

# RACHEL L. STEPHENS, PSY.D.

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## EDUCATION

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Regent University Virginia Beach, VA	<b>Doctorate in Clinical Psychology</b> APA-Accredited	August 2011 – August 2016
Regent University Virginia Beach, VA	<b>Masters of Arts in Clinical Psychology</b> APA-Accredited	August 2011 – May 2014
Indiana Wesleyan University Marion, IN	<b>Bachelor of Science in Psychology</b>	August 2007 – May 2011

## LICENSURE

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**Commonwealth of Virginia** September 2017 – Present  
Licensed Clinical Psychologist, # 0810005820

**New York State** *In Progress*

## CURRENT POSITION

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**Regent University School of Psychology and Counseling** July 2018 – Present  
*Assistant Director, Psychological Services Center*  
*Assistant Professor*

- Full-time, tenure-track faculty appointment in the PsyD program within Regent University's School of Psychology and Counseling

## PUBLICATIONS AND PROFESSIONAL WRITING

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**Stephens, R.L.**, & Walker, D.F. (2015). White Evangelical and Fundamentalist churches. In Johnson, A.J. (Eds.) *Religion and Men's Violence Against Women*. Springer Publishing Company: New York, NY.

Walker, D.F., Partridge, K., & **Stephens, R.L.** (2015). Rural churches. In Johnson, A.J. (Eds.) *Religion and Men's Violence Against Women*. Springer Publishing Company: New York, NY.

Johnson, A.J., & **Stephens, R.L.** (2015). A conclusion and suggestions for future research. In Johnson, A.J. (Eds.) *Religion and Men's Violence Against Women*. Springer Publishing Company: New York, NY.

Walker, D.F., McGregor, K.L., Quagliana, D., **Stephens, R.L.**, & Knodel, K. (2014). Understanding and responding to changes in spirituality and religion after traumatic events. In Walker, D.F., Courtois, C.A., & Aten, J.D. (Eds.) *Spiritually Oriented Psychotherapy for Trauma*. American Psychological Association: Washington, DC.

## PRESENTATION EXPERIENCE

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### *Professional Presentations*

Johnson, A., **Stephens, R.L.**, Walker, D.F., & Hamid, R. (2012, August). *Religion and violence against women*. Discussion group at the 2012 meeting of the American Psychological Association.

**Stephens, R.L.**, & Walker, D.F. (2012, August). *Religion-related intimate partner violence: A comprehensive review*. Poster session presented at the American Psychological Association National Convention, Orlando, FL.

### *Invited Addresses, Workshops, and Seminars*

**Stephens, R.L.** (2017, July). *Balancing Personal and Professional Life*. Presentation and discussion for VCU medical students. Virginia Commonwealth University, Richmond, VA.

Iglesias, A., & **Stephens, R.L.** (2015, November). *Suicide Awareness: UVA as a Caring Community*. Presentation and discussion for UVA teaching assistants, University of Virginia, Charlottesville, VA.

**Stephens, R.L.** (2015, October). *Wellness in Grad School*. Workshop and discussion as part of the UVA Graduate Diversity Retreat, University of Virginia, Charlottesville, VA.

Branagan, T., Nadasdi, L., & **Stephens, R.L.** (2015, October). *Mental Health, Nutrition, & Body Image*. Presentation to dietetic intern class, University of Virginia, Charlottesville, VA.

**Stephens, R.L.** (2014, February). *Interpretation of the Supplementary and PSY-5 scales on the MMPI-2*. Guest lecture in Dr. Linda Baum's doctoral-level Personality Assessment course, Regent University, Virginia Beach, VA.

Knodel, K.R., Lepore, A.H., & **Stephens, R.L.** (2013, October). *Giving a voice to survivors of domestic violence*. Presentation in the Cultural Diversity Luncheon Series, Regent University, Virginia Beach, VA.

**Stephens, R.L.** (2013, October). *Time management and self-care*. Workshop and discussion as part of the Masters in Counseling Residency Program, Regent University, Virginia Beach, VA.

**Stephens, R.L.** (2013, September). *Etiology and treatment for mood disorders*. Guest lecture in Dr. Linda Baum's doctoral-level Psychopathology course, Regent University, Virginia Beach, VA.

Brown, A., Knodel, K., Lohmann, E., & **Stephens, R.L.** (2013, May). *Stress in the workplace and dealing with difficult clientele*. Presentation to the Regent University Business Office staff, Virginia Beach, VA.

## SUPERVISORY EXPERIENCE

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### Virginia Commonwealth University Counseling Services

August 2016 – August 2017

#### *Practicum Supervisor*

Supervisor: Christine Strasser, PsyD

- Provided weekly individual supervision to second and third-year doctoral practicum students

- Responsibilities included reviewing session recordings, providing feedback on clinical skill development, completing evaluations, facilitating professional development, and reviewing paperwork

**University of Virginia Counseling and Psychological Services**

September 2015 – May 2016

*Intern Supervisor*

Supervisor: Belinda Overstreet, PhD

- Provided weekly individual supervision to a fourth-year doctoral practicum student
- Responsibilities included reviewing session recordings, providing feedback on clinical skill development, and reviewing paperwork

**Regent University School of Psychology & Counseling**

August 2014 – June 2015

*Peer Supervisor*

Supervisor: Carissa Dwiwardani, PhD

- Provided group supervision to doctoral students in Long Term Psychodynamic Therapy class
- Responsibilities included co-facilitating weekly supervision meetings, reviewing case reports, and live-observation of sessions

**Regent University Psychological Services Center**

September 2014 – December 2014

*Peer Supervisor*

Supervisor: Judith Johnson, PhD

- Provided individual supervision to a second-year doctoral practicum student as part of a course in clinical supervision and consultation
- Responsibilities included conducting weekly supervision, reviewing clinic policies with supervisee, viewing session recordings, and providing feedback on clinical skill development

**Genesis Counseling Center**

June 2014 – August 2014

*Peer Supervisor*

Supervisor: Trina Young, PsyD

- Provided training and supervision to a second-year masters-level student in assessment
- Responsibilities included orienting the supervisee to clinic procedures, training supervisee on various assessment protocols, and providing instruction on test interpretation

**Regent University School of Psychology & Counseling**

January 2014 – April 2014

*Peer Supervisor*

Supervisor: Linda J. Baum, PhD

- Provided individual and group supervision to second-year doctoral students in Personality Assessment class
- Responsibilities included providing written and verbal feedback on assessment reports, holding office hours to meet with students and answer questions related to testing administration and interpretation, and co-facilitating a weekly lab time for instructing supervisees on new testing procedures

**TEACHING EXPERIENCE****Adjunct Professor**

June 2017 – July 2018

Regent University School of Psychology &amp; Counseling

Supervisor: Anna Ord, PsyD

- Teach online classes to masters-level students in clinical psychology
- Developed original class content, including lectures, assignments, and assessment items
- Utilize educational technology, including Blackboard and Collaborate
- Classes taught: Psychopathology, Lifespan Development

**Teaching Assistant**

August 2014 – June 2015

Regent University School of Psychology &amp; Counseling

Supervisor: Carissa Dwiwardani, PhD

- Served as a teaching assistant for doctoral-level graduate courses in Research Methods, Long-Term Psychodynamic Psychotherapy, and Multicultural Psychology
- Graded assignments and exams, conducted guest lectures, offered assistance to students, and provided general administrative assistance to the professor

**Scholar Assistant**

August 2011 – May 2015

Regent University School of Psychology &amp; Counseling

Supervisor: Donald F. Walker, PhD

- Served as a scholar assistant for the Child Trauma Institute Research Team
- Partnered with Andy Johnson, PhD, to expand the team's research on intimate partner violence

**Teaching Assistant**

August 2013 – July 2014

Regent University School of Psychology &amp; Counseling

Supervisor: Linda J. Baum, PhD

- Served as a teaching assistant for doctoral-level graduate courses in Psychopathology, Clinical Assessment and Treatment Planning, Personality Assessment, and Advanced Assessment
- Supervised students during lab portions of class, graded assessment reports and exams, offered assistance to students, and provided general administrative assistance to the professor

**Teaching Assistant**

October 2013

Regent University School of Psychology &amp; Counseling

Supervisors: Merrill Reese, PhD, and Anita Neuer Colburn, PhD

- Served as a teaching assistant for graduate courses in Group Therapy and Counseling Skills
- Supervised class process groups, graded assignments, offered assistance to students, and provided general administrative assistance throughout a 60-hour intense residency experience

**CLINICAL EXPERIENCE****Christopher Newport University Office of Counseling Services**

August 2017 – January 2018

*Staff Psychologist*

Supervisor: Bill Ritchey, PsyD

- Provided individual and group psychotherapy to a diverse university student population, with an array of clinical presentations
- Provided walk-in emergency consultation coverage on a weekly basis, and provided after-hours crisis intervention services
- Provided outreach and consultation to the university system
- Created marketing brochures detailing services provided at the Office of Counseling Services, as well as psychoeducation handouts on mental wellness, anxiety management, and the process of individual and group psychotherapy

**Virginia Commonwealth University Counseling Services**

August 2016 – August 2017

*Postdoctoral Residency*

Supervisor: Christine Strasser, PsyD

- Provided brief and long-term individual psychotherapy to university students with diverse clinical presentations, many of whom represented lower-income, first-generation college students
- Co-led two interpersonal process groups
- Provided walk-in emergency consultation coverage and after-hours crisis intervention services
- Specialized in trauma recovery through trauma-focused supervision and clinical caseload
- Participated in outreach presentations and student life events, and developed innovative marketing tools to utilize in outreach initiatives
- Provided weekly individual supervision for practicum trainees and provided training to the practicum cohort
- Served on Outreach, Clinical Services, and Training committees

**University of Virginia Counseling and Psychological Services**

August 2015 – July 2016

*Doctoral Internship (APA-Accredited)*

Primary Supervisors: Belinda Overstreet, PhD, Andrea Iglesias, PsyD, and Lenny Carter, LPC

- Provided clinical services within a multidisciplinary integrated healthcare setting
- Provided brief and long-term individual psychotherapy to a diverse clinical population
- Co-led two interpersonal process groups
- Specialized in relationship violence and trauma recovery through trauma-focused supervision and clinical caseload
- Completed a summer rotation in affect-focused trauma recovery within a community mental health setting for women
- Provided walk-in emergency consultation and after-hours crisis intervention services
- Provided weekly individual supervision for advanced practicum trainees

**Old Dominion University Office of Counseling Services**

August 2014 – May 2015

*Fourth Year Advanced Practicum*

Supervisors: JaNae Taylor, PhD, Z. Andrew Jatau, MSW, and Angela Holley, MSW

- Provided brief individual and group psychotherapy services to a diverse student population with a broad range of clinical concerns
- Participated in outreach presentations and student life events
- Provided walk-in crisis services and emergency on-call services

**Genesis Counseling Center**

May 2014 – July 2014

*Third Year Clinical Practicum*

Supervisor: Dr. Trina Young, PsyD

- Administered psychological assessments and wrote integrated reports for adults and children, including specialized assessments for ADHD, learning disorders, developmental disorders, mood disorders, and personality disorders
- Served a diverse client population, including individuals from various age groups, cultural and ethnic backgrounds, and SES backgrounds
- Trained a masters-level intern in testing procedures, protocol, and test interpretation

**Christopher Newport University Office of Counseling Services** August 2013 – July 2014  
*Third Year Clinical Practicum*

Supervisors: Julia Langdal, PsyD, and Bill Ritchey, PsyD

- Provided individual psychotherapy and case management to a diverse student population
- Participated in outreach presentations and student life events

**Regent University Psychological Services Center** August 2012 – July 2013  
*Second Year Clinical Practicum*

Supervisors: Scott W. Sautter, PhD, Linda J. Baum, PhD, and Carissa Dwiwardani, PhD

- Provided individual and couples psychotherapy, assessment, and case management services to a diverse client population with a broad diagnostic range
- Participated in adjunct rotations focused on career assessment and consultation, outreach, and psychological evaluation in a juvenile justice setting

**The Marriage and Ministry Assessment Training and Empowerment Center** January 2012 – June 2013  
*Clinical Practicum*

Supervisor: Jennifer S. Ripley, PhD

- Provided time-limited couples therapy to community members
- Conducted periodic outcome assessments and drafted client feedback reports

## RESEARCH EXPERIENCE

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**Dissertation Research** August 2013 – June 2015

Regent University School of Psychology and Counseling  
Topic: Religious Factors and Intimate Partner Violence  
Chair: Donald F. Walker, PhD  
Dissertation Defense: June 2015

**Child Trauma Institute Research Team** August 2011 – May 2015

Regent University School of Psychology and Counseling  
Principal Investigator: Donald F. Walker, PhD

- Participated in a variety of research projects focused on trauma, specifically the perpetration and maintenance of intimate partner violence

**The Marriage and Ministry Assessment Training and Empowerment Center** January 2012 – June 2013

Regent University School of Psychology and Counseling  
Principal Investigator: Jennifer S. Ripley, PhD

- Study collecting further empirical support of a couples therapy protocol
- Conducted research tasks for couples participating in the research project, including assessment administration, providing couples therapy intervention using the Hope-Focused Therapy treatment protocol, and quality assurance.

**PROFESSIONAL TRAININGS AND CERTIFICATIONS**

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*Safe Space Training* October 2015, August 2016  
University of Virginia, Virginia Commonwealth University

*Green Dot Bystander Training for Faculty and Staff* November 2015  
University of Virginia

*Cognitive Processing Therapy Certification (CPT)* October 2014  
Medical University of South Carolina and Navy Medicine

*Trauma-Focused Cognitive-Behavioral Therapy Certification (TF-CBT)* September 2014  
Medical University of South Carolina and The National Child Traumatic Stress Network

**PROFESSIONAL MEMBERSHIPS**

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American Psychological Association August 2011 – Present