

Rachel Garrett, MA, LPC

Education

Denver Seminary, Littleton, CO

MA Clinical Mental Health Counseling
CACREP Accredited Program

August 2014

Clemson University, Clemson, SC

B.S. in Parks, Recreation, and Tourism Management: Therapeutic Recreation
Minor in Psychology
Summa Cum Laude

May 2007

Denver Mental Health Collective, Denver, CO

January 2019-present

Licensed Professional Counselor

- Provide individual therapy for adolescents and adults presenting with a variety of issues that include eating disorders, anxiety, mood disorders, life transitions, and body-focused repetitive behaviors
- Educate clients regarding diagnosis and therapeutic treatment approaches
- Develop and update diagnosis and treatment plans

Empower Centers of Excellence In Family Behavioral Health, Greenwood Village, CO

May 2018-November 2020

Adolescent and Young Adult Mood, Anxiety, and Eating Disorder Specialist

- Provided evidence-based therapy for adolescents and young adults presenting with a variety of issues that include eating disorders, anxiety, body-focused repetitive behaviors, and mood disorders
- Collaborated with a multi-disciplinary team in weekly supervision to provide thorough, comprehensive care
- Educated clients and family members regarding evidence-based treatment approaches to promote emotional health and wellness

EDCare, Denver, CO

September 2014-January 2019

Lead Milieu Therapist, April 2017-present

Lead Connections House Counselor, February 2015-April 2017

- Supervised a safe and supportive housing environment in which individuals can practice new ways of coping and build healthy relationships with others
- Provided and maintain daily program structure for individuals in a Partial Hospitalization Program for an eating disorder
- Managed the milieu staff's schedule, meal schedule, and weekly peer supervision group
- Facilitated weekly psychotherapy groups including, Body Image, Dialectical Behavior Therapy, and Anorexia-Nervosa and Associated Disorders Group
- Collaborated and contribute clinical information/observations with multidisciplinary team members in weekly staffing to promote effective and holistic care
- Facilitated meals and meal processing while modeling appropriate eating behaviors
- Documented timely and accurate clinical paperwork, progress notes, group notes, and meal therapy notes
- Provide weekly supervision for internship students

Excelsior Youth Center, Aurora, CO

August 2013-May 2014

Counseling Intern/Adjunct Therapist

- Provided strengths-based individual, group, and family counseling to promote healthy choices and personal responsibility for adolescent females in a residential treatment program under direct supervision of an LPC
- Assisted in leading group and family therapy sessions surrounding issues of grief of loss, addiction, trauma, abuse, daily living skills, formulating healthy coping skills, relationships, and developing autonomy through periods of transition
- Retained accurate and updated files, contributed to monthly reports, and recorded individual, group, and family therapy notes

Palmetto Health Children's Hospital, Columbia, SC

August 2007-December 2011

Certified Child Life Specialist

- Offered support during medical procedures through medical play and the implementation of effective coping skills
- Provided normalization opportunities for hospitalized children through therapeutic play and education
- Facilitated grief and bereavement groups for caretakers and siblings of hospitalized children
- Collaborated with various pediatric disciplines to provide optimal care