning appropriate disposition for patients with intensive psychiatric needs including acute inpatient psychiatric units, and intensive outpatient mental health programs. Connected patients and families with relevant community resources. Participated on multi-disciplinary team to ensure best quality of care for patients Participated in patient and family meetings regarding pre and post-surgical care and end-of-life care.