CURRICULUM VITAE

**Rebekah Michelle Grohn M.S, M.Ed, NCC, LPC-Associate**

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**Education**

05/20 ***Master of Counselor Education (CACREP Accredited)***

Education Department, Georgia Southern University; Statesboro, GA

Concentration: Clinical Mental Health

Major Advisor: Brandon Hunt, Ph.D.

05/18 ***Master of Science***

Psychology Department, Georgia Southern University; Statesboro, GA

Major: Experimental Psychology

Thesis: *The Relationships Among Trauma History, Disordered Eating, Body Dissatisfaction, and Social Anxiety*

Major Advisor: C. Thresa Yancey, Ph.D.

08/15 ***Bachelor of Arts, Summa Cum Laude***

Lamar University

Major: Psychology

Minor: Sociology

***Certifications***

05/20 ***Licensed Professional Counselor- Associate #84496 (Full LPC March 2022)***

05/20 ***National Certified Counselor***

04/19***Gottman Method Couples Therapy Level 1***

04/20***Gottman Method Couples Therapy Level 2***

04/20 ***Safe Space Certified***

01/20 ***How to Improve Client Outcomes with DBT***

***Counseling and Related Experience***

07/2021- *Current* ***Primary Therapist 1,* Eating Recovery Center, Houston Main**

Clinical Director: Dr. Catherine Ruscitti, PsyD, CEDS.

Full Time (Paid)

Provide individual, family, and group therapy to those struggling with various eating disorders, anxiety, depression, and personality disorders using a multi-modal approach.

Administer biopsychosocial, risk, and admission assessments.

Complete treatment plan and treatment summary of patients in timely manner and update with treatment plan goals.

Write and facilitate discharge planning and summary.

Chart individual’s progress throughout the treatment experience after individual, group, and family sessions.

Engage in effective communication with treatment team by attending and contributing in treatment team meetings and collaboration with multi-disciplinary providers

Help train incoming professionals on job requirements and procedures

03/2021 –Current ***Individual Therapist,* New Beginnings Counseling, Beaumont, Tx.**

Supervisor: Tracy Williams, LPC-S. Per Diem (Contract)

Provide individual therapy and couples therapy to individuals struggling with various mental health issues and adjustment issues.

Write effective clinical reports and notes

Conduct safety planning and coping skill planning.

08/2020 –07/2021 ***Program Therapist,* Eating Recovery Center, Houston Main**

Clinical Director: Dr. Catherine Ruscitti, PsyD, CEDS.

Full Time (Paid)

Provided group therapy to individuals struggling with various eating disorders, anxiety, depression, and personality disorders

Conducted meal supports to patients with various eating disorders

Wrote effective clinical reports and therapeutic notes

Engaged in effective communication with treatment team

Engaged in crisis intervention and safety planning with individuals

Engaged in group therapy intervention and curriculum development

Helped train incoming professionals on job requirements and procedures

08/19 –May 2020 ***Internship,* Solstice Point Counseling, LLC, Savannah, GA.**

Supervisor: Mieke Kramer, LPC, CPCS, EMDR, RYT200

Serve individuals and families struggling with various eating disorders, grief and loss, depression, anxiety, and personality disorders

Administer a variety of mental health assessments for all clients

Conduct clinical interviews with all incoming clients

Write effective clinical reports and notes

Facilitate a skills and process group of 8 clients for about 10 weeks

Create and utilize unique therapeutic interventions for clients

Engage in treatment planning for individuals

Attend monthly staff meetings for treatment planning

Attend group and individual supervision

Conduct safety plan meetings with individuals and their families

Engage in Recovery Record App monitoring for individuals

01/19-05/19 ***Practicum,* Metter High School, Metter, GA.**

Supervisors: Rosanne Ferrell & Caitlin Gilham.

Served 3-4 individuals struggling with grief and loss, depression, and anxiety

Facilitated 4 process and skills groups of 12 people over 10 weeks

Evaluated student progress and developed treatment plans

Connected students with relevant resources

Engaged in crisis management

Attended individual and group supervision

01/19-05/19 ***Peer Supervision,* Georgia Southern University, Statesboro, GA.**

Instructor on Record: Dr. Fayth Parks

Assisted in teaching Counseling Skills for 12 Master of Education Students (COUN 7333)

Provided live supervision for students learning counseling skills

Provided effective and compassionate feedback to students

Evaluated student progress with a variety of counseling skills

Advised students in developing and upholding counseling goals

Provided instruction to students on different therapeutic interventions

Brainstormed with students on creative therapeutic interventions

Attended supervision skills training

Teaching/Work Experience

08/18 – 12/19 ***Graduate/Teaching Assistant***

**Georgia Southern University Department of Elementary/Special Education, Statesboro, GA**

Duties include:

Helped professors with assignments/grading

Helped Administrative Assistant with office duties

Assisted with grant writings

Assisted with keeping office organized

08/17 – 05/18 ***Teaching Assistant (TA1)***

**Georgia Southern University Department of Sport Management, Statesboro, GA**

Duties include:

Managed several classes for three professors

Graded tests and assignments

Assisted in proctoring tests and presentations

Conducted weekly meetings

Organized confidential information

Helped with various research assignments (i.e. entering data)

09/15-05/16 ***Administrative Assistant & Technical Support***

**Lamar University TK20 Office, Beaumont, TX**

Provided customer care with technical issues/site issues

Identified customer needs

Recommended solutions to customers for expressed need

Implemented new techniques to meet customer need

Communicated effectively with coworkers and customers

05/11- 08/15 ***Administrative Assistant***

**Smarts Truck and Trailer Equip. Inc, Beaumont, TX**

Answered customer inquiries

Identified customer needs quickly

Organized office and customer files

Entered customer data

Managed 14 phone lines

01/15 – 05/15 ***Teaching Assistant (TA1)***

**Lamar University Department of Psychology, Beaumont, TX**

Duties include:

Management of several classes for two professors

Grade assignments and tests

Organizing classroom activities and events

Answer emails for professors

Conduct weekly meetings

Organize and handle confidential information

11/13-12/13 ***STARS Student Tutor***

**Lamar University Student Resource Center, Beaumont, TX**

Duties include:

Help students in various subjects

Help teach basic study skills

Conduct study and writing workshops

Scheduled appointments

**Professional Affiliations**

*American Counseling Association*

Graduate Member

*Chi Sigma Iota- Gamma Sigma Chapter Honor Society Officer*

Georgia Southern University- Secretary

Psi Chi International Psychology Honor Society

Georgia Southern University- Graduate Member

Lamar University- Undergraduate Member

President of Lamar University Chapter (08/14- 05/15)

American Psychological Association

Graduate Member

Undergraduate Member

Southeastern Psychological Association

Graduate Member

Association for Psychological Science

Graduate Member

Association for Behavioral and Cognitive Therapies

Graduate Member

**Honors/Awards**

**2015 Graduated Summa Cum Laude in Psychology**

**2015 Ortho Plummer Scholarship Award for Highest Graduating GPA**

**2014 Psi Chi International Psychology Honor Society**

Georgia Southern University Chapter

Lamar University Chapter

**2014 The Honor Society of Phi Kappa Phi**

Georgia Southern University Chapter

Lamar University Chapter

**2014 Alpha Kappa Delta International Sociology Honor Society**

**2014 College of Arts and Science at Lamar University Academic Excellence of 4.0 Award**

**2013 College of Arts and Science at Lamar University Academic Excellence of 4.0 Award**

**2012 Phi Eta Sigma National Honor Society**

**2012 Alpha Lambda Delta National Academic Honor Society**

**Supervised Research Experience**

**Principal Investigator (Master’s Thesis)**

Georgia Southern University

The Relationships Among Trauma History, Disordered Eating, Body Dissatisfaction, and Social Anxiety

Advisor: C. Thresa Yancey, Ph.D.

The project examines trauma history (sexual abuse, physical abuse, and neglect) associated with eating disorder risk which is measured by disordered eating, body dissatisfaction, and social anxiety. Data from 1,000 participants of a national sample will be used to test the relationships between trauma histories and eating disorder risk. This research is funded by the Graduate Student Organization at Georgia Southern University.

**Principal Investigator (Undergraduate)**

Lamar University

The Effects of Types of Censorship on Word Recognition

Advisor: Jeremy Shelton, Ph.D.

The project examined types of censorship associated with curse word recognition which is measured by a lexical decision task. Data from 100 participants was used to explore the different effects of censorship on curse word recognition.

**Research Assistant (Graduate)**

Georgia Southern University

Advisor: Karen Naufel, Ph.D.

For this project, I created a coding scheme for a particular data set and was a blind judge that content coded another data set. My colleagues and I ran analysis for our own data set and gave it to my advisor to use for a research project.

**Research Assistant (Graduate)**

Georgia Southern University

The Relationship between Crossfit Women, Social Media, and Body Image

Advisor: Christina Gipson, Ph.D.

The project explores the ideas and views of social media in women of the Crossfit organization. Semi-structured focus groups were conducted to explore how these particular women use social media and the impact on their body image. For this project, I am helping write the manuscript to submit for publication.

**Co-Investigator (Undergraduate)**

Lamar University

The Effects of Distractions on Mathematical and Spelling Tasks.

Advisor: Edyth Kirk. Ph.D.

The project examines the effects of a distractor task (i.e. Squeezing a ball) on undergraduate students’ ability to accurately finish a simple math and spelling assignment. Data from 70 participants was used to explore the effect of the distractor task on math and spelling ability.

**Research Assistant (Undergraduate)**

Lamar University

Advisor: Jeremy, Shelton Ph.D.

The project examines undergraduate students’ views and opinions on the use of torture in military and non-military settings. In this project, I ran experiments, organized data, and entered data in a statistical software program for a graduate student working on his thesis.

**Grants Received**

Research Grant - Internal (2017). The Relationships Among Trauma History, Disordered Eating, Body Dissatisfaction, and Social Anxiety. Grant proposal submitted to the Graduate Student Organization, Georgia Southern University. $850.00. Funded.

Travel Grant- Internal (2018). *The Relationship Among Trauma History and Eating Disorder Risk*. Grant proposal submitted to the Department of Psychology, Georgia Southern University. $300.00. Funded.

Travel Grant- Internal (2017). Trauma Type and Current Depression, Anxiety, and Suicidal Ideation. Grant proposal submitted to Graduate Student Organization, Georgia Southern University. $650.00. Funded.

Travel Grant- Internal (2017). Trauma Type and Current Depression, Anxiety, and Suicidal Ideation. Grant proposal submitted to Student Government Association, Georgia Southern University. $300.00. Funded.

**Professional Presentations:**

**Mitchell**, R., Yancey, C. T., & Klibert, J. J. (2017, March). Trauma Type and Current Depression, Anxiety, and Suicidal Ideation. Poster presented at the annual meeting of the Southeastern Psychological Association, Atlanta, GA.

**Mitchell**, R., Yancey, C. T., & Klibert, J. J. (2017, March). Trauma Type and Current Depression, Anxiety, and Suicidal Ideation. Poster presented at the annual Research Symposium at Georgia Southern University, Statesboro, GA.

**Mitchell,** R., Yancey, C. T., & Klibert, J. J. (2017, November). Predicting Desire to Die; The role of Trauma History, Gender, and Current Depressive and Anxious Symptoms. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies. San Diego, CA

**Mitchell**, R., & Yancey, C. T. (2018, March). The Relationships Among Trauma History, Disordered Eating, Body Dissatisfaction, and Social Anxiety. Poster presented at the annual meeting of the Southeastern Psychological Association, Charleston, SC.

**Mitchell,** R., & Yancey, C. T. (2018, April). The Relationship Among Trauma History and Eating Disorder Risk. Poster presented at the annual Research Symposium at Georgia Southern University, Statesboro, GA.

**Mitchell,** R., & Gipson, C (2018, June). The Relationship Between CrossFit Women, Social Media, and Body Image. Paper presentation at the annual meeting of the International Sociology of Sport Association. Lausanne, Switzerland.

**Manuscripts Submitted**

The Relationship Between CrossFit Women, Social Media, and Body Image.

**Community Service**

2017- 2018 **Hospital Response Team & Event Team**

The Rape Crisis Center of Coastal Georgia

Fall 2016 **Psychology Booth Presenter**

STEM Fair at Georgia Southern University

Statesboro, GA

Spring 2015 **Office Team Member/Assessment Shadow**

Beaumont Texas Psychological Services

Beaumont, TX

2009- 2014 **Children Event Coordinator and Supervisor**

Inner-City Summer Lunch Program

Port Arthur, TX

**Technical Skills**

SPSS Statistical Psychological Program

Qualtrics Online Survey Program

Amazon’s Mechanical Turk Online Recruitment Website and Data Collection

Folio Online Classroom Management Software

**BlackBoard** Online Classroom Management Software

Microsoft and Mac Office Programs Microsoft Word, PowerPoint, Excel, Etc.

Mac Pages, Keynote, Numbers, Etc.