

Rachel A. Klein, Psy.D
Licensed Clinical Psychologist
(610) 368-4041
rachel.klein81@gmail.com

EDUCATION

Widener University, Institute of Graduate Clinical Psychology, Chester, PA
Doctor of Psychology, 5/2012

Widener University, Institute of Graduate Clinical Psychology, Chester, PA
Master of Arts in Clinical Psychology, 10/2010

Oberlin College, Oberlin, OH
Bachelor of Arts in Sociology, 5/2004

LICENSURE

Licensed to practice psychology in the State of New Jersey
(License number available upon request) 1/2014-Current

PROFESSIONAL EXPERIENCE

South Woods State Prison Bridgeton, NJ
Forensic Mental Health Clinician 9/2013-Current

- Provide individual psychotherapy to an adult male population presenting with a wide range of both acute and long-standing mental health concerns.
- Develop comprehensive treatment plans that address adjustment to prison, as well as pervasive issues of emotional instability, addiction, and interpersonal conflict.
- Create and facilitate psychotherapy groups that incorporate didactic, supportive, and expressive elements in order to engage patients in a process of growth as they explore topics related to developing more adaptive ways of communicating, problem-solving, and coping.
- Conduct psychological assessments to evaluate mental status and make recommendations regarding custody status, community release, and psychiatric commitment.
- Monitor and assess high-risk patients in order to determine appropriate level of care.
- Lead officer trainings on issues of suicide prevention and general mental health.

TRAINING EXPERIENCE

Cambridge Eating Disorder Center Cambridge, MA
Postdoctoral Fellowship 9/2012-9/2013

- Practiced as an individual therapist and case manager for both adolescent and adult patients in eating disorder treatment at the residential, partial hospitalization, and out-patient levels of care.
- Developed and led psychotherapy groups covering a range of topics including skills based in cognitive behavioral therapy and dialectical behavioral therapy, as well as more exploratory issues related to body image, self-esteem, and media literacy.
- Facilitated therapy sessions between patients and their support networks to address the practicalities of transitioning home from residential treatment and enhance communication within the family system.
- Conducted intake evaluations for new patients to determine a diagnosis, assess for level of care, and create a preliminary treatment plan.
- Supervised Bachelor's and Master's level employees, providing them with guidance through both didactic and experiential techniques.
- Collaborated with professionals from other disciplines on a regular basis to ensure continuity of care.
- Communicated case formulations and rationale for treatment to insurance companies during initial authorizations and concurrent reviews in order to advocate for coverage.

APA Approved Doctoral Internship in Clinical Psychology**The Institute for Graduate Clinical Psychology, Widener University**

Rotations at: Widener University Counseling Center, Belmont Behavioral Health

Chester, PA

7/2010-6/2012

Widener University Counseling Center*Clinical Psychology Intern*

Chester, PA

9/2011- 6/2012

- Provided individual therapy and crisis management counseling to both undergraduate and graduate students in a university setting.
- Practiced an eclectic approach to therapy drawing on both cognitive behavioral and psychodynamic theory.
- Conducted intake assessments and substance abuse screenings for students.
- Co-led freshman seminars geared toward educating students about the challenges inherent in the transition to college.
- Administered and interpreted psychological batteries in order to determine treatment planning and recommendations.
- Collaborated with academic and health services on campus as needed to develop appropriate treatment plans for students struggling in multiple areas of university life.
- Participated in weekly support and didactic activities such as staff meetings, psychiatric consultations, and case conferences.

Belmont Behavioral Health, Eating Disorders Unit*Clinical Psychology Intern*

Philadelphia, PA

7/2010-7/2011

- Served as an individual therapist to both adolescents and adults seeking eating disorder treatment at the in-patient, day-patient and intensive out-patient level of care.
- Utilized interventions drawn from cognitive-behavioral therapy, motivational interviewing and supportive therapy.
- Provided couples and family therapy with out-patient clients in order to educate support networks about eating disorders, illuminate patterns of interaction, and facilitate productive means of communication.
- Developed and led group therapy activities on the eating disorder unit that were designed to engage patients in an exploration of the thoughts and feelings that lead to maladaptive behaviors. Group topics ranged from relationship issues to body image.
- Assisted clients participating in a weekly group on an in-patient mood disorders unit to identify their automatic thoughts, recognize cognitive distortions and create more adaptive responses.

Concord Behavioral Health*Practicum Student*

Wilmington, DE

9/2009-5/2010

- Conducted psycho-educational and psychosocial evaluations for a private practice serving a school-age and young adult population.
- Administered, scored and interpreted full batteries that included such assessment instruments as the RIM, RAT, Sentence Completion Test, WAIS-IV, WISC-IV, WCJ-III, TOVA, Nelson-Denney Reading Test, Bender Gestalt-II and the TOMAL-2 in order to write comprehensive reports to support school accommodations.
- Elaborated on evaluation findings and recommendations during feedback sessions for clients and their family members.
- Provided academic coaching to teach clients how to utilize their strengths to compensate for deficits, as well as, techniques to develop in areas in need of improvement so as to succeed in school.

Delaware Psychiatric Center*Practicum Student*

New Castle, DE

9/2008-5/2009

- Provided supportive therapy in a long-term care facility for an adult in-patient population with a wide range of chronic Axis I and Axis II diagnoses.
- Rotated through the following three units in the hospital: geriatric/dementia, intake, and psychotic disorders.
- Co-facilitated weekly social skills groups geared toward helping patients to maintain interpersonal relationships, practice self-care and communicate effectively.
- Interviewed clients, reviewed chart notes, and administered mental status exams and dementia rating scales in order to update treatment plans and yearly progress reports.

Joseph J. Peters Institute

Philadelphia, PA

Practicum Student

10/2007-5/2008

- Co-facilitated weekly cognitive-behavioral therapeutic groups for a population of adolescent male sex offenders.
- Administered, scored, and interpreted the WASI, K-BIT, TSCC, CBCL and CDI for brief psychological evaluations conducted during intakes.
- Observed and participated in intake interviews.
- Trained in Trauma Focused-CBT.

PRE-DOCTORAL WORK EXPERIENCE**Alyson Nerenberg Psychological Associates**

Philadelphia, PA

Group Therapist

9/2011- 7/2012

- Co-facilitated a biweekly support group for women in recovery from an eating disorder.
- Assisted participants in developing increased insight into their thoughts, feelings and behaviors.
- Guided clients in an exploration of cultural, interpersonal and internal triggers related to their eating disorder.

Devereux Foundation

Strafford, PA

Community Support Professional

5/2008 – 7/2012

- Created and implemented behavioral interventions aimed at increasing pro-social behaviors in the home, school and community for individuals with an Autism Spectrum Disorder (ASD).
- Collaborated with the family and other support staff to determine treatment objectives.
- Facilitated social group activities designed to enhance communication skills.
- Received specialized training in ASD interventions.

Valley Youth House

Philadelphia, PA

Life Skills Counselor

8/2005-8/2007

- Served as a counselor in a supportive housing program for youth who had become homeless upon emancipating from foster care.
- Assisted youth in the development of independent living skills in areas of housing, employment and education.
- Created and conducted workshops to foster identity exploration and self-efficacy.

Women Against Abuse

Philadelphia, PA

Case Manager

8/2004-8/2005

- Provided supportive services to women living in a shelter setting after becoming homeless upon leaving an abusive partner.
- Co-facilitated a weekly group designed to foster healing through exploring issues related to safety, emotions, loss, and future.
- Assisted clients in establishing transitional living arrangements, entering the workforce or job training programs, understanding public benefits and legal options, and forming safety plans.

TEACHING EXPERIENCE

Oberlin College

Women's Health Instructor

Oberlin, OH

2/2004-6/2004

- Co-taught a course to Oberlin students and community members on the practical and political topics related to women's health.
- Researched and prepared lessons to raise awareness and create discussion pertaining to questions of physical, mental and emotional concerns among women.

RESEARCH EXPERIENCE

Widener University

Principle Researcher

Chester, PA

9/2010-12/2011

- Developed and implemented a research project exploring the topic of self-concept development among former foster care youth, under the supervision of William Davis, Psy.D.
- Collaborated with researchers in the field to create a semi-structured interview.
- Interviewed participants to collect narratives about their experiences.
- Worked closely with Sanjay Nath, Ph.D to code and interpret data using a grounded theory approach in order to generate a theoretical conceptualization of the topic.

PUBLICATIONS

Klein, R. A., Davis, W. M., & Nath, S. R. (2011). Self-Concept Development Among Youth Participating in A Transitional Living Program After Emancipation from Foster Care. *Journal of Social Distress and the Homeless*. (Submitted for Initial Review)

PRESENTATIONS

Klein, R. A. (2011). Self-Concept Development Among Youth Participating in A Transitional Living Program After Emancipation from Foster Care. Dissertation, Widener University. American Psychological Association 2012 Convention.

LEADERSHIP & COMMUNITY SERVICE EXPERIENCE

Oberlin College

Sexual Assault Hotline Operator

Oberlin, OH

9/2003-12/2003

- Provided crisis management and counseling services to victims of sexual assault within the Oberlin College community.
- Supported victims of sexual assault and assisted in safety planning.
- Advised victims in matters of legal options and medical treatment.

Domestic Abuse Project

Crisis Counselor

Media, PA

6/2003-9/2003

- Counseled victims of domestic violence and provided appropriate referrals.
- Educated clients about the patterns inherent in and consequences of domestic violence.
- Aided victims in finding safe housing and preparing for legal proceedings.

PROFESSIONAL AFFILIATIONS

American Psychological Association, 2007 - Present

American Group Psychology Association, 2009 - Present

National Register of Health Service Psychologists, 2013 - Present

AWARDS & HONORS

National Psychologist Trainee Register Credentialing Scholarship, National Register of Health Service

Professionals, 2013

Honorable Mention - Best Empirical Dissertation, Widener University, 2012

Iota Iota Iota Women's Studies Honor's Society, Widener University, 2012