

Rachel W. Saenger, MA, LPC-S, LMFT-S

3613 Williams Drive, #804, Georgetown, TX 78628

Phone: (512) 864-5592

Fax: (512) 600-5008

E-mail: rachelsaengerlpc@gmail.com

Website: www.rachelsaenger.com

Experience

- **Counseling:** Over twelve years experience counseling children, adolescents, adults, couples and families.
- **Assessment:** Over 10 years experience providing family systems and parenting assessments, as a court-appointed guardian ad litem and social study evaluator.

Education

Master of Arts in Professional Counseling, Texas State University - 8/10/07

- 3.8 GPA
- Member of Chi Sigma Iota

Honors Bachelor of Arts, University of Toronto - 6/1997

- Major in Psychology

Post-graduate additional training:

- Post-graduate training in play therapy and parent-child therapy
- Collaborative Law Training – role of mental health professionals, Williamson County Court, 2011
- *New Ways for Families* provider training, by Bill Eddy, LCSW, JD, High Conflict Institute, 2013
- 40- hour Mediation Training, Alternative Dispute Resolution Services International, Inc., 2013
- LPC/LMFT Supervision Training, 40 hours, 2015.
- Mindfulness-Based Stress-Reduction, 40 CEU hours at Soundstrue.com, 2016
- Certified Clinical Trauma Professional (CCTP)
- 15-hour training in Teletherapy
- Comprehensive Training in Emotional Freedom Techniques

Licenses:

- LPC-S: # 63630
- LMFT-S: # 201292
- Member of the American Counseling Association
- Member of the Texas Counseling Association
- Member of the Association for Comprehensive Energy Psychology

Community Positions Held:

- Member of the Georgetown ISD School Health Advisory Council (SHAC) - 8/2019 - present
- NetConnections Board Member - 4/2019 - present
- East View Patriot Band Booster President - 6/2019 - present

Clinical-Related Work

Group Counseling Practice

4/2019 – present

- Owner and clinical director of Rachel Saenger and Associates, LLC, DBA Georgetown Counseling and Wellness
- Board-Approved Clinical Supervisor of LPC-Interns/LMFT-Associates
- Training and employment of three clinicians
- Provide clinical counseling services to 15-20 clients a week, including children, adults and couples

Private Practice – Georgetown, Texas

Professional Counseling Services, 8/2008-present

- Provide counseling for children, adolescents, adults, couples and families.
- Therapeutic specialization in marriage counseling, family counseling, and adolescent/parent counseling.
- Treatment specialization in working with resolving relationship issues, depression, anxiety, trauma, and grief resolution.
- Solid experience providing professional assessment services for court-related cases, including social studies, parenting coordination, adoption studies, guardian ad litem appointments and court-appointed counseling.
- Yearly speaker at the Austin Divorce Workshop, Austin, TX
- Yearly speaker for the GISD Wellness Department
- Contract therapist with Williamson County Children’s Advocacy Center, 7/14- present

Jervey and Associates Psychotherapy, Inc., - Georgetown, TX

Counselor, 8/2007 – 8/2012

- Provided school-based psychotherapy for children ages 8 through 20 in the Georgetown and Taylor, TX school districts. Included individual and group counseling.
- Provided assessments, crisis counseling and case management with a caseload of approximately 50 students per week.
- Provided family counseling between adolescents and their parents, with a trauma-informed focus on family systems work, parent-child interaction therapy and mindfulness-based stress reduction.

- Collaborated with school administrators, personnel and parents to create treatment plans and treatment teams for students.
- Developed solid experience working with trauma, grief and loss issues, depression, anxiety and bipolar disorder.

Samaritan Center for Counseling and Pastoral Care - Austin, Texas

Hope for Heroes Therapist, 5/2009 – 8/2010

- Counseled veterans of Iraq and Afghanistan and their families on marital issues, anxiety, depression, PTSD, and other related issues.
- Solid experience conducting assessments and developing treatment plans specific to military lifestyles and culture.

McNeil High School - Austin, Texas

Student Intern, 9/2006 - 5/2007

- Co-facilitated two weekly student support groups.
- Provided weekly counseling for several students, including crisis counseling and general support. Student issues included chemical dependency, physical/emotional abuse, parental neglect, low self-esteem, and psychiatric issues.
- Communicated with relevant school staff on a regular basis to provide a network of help for students in counseling.

Samaritan Center for Counseling and Pastoral Care - Austin, Texas

Intern Therapist, 11/06-8/07

- Counseled children, adolescents, adults, couples and families. Included crisis counseling and insight-based therapy.
- Participation in weekly staff meetings, including training with guest speakers, peer review of cases and consultation with the Center's consulting psychiatrist.
- Co-facilitation of a weekly two-hour group for female survivors of sexual abuse, as well as a group for Hurricane Katrina evacuees.
- Solid experience writing intake evaluations, progress notes and treatment plans.

References available upon request