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

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**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.
* Mindfullness-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*