

Rachel Elisa Gardner, MA, LPC, EMDR-Trained

PROFILE

I am a Bowen family systems therapist with seven years of experience in clinical casework post graduate school serving individuals and families in private practice, and a cumulative twelve+ years of experience in the mental health field. I have received two years of individual personal bi-weekly training in Bowen theory, as well as approximately two years of group training. Additionally, I am the Bowen Theory Group trainer at New Life Counseling Center wherein I coach LPC-interns and graduate students in the theory. I became EMDR Certified in September of 2020 and since then have incorporated EMDR into my practice from a systems perspective.

EXPERIENCE

LPC, NEW LIFE COUNSELING CENTER, ROUND ROCK, TX 2015-PRESENT

Working in private practice in an outpatient setting with individuals and families, specializing in family therapy for parents and teens for issues related to anxiety, depression, relationship issues, self-harm, suicidal ideation, OCD, bipolar disorder, parental divorce, sexual abuse, family conflict, etc. Average caseload varies from 15-20 clients/week. Help position of Bowen Theory Group trainer since November 2016. Played significant role in helping to open satellite office of private practice starting Jan 2016. Licensed since April 2018.

GRADUATE COUNSELING INTERN, CATHOLIC CHARITIES COUNSELING CENTER, SAN ANTONIO, TX 2013-2014

Counseled, co-counseled and observed in sessions for adults, couples, families and children and adolescents under supervision. Led and co-led play individual and group therapy sessions for children aged 5-14. Conducted over 50% of sessions in Spanish as well as lead several sessions with African and Middle Eastern refugees through a translator, including several home visits each semester.

CONSULTANT INTERN, MATERIALS PROCESSING, INC. (MPI), INDIANAPOLIS, INDIANA 2013-2015

Part of the team directed by Dr. Tim. A. Gardner to implement psychosocial formation to improve the quality of employees' lives and invest in their well-being; one conference every business quarter. Translate Dr. Tim A. Gardner's original psycho-educational material into Spanish for deliverance to Spanish-speaking employees. Present translated psycho-educational material in bi-lingual workshops at MPI facilities in multiple cities in Texas and in Mexico and facilitate interactive group discussions consisting of 10-30 members. Intermittent interaction with supervisors, weekly or daily contact in advance of conferences including training

YOUTH CARE COUNSELOR (RELIEF YCC & CLINICAL YCC)
AUSTIN SETTLEMENT HOME FOR CHILDREN, AUSTIN, TX 2009-2012
Worked on a Treatment Team with Supervisor/Therapist to maintain a therapeutic environment, form therapeutic relationships with residents, carry out treatment plans, provide structure, enforce limits, nurture, create incentive plans and reward systems to engage residents. Kept residents safe and supported them on a daily basis through trauma-informed care, used therapeutic de-escalation skills including performed physical restraints when necessary. Responsible for cottage maintenance which included supervising cottage funds, meal planning and purchasing, recreation plans, and scheduling of other daily activities. Collaborated with Supervisor/Therapist in creation of Service Plans, Group Therapy Notes and Shift Change Report and other clinical paperwork, i.e., Serious Incident Reports and Progress Group Notes. Responsible for setting and passing resident's psychotropic medication, mastered basic knowledge of medications

PROFESSIONAL DEVELOPMENT

SPEAKER – CATHOLIC PSYCHOTHERAPY ASSOCIATION ANNUAL CONFERENCE 2020

Created and gave 90 minute presentation entitled *Rebuilding the Domestic Church: Applied Bowen Family Systems* in Breakout Session 332 on May 1st, 2022 as part of the Conference theme *Rebuild: Go and Repair My House*.

The presentation illustrated how Bowen theory is in harmony with Catholic anthropology on the human individual and family, as well as how systems theory conceptualizes and informs the structure of family therapy with adolescents compared to individual models. It offered a systemic approach towards working with families that is based in years of clinical practice and study of Bowen Family Systems theory and best practices in research. It also provided examples of the efficacy of said approach from the clinician's work with families in outpatient treatment as an initial observation of success and limitations. Presentation was didactic and included a Q & A. Recording and slides available upon request.

EDUCATION

ST MARY'S UNIVERSITY; SAN ANTONIO, TX – MASTER'S IN CLINICAL MENTAL HEALTH COUNSELING, 2014

Distinguished Graduate, 3.98 GPA

Memberships: Chi Sigma Iota

UNIVERSITY OF TEXAS AT AUSTIN; AUSTIN, TEXAS – BACHELORS OF ARTS IN BOTH PSYCHOLOGY & HISPANIC STUDIES, DOUBLE MAJOR, 2009

Summa Cum Laude, GPA 3.96

Memberships: Psi Chi Psychology Society

BOWEN CENTER FOR THE STUDY OF THE FAMILY – CONTINUING STUDIES PROGRAM 2021-2022

Participated in monthly faculty presentations, Q & A with faculty as well as monthly video discussions and personal coaching with Dr. Carrie Collier; Anticipated completion: May 2022

AFFILIATIONS

CATHOLIC PSYCHOTHERAPY ASSOCIATION - MEMBER SINCE JUNE 2014

REFERENCES

JENNIFER MADERE, MA, LPC-S (#62514)

INTUITUS GROUP

OFFICE/CELL: 512-762-4762

EMAIL: JENNIFER@INTUITUS-GROUP.COM

LEAH MCDILL, PHD, LPC-S (#13143)

NEW LIFE COUNSELING CENTER

PREVIOUS LPC-INTERNSHIP SUPERVISOR

OFFICE: 512-238-1700, EXT. 312

EMAIL: LEAHMCDILL@NLCC1.COM

HAL DESHONG, PHD

BOWEN THERAPIST IN PRIVATE PRACTICE (RETIRED)

PERSONAL THEORY TRAINER

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AUSTIN, TX 78731

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