

Rachel Kowalski

Outpatient Therapist

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📍 Pittsburgh, PA

🌐 linkedin.com/in/rachelkowalski

SKILLS

Treatment Planning —●

Psychosocial Assessments —●

Therapeutic Interventions —●

CBT —●

Motivational Interviewing —●

Group Therapy —●

Crisis Intervention —●

Clinical Documentation —●

Case Management —●

HIPAA —●

EDUCATION

Master of Science 05/2021

Duquesne University

Pittsburgh, PA

Clinical Mental Health Counseling

CERTIFICATES

Licensed Professional Counselor (LPC)

06/2024

Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors

SUMMARY

Outpatient therapist and Pennsylvania LPC with 5 years of individual, family and group therapy for children, teens and adults. Uses CBT, motivational interviewing and other therapeutic interventions across a 34-client caseload, and keeps clinical documentation in line with Medicaid and commercial insurance rules.

EXPERIENCE

Outpatient Therapist 05/2023 - Present

Three Rivers Counseling Associates Pittsburgh, PA

Licensed outpatient mental health clinic with 22 clinicians.

- Maintain a caseload of **34** clients, holding 28 to 30 therapy sessions a week with a 91% attendance rate.
- Complete psychosocial assessments, diagnosis and treatment planning for 6 new intakes a month.
- Apply CBT, motivational interviewing and family systems work, with 68% of clients meeting plan goals by 6 months.
- Finalize clinical documentation within 24 hours, scoring 97% on quarterly chart audits.

School-Based Therapist 07/2021 - 04/2023

Allegheny Valley Youth Services Pittsburgh, PA

Children's behavioral health agency with therapists placed in 14 local schools.

- Delivered school-based therapy to 25 students across 3 elementary and middle schools.
- Ran 2 weekly social skills groups and a parent group that averaged 9 families.
- Partnered with teachers and school counselors on behavior plans for 18 students.
- Handled crisis intervention for 30 school-day crises in 2022 using safety plans and parent conferences.

Counseling Intern 09/2020 - 05/2021

Mon Valley Community Health McKeesport, PA

Graduate internship at a community mental health center.

- Counseled 10 adult outpatients a week under supervision of a licensed psychologist.
- Co-facilitated an 8-week depression group for 9 members.
- Drafted intake summaries and treatment plans for 20 new clients.