



## **SHEENA M KING**

OC2312

SCI MUNCY

P.O. Box 180

Muncy, PA 17756

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**STATUS:** Incarcerated March 1991 at the age of 18 years and five months

**OBJECTIVE:** Objective: Counselor for sexual abuse survivors and women reentering society

### **EMPLOYMENT:**

- House of Hope, Peer Counselor (see pg 4 for list of duties), 2005 – 2008
- Tutor
- Peer Educator
- Educational Clerk
- Activities and Admissions Assistant

### **EDUCATION:**

- Family Radio School of the Bible, Associates Degree in Religious Studies, 2008
- Landmark Bible Institute, English Diploma in Ministry, 2005
- Completed 32 Vocational Educational Programs (Two courses from Bucknell University and OSHA) Food Service Apprenticeship Program

### **ACHIEVEMENTS & ACCOMPLISHMENTS:**

- M.O.R.E. Muncy – One-On-One Reading Education Program, Program President
- M.I.O. (Muncy Inmate Organization), Vice-President
- Published two books
- Published in Six Anthologies
- Written and arranged songs for the Church Choir
- Written, directed and performed in plays
- Danced for church worship services
- Served as a leader in the church and mentor for new believers
- Baptized
- Coordinator of United Methodist Reading Program
- Received 10 certificates for completion of various bible studies
- Submerged, published 2018, Scat and Mouse Publishing Company-partner, 2017, Thomas Merton Essay winner, 2016

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**COMMUNITY INVOLVEMENT:**

- Inmate Organization Vice-President
- One-On-One Reading Education Program President
- Served on the Executive Board of the inmate organizations for several years and chaired or co-chaired 25 committees
- Facilitated the following groups: Citizenship, Character Development, Alcohol and Other Drugs, Self-Esteem, Assertiveness, In-patient Therapy for survivors of sexual abuse, and Peer Education Group Training
- Lifers Mentor
- S.I.S.T.E.R.S-lifers mentoring program, President
- Community Capacity Building Curriculum with Reconstruction Inc., 2018

**GROUP PARTICIPATION:**

- Assertiveness
- Self-Esteem
- Sexual Abuse
- Anger Management
- Violence Prevention
- Alcohol and other drugs
- Long-Term Offenders
- Impact of Crime
- Restorative Justice
- Clemency
- Attended 6 Parenting Programs
- Boundaries (Christian based), Overcoming Emotions (Christian based)

**SPECIAL RECONIGIZATION/AWARDS:**

- Twice awarded Excellence in Tutoring
- Inmate of the Year – M.I.O. - personal commitment, dedication and performance
- Excellence in Leadership
- Outstanding Achievement in Poetry

**PUBLICATIONS:**

- Submerged, 2014
- UnHeard Soul, 2007
- Submerged, (revised) 2018

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**ACTIVITIES:**

- Volleyball
- Kickball
- Flag Football
- Handball
- Various exercise classes and a Pilates Instructor

- Employment:** House of Hope Muncy, PA  
Peer Counselor 2005 to 2008
- Interviewed clients, reviewed records and conferred with other professionals to evaluate condition of client.
  - Wrote, designed and produced exposure therapy exercises.
  - Counseled individuals and provided group services.
  - Executed daily operations of one-on-one sessions.
  - Collected, organized and analyzed information through records, tests, interviews and professional sources.
  - Appraised interests, aptitudes and personality characteristics for appropriate healing techniques.
  - Assisted clients to identify problems and achieve effective personal, marital and family development..
  - Analyzed information collected to determine advisability of counseling and referral to other specialists.
  - Reviewed notes and information collected to identify concerns.
  - Trained and managed 16 graduates and achieved significant improvements in their teaching self-help groups.
  - Consulted textbooks, manuals and journals to identify symptoms, make diagnoses and develop treatment plan.
  - Evaluated results of counseling methods to determine reliability and validity of treatment used.
  - Assisted individuals to understand and overcome social, sexual, and emotional problems.
  - Planned and directed program to orient pre-admissions and assisted in their integration into therapeutic life.
  - Planned and directed program to orient pre-admissions and assisted in their integration into therapeutic life.
  - Engaged in research and follow-up activities in order to evaluate counseling techniques.
  - Investigated reports of misconduct and attempted to resolve and eliminate causes of conflict.
  - Taught self-help classes.
  - Coordinated activities and provided for physical and emotional needs of each individual in the therapeutic community.

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**THE WOMAN I AM TODAY**

With my passion for and knowledge and experience of surviving sexual abuse and domestic violence, I am certain that I would be an asset in helping others to overcome the traumas of childhood incest and abuse.

During my years of incarceration, I have not ceased to grow into a woman who my children, family, and friends are proud of; nor have I shied away from any opportunity to help those in the community in which I reside. If I am paroled, this would not change. I will continue to assist others heal and grow just as I have done for decades.