

Rachel Rentz, 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

EDCare, Denver, CO

Lead Milieu Therapist, April 2017-present

Lead Connections House Counselor, February 2015-April 2017

September 2014-Present

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

Body-Focused Repetitive Disorder Support Group, Golden, CO

Group Facilitator

December 2015-July 2017

- Facilitate a support group for individuals struggling with a BFRB, including trichotillomania and dermatillomania.
- Utilize a CBT and Strengths-Based approach to aid group members in practicing various strategies to help one manage/overcome their body-focused repetitive behaviors.

Excelsior Youth Center, Aurora, CO

Counseling Intern/Adjunct Therapist

August 2013-May 2014

- 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

Shepherd's Gate Counseling Center, Littleton, CO

Practicum Student

August 2012- December 2012

- Counseled women, adolescents, and couples under direct supervision of an LPC
- Scheduled appointments and kept accurate and updated files
- Developed and implemented individual treatment plans

Palmetto Health Children's Hospital, Columbia, SC

Certified Child Life Specialist

August 2007-December 2011

- 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
- Provided supervision for volunteers and student interns