

From: [BOC Clerk](#)
To: [Jennifer Johnson](#)
Subject: Sara Hofmeier Advisory Committee Application Board of Health - Public Seat
Date: Friday, February 28, 2025 1:57:56 PM

Name: Sara Hofmeier

Home Address: 10002 Hammock Bnd, Chapel Hill, NC, 27517, USA

Mailing Address:

Home Phone: 9193574558

Cell Phone:

Email Address: smhofmeier@gmail.com

What District do you reside in? District 1

Are you currently serving on a board or committee in Chatham County? No

If yes, which ones?

Please select from the current vacancies on which you are willing to serve: Board of Health - Public Seat

Why do you wish to serve in this capacity? I am looking to use my skills/experiences in different ways to give back to my community and to support access to programs and services that enhance the wellbeing and health of county/community residents. I would welcome the opportunity to be a part of the Board of Health, and believe that my experience as a behavioral health clinician would bring important perspectives to the work supported by the board. I observe the intersection of physical and mental wellness/health regularly in the patients and families I work with, and believe that public health requires attention to both in order to build healthy communities.

Education/Experience: I currently work as a licensed therapist and am a certified eating disorders specialist. I have a Masters degree in Counseling and am a Licensed Clinical Mental Health Counselor, and I completed doctoral course work in counseling as well as in public health. I have spent the last 15 years working in healthcare systems in North Carolina, including multiple leadership roles, and have significant experience working in multi-disciplinary health care settings. I have experience running a behavioral healthcare facility in NC that operated under requirements from DHHS as well as from the department of public health.

Name of Employer: True North Wellness PLLC (self-employed)

Address of Employer: 10002 Hammock Bend, Chapel Hill, NC 27517

Position: Practice Owner, Therapist

Work Phone: 833-511-9181 ext 2

Civic Involvement: I am a part of the local NC chapter of the International Association of Eating Disorder Professionals, and serve as our chapter Treasurer (since 2023), and through this organization work to support NC based clinicians treating eating disorders.

Gender: Female

Ethnic Origin/Race:

Year of Birth: 1985

Attachments: {"file_upload": [{"id":58,"url":"https://services3.arcgis.com/YgrExeJfxG5F4At7/arcgis/rest/services/survey123_6611c3ec93924379a243a4c073364330_form/FeatureServer/0/126/attachments/58","name":"Hofmeier CV_november 2024 update.pdf","size":80893,"contentType":"application/pdf","keywords":["file_upload","globalId":"{596257EE-BFA7-40A3-8E87-A9F07F1D95BC}"],"parentGlobalId":"{E317DAB4-5940-4411-890D-4B46B71275EE}"}]}

Sara Hofmeier, MS, LCMHCS, CEDS-C

Work: sara@truenorthhelps.com | (833) 511-9181, ext. 2

Personal: smhofmeier@gmail.com | (919) 357-4558

PROFESSIONAL EXPERIENCE

True North Wellness, PLLC

2024-now Owner and Therapist, *Chapel Hill, North Carolina*

The Emily Program *(Formerly Veritas Collaborative)*

2024 Executive Director of Outpatient Services, *Durham and Charlotte, North Carolina*

Veritas Collaborative

2023-2024 Executive Director of Outpatient Services, *Durham and Charlotte, North Carolina*

2017-2023 Executive Director, Child & Adolescent Hospital, *Durham, North Carolina*

2016-2017 Clinical Director, Child & Adolescent Hospital, *Durham, North Carolina*

2015-2016 Psychotherapist & Clinical Supervisor, Child & Adolescent Hospital, *Durham, North Carolina*

The University of North Carolina at Chapel Hill

Center of Excellence for Eating Disorders

2014-2015 Clinical Director

2012-2014 Associate Clinical Director

2011-2015 Clinical Supervisor (Practicum and Internship for Psychology and Clinical Mental Health & Rehabilitation Counseling)

2010-2015 Psychotherapist (Outpatient, PHP, Inpatient)

2009 Doctoral Counseling Intern

2007-2008 Master's Counseling Intern

Department of Psychiatry

2011-2015 Assistant Professor

2010-2011 Clinical Instructor

2010 Clinical Research Coordinator

The University of North Carolina at Greensboro

Department of Counseling and Educational Development

2009-2011 Clinical Supervisor (Practicum and Internship)

2010 Graduate Teaching Assistant
Diagnosis and Treatment Planning
2008-2009 Graduate Student Instructor
Career and Life Planning; Strategies for Academic Success
2007-2008 Substance Information Program Coordinator
2006-2007 Clinic Resource Assistant

Duke University Talent Identification Program

2008 Psychological Counselor, *Davidson College Campus, North Carolina*

Residential Services, Inc.

2006 Direct Support Professional, *Chapel Hill, North Carolina*

Mental Health Center of East Central Kansas

2005-2006 Children's Services Attendant Care Worker, *Emporia, Kansas*

Services Offering Safety, Inc

2005-2006 Victim Advocate and Intern, *Emporia, Kansas*

LICENSURE & CERTIFICATIONS

North Carolina Board of Licensed Clinical Mental Health Counselors

Licensed Clinical Mental Health Counselor Supervisor (LCMHCS) #S8310, March 2016

Licensed Professional Counselor (LPC) #8310, *November 2010*

South Carolina Professional Counselors Board

Telehealth Registered Professional Counselor #1513, August 2024

International Association of Eating Disorders Professionals (iaedp)

Certified Eating Disorders Specialist (CEDS), February 2017

iaedp Approved Consultant (CEDS-C), February 2017

EDUCATION

The University of North Carolina at Greensboro, Greensboro, NC

Department of Counseling and Educational Development, School of Education

2008-2016 Doctoral Coursework; Counseling and Counselor Education

2006-2008 **M.S. in Community Counseling**, Emphasis in Family Settings

Emporia State University, Emporia, KS

Department of Psychology, The Teacher's College
2004-2006 **B.A. in Psychology**, Minor in Sociology

Huntington University, Huntington, IN
2003-2004 Undergraduate Education

PEER REVIEWED PUBLICATIONS

- Watson, H.J., McLagan, N., Zerwas, S.C., Crosby, R.D., Levine, M.D., Runfola, C.D., Peat, C.M., Moessner, M., Zimmer, B., **Hofmeier, S.M.**, Hamer, R.M., Marcus, M.D., Bulik, C.M., Crow, S.J. (2018). Cost-effectiveness of internet-based cognitive-behavioral treatment for bulimia nervosa: Results of a randomized controlled trial. *Journal of Clinical Psychiatry*, 79 (1).
- Levinson, C.A., Zerwas, S., Calebs, B., Forbush, K., Kordy, H., Watson, H., **Hofmeier, S.**, Levine, M., Crosby, R.D., Peat, C., Runfola, C.D., Zimmer, B., Moesner, M., Marcus, M.D., Bulik, C.M. (2017). The core symptoms of bulimia nervosa, anxiety, and depression: A network analysis. *Journal of Abnormal Psychology*, 126 (3), 340-354.
- Zerwas, S.C., Watson, H.J., **Hofmeier, S.M.**, Levine, M.D., Hamer, R.M., Crosby, R.D., Runfola, C.D., Peat, C.M., Shapiro, J.R., Zimmer, B., Moessner, M., Kordy, H., Marcus, M.D., Bulik, C.M. (2017). CBT4BN: A randomized controlled trial of online chat and face-to-face group therapy for bulimia nervosa. *Psychotherapy and Psychosomatics*, 86, 47-53.
- Watson, H.J., Levine, M.D., Zerwas, S.C., Hamer, R.M., Crosby, R.D., Sprecher, C.S., O'Brien, A., Zimmer, B., **Hofmeier, S.M.**, Kordy, H., Moessner, M., Peat, C.M., Runfola, C.D., Marcus, M.D., Bulik, C.M. (2016). Predictors of dropout in face-to-face and internet-based cognitive-behavioral therapy for bulimia nervosa in a randomized controlled trial. *International Journal of Eating Disorders*, November, (Epub ahead of print).
- Hofmeier, S.M.**, Bulik, C.M., Gagne, D.A., Runfola, C.D., Von Holle, A., & Brownley, K.A. (2016). Body image, aging, and identity in women over 50: The gender and body image study (GABI). *Journal of Women and Aging*, July, 1-12.
- Palmberg, A.A., Stern, M., Kelly, N.R., Bulik, C.M., Faye Z., Belgrave, F.Z., Trapp, S.K., **Hofmeier, S.M.**, Mazzeo, S.E. (2014). Adolescent Girls and their Mothers Talk about Experiences of Binge and Loss of Control Eating. *Journal of Child and Family Studies*, 23, 1403-16.
- Runfola, C.D., Von Holle, A., Peat, C.M., Gagne, D.A., **Hofmeier, S.M.**, Brownley, K., & Bulik, C.M. (2013). Characteristics of women with body size satisfaction at midlife: Results of the gender and body image study (GABI). *Journal of Women and Aging*, 25, 287-304.
- Runfola, C.D., Von Holle, A., Trace, S., Brownley, K.A., **Hofmeier, S.M.**, Gagne, D.A., Bulik, C.M. (2013). Body dissatisfaction in women across the lifespan: Results of the UNC-SELF and gender and body image (GABI) studies. *European Eating Disorders Review*, 21, 52-9.

Bulik, C.M., Marcus, M.D., Zerwas, S., Levine, M.D., **Hofmeier, S.**, Trace, S.E., Hamer, R.M., Zimmer, B., Moessner, M., & Kordy, H. (2012). CBT4BN versus CBTF2F: Comparison of online versus face-to-face treatment for bulimia nervosa. *Contemporary Clinical Trials*, 33, 1056-64.

Gagne, D.A., Von Holle, A., Brownley, K.A., Runfol, C.D., **Hofmeier, S.M.**, Branch, K.E., & Bulik, C.M. (2012). Eating disorder symptoms and weight and shape concerns in a large web-based convenience sample of women ages 50 and above: results of the Gender and Body Image (GABI) study. *International Journal of Eating Disorders*, 45, 832-44.

PEER REVIEWED PRESENTATIONS

Hofmeier, S.M. (Education Session) "Supervising Eating Disorders Therapy: Strategies to Empower Counselors." Licensed Professional Counselor Association of North Carolina Annual Conference, Concord, NC (October 2016)

Matherne, C.E., Watson, H.J., Zerwas, S.C., Peat, C.M., Runfol, C.D., **Hofmeier, S.M.**, Levine, M.D., Zimmer, B., Moessner, M., Crosby, R.D., Sprecher, C., Marcus, M.D., & Bulik, C.M. (Oral paper) "Predictors of Treatment Outcome in Face-to-Face and Online Cognitive Behavioral Therapy for Bulimia Nervosa in a Randomized Controlled Trial." Academy for Eating Disorders International Conference on Eating Disorders, San Francisco, CA. (May 2016)

Zerwas, S., Marcus, M., Kordy, H., Hamer, R., **Hofmeier, S.**, Levine, M., Zimmer, B., Runfol, C., Peat, C., Watson, H., Bulik, C. (Oral Paper) "CBT4BN: A randomized controlled trial of cognitive behavioral chat group therapy for bulimia nervosa." Academy for Eating Disorders International Conference on Eating Disorders, Boston, MA. (April 2015)

Palmberg, A., Stern, M., Kelly, N., Bulik, C., Belgrave, C., Trapp, S., **Hofmeier, S.**, Mazzeo, S. (Poster) "Mothers' concerns about their daughters' eating habits." Academy for Eating Disorders International Conference on Eating Disorders, Montreal, Canada. (May 2013)

Runfol, C.D., Von Holle, A., Peat, C.M., Gagne, D.A., Brownley, K.A., **Hofmeier, S.M.**, Bulik, C.M. (Poster) "Characteristics of women with body size satisfaction at midlife: Results of the gender and body image study (GABI)". Eating Disorder Research Society, Porto, Portugal (September 2012)

Pisetsky, E. M., **Hofmeier, S.M.**, Zerwas, S.C., Von Holle, A., Branch, K.E., Kirby, J.S., Baucom, D.H., Bulik, C.M. (Oral Paper) "Exploring the role of weight in relationships when both partners are overweight." Academy for Eating Disorders International Conference on Eating Disorders, Austin, Texas. (May 2012)

Gagne, D., Von Holle, A., Brownley, K.A., Runfol, C.D., **Hofmeier, S.**, Branch, K.E., Bulik, C.M. (Oral Paper) "Disordered eating and weight and shape concerns in women ages 50 and above:

Results of the gender and body image study (GABI).” Academy for Eating Disorders International Conference on Eating Disorders, Austin, Texas. (May 2012)

Hofmeier, S., Bulik, C.M., Gagne, D., Runfola, C.D., Von Holle, A., Brownley, K.A. (Oral Paper) “Body image, ageing, and identity in women over 50: A qualitative analysis from the gender and body image study (GABI).” Academy for Eating Disorders International Conference on Eating Disorders, Austin, Texas. (May 2012)

Peat, C.M., Zerwas, S.C., **Hofmeier, S.M.**, Levine, M.D., Marcus, M.D., Bulik, C.M. (Poster) “Body mass index and binge: purge ratio in bulimia nervosa.” Academy for Eating Disorders International Conference on Eating Disorders, Austin, Texas. (May 2012)

Palmberg, A.A., Stren, M., Belgrave, F., Bulik, C., **Hofmeier, S.**, Kelly, N., Trapp, S., Mazzeo, S. (Poster) “The subjective experience of binge and loss of control eating of adolescent girls.” Academy for Eating Disorders International Conference on Eating Disorders, Austin, Texas. (May 2012)

Pisetsky, E.M., Maxwell, M., **Hofmeier, S.M.**, Baucom, D.H., Bulik, C.M., & Kirby, J.S. (Poster) “Partners’ experience of Anorexia Nervosa: Understanding barriers to providing support. Association for Behavioral and Cognitive Therapies Conference, San Francisco, CA. (November 2010)

Hofmeier, S.M. “Cognitive behavioral and dialectical behavioral therapy for eating disorders: Putting research into practice.” (Education Session) American Counseling Association Conference, Pittsburgh, PA. (March 2010)

Sweeney, T.J., with Myers, J.E., Bigbee, A., Brunelli, M., **Hofmeier, S.**, Hodges, E., Ivers, N. Kardatzke, K., Kiteki, B., Makinson, L., Pope, A., & Welch, M. (Workshop) “Adlerian theory and practice: Early recollections, abreaction, and second order change.” Licensed Professional Counselors of North Carolina Annual Conference, Durham, NC. (September 2007)

Helms, S.M. (Poster) “The effects of victim behavior and observer experiences on the attribution of blame for sexual assault.” Emporia State University Spring Student Research Symposium, Emporia, KS. (April 2006)

Helms, S.M. “Factors affecting the attribution of blame towards victims and perpetrators of sexual assault.” (Oral Paper) Emporia State University Department of Psychology Undergraduate Research and Creativity Day, Emporia, KS. (April 2006)

Helms, S.M. “Factors affecting the attribution of blame towards victims and perpetrators of sexual assault.” (Oral Paper) Great Plains Student Psychology Conference, Warrensburg, MO. (March 2006)

Helms, S.M. (Poster) “Factors affecting the attribution of blame towards victims and perpetrators of sexual assault.” Emporia State University Department of Psychology Winter Student Research Symposium, Emporia, KS. (December 2005)