

Rachel Van Kirk, M.S.
Registered Mental Health Counselor Intern
St. Petersburg, FL

EDUCATION

- Master of Science in Clinical Mental Health Counseling** May 2020
Loyola University New Orleans New Orleans, LA
- Honors: Graduate Assistantship recipient
 - Courses: Introduction to Clinical Mental Health Counseling, Counseling Theories, Ethics in Individual, Marriage, and Family Counseling, Group Counseling, Philosophy & Counseling, Multicultural Counseling, Lifespan Development, Career Counseling, Clinical Assessment and Psychometrics, Research and Statistics in Counseling, Diagnostics in Counseling, Fundamentals of Practicum and Internship, Family Systems, Psychopathology in Counseling, Addiction Counseling, Child Parent Relationship Therapy
- Bachelor of Science in Psychology, Minor in Philosophy** May 2016
The University of Tampa (UT) Tampa, FL
- Honors: Honors Program graduate, Presidential Scholarship, Dean's List, Helios Scholar, Hobe Sound Women's Club Scholarship, Sailfish Point Foundation Scholarship, Hobe Sound Community Chest Scholarship, George P. Stanich Memorial Transfer Scholarship, Phi Theta Kappa Scholarship, Florida Bright Futures Academic Scholarship
 - Sent by UT Honors Program as Delegate to 2014 Harvard National Model United Nations
- Associate of Arts** May 2013
Indian River State College Stuart, FL
- Honors: Magna Cum Laude graduate, Dean's List
 - Completed all credits while dual enrolled in high school at Clark Advanced Learning Center

EXPERIENCE

- Counselor Intern** May 2019 - May 2020
Plaquemines Community C.A.R.E. Centers Foundation, INC. Belle Chasse, LA
- Provided counseling services to individuals, groups, and families with mild and severe mental illnesses, substance use disorders, and comorbid disorders, ages 5-75
 - Conducted play therapy sessions with children ages 5-12
 - Held teletherapy sessions with minor and adult clients during COVID-19 pandemic
 - Designed and implemented treatment plans based on measurable and attainable goals
 - Conducted intake evaluations, wrote comprehensive reports, and made treatment recommendations
 - Administered psychological assessments related to depression, anxiety, and suicidality
 - Maintained concise documentation of all therapy sessions and client communication via electronic health record system
 - Worked collaboratively with referral sources and interdisciplinary team members
- Head Graduate Assistant** August 2017 - May 2019
Loyola University New Orleans, Counseling Department New Orleans, LA
- Coordinated graduate assistant activities and tasks
 - Communicated and collaborated with faculty and staff regarding tasks in department
 - Hired and trained client-actors for Introduction to Counseling Lab and Group Counseling Lab
 - Formatted and catalogued data from alumni, employer, and site supervisor surveys
- Registered Behavior Technician** June 2016 – August 2017
Behavioral Consulting of Tampa Bay Tampa, FL
- Provided direct one-on-one therapy to children on the Autism Spectrum and possessing comorbid diagnoses
 - Collected and analyzed extensive data on skill acquisition and behavior reduction programs
 - Communicated and collaborated with clinical directors, case managers, and parents regarding client progress
 - Participated in ongoing training and competency examinations
- Counselor/Intern – Summer Treatment Program** June 2015 – August 2015
Center for Children and Families at Florida International University Miami, FL
- Served as a paraprofessional counselor at treatment camp for children with severe ADHD, ODD, and comorbid diagnoses
 - Provided behavioral modification treatment to group of thirteen 7 – 8 year old children

- Recorded and input data based on behavioral system
- Created, tracked, and modified individualized treatment plans for children based on data

SKILLS

- Familiar with electronic health record systems and HIPAA compliant teletherapy platforms
- Experienced in providing the following psychoeducational group curriculums: SAMHSA Anger Management, Active Parenting NOW, Active Parenting for Teens, Co-Parenting, Child Parent Relationship Therapy, Drug Education, and Dual-Process Model of Grief Counseling
- Well versed in a variety of therapeutic techniques and modalities
- Experienced with providing child-centered play therapy services
- Proficient in SPSS and other data analysis software such as Microsoft Excel
- Familiar with a variety of behavioral data collection techniques

RESEARCH

- Presented independent counseling research on the effects of caregiver burden on the parents of children with Autism Spectrum Disorder at Loyola University New Orleans 2018 Graduate Research Symposium
- Created adapted model of Child Parent Relationship Therapy for families with children both on and off of the Autism Spectrum
- Conducted honors level independent psychology research on the relationship between rumination, perfectionism, and non-suicidal self-injury, presented at 2016 UT Social Science Conference
- Sent by UT Psychology Department to present research on perfectionism and cognitive performance at the Southeastern Psychological Association 2016 conference

LICENSURE

- Registered Mental Health Counselor Intern - License Number #IMH19829

AFFILIATIONS

- Chi Sigma Iota (Honor Society in Counseling), Psi Chi (Honor Society in Psychology), Southeastern Psychology Association, Omicron Delta Kappa (Honor Society in Leadership), National Residence Hall Honorary, Phi Eta Sigma (Honor Society in Freshman Achievement), Phi Theta Kappa (Honor Society of Two-Year Colleges)

REFERENCES

Available upon request