

Rachel Ackerman



Professional Summary

Self-motivated, flexible, and goal-oriented professional with a graduate degree in Counseling and Art Therapy. Provides art therapy and psychotherapy consultation services to clients, groups, and organizations to: improve quality of life, mitigate mental health symptoms, identify strengths, develop coping mechanisms, build resiliency and increase systemic functioning. Development of treatment plans, art-based, verbal and written interventions. Provide consultation and art-based assessments determining skills and functionality. Uses art therapy to promote meaningful social and individual change. Seeks to use mediums such as drawing, painting, and ceramics to work with children and families.

Profile

Name

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Professional Goals

Goals Toward Licensure: ATR (BC)

- Complete 1,000 direct client hours post graduation under ATR supervision
- Eligible for Art Therapy License (ATR)
- Eligible for Art Therapy Credentials Board Examination (ATCBE)
- Eligible to become Board Certified Art Therapist ATR-BC

Goals Toward Licensure: Counseling LPC/LCPC

- Eligible for National Counselor Exam (NCE)
- Eligible for Licensed Professional Counselor (LPC)
- Complete minimum of 2 years (3,360 hours) of full time supervised experience
- Eligible for National Clinical Mental Health Counseling Examination (NCMHCE)
- Eligible for Licensed Clinical Professional Counselor (LCPC)

Education

Adler University, Chicago, IL

AUGUST 2017

Master of Arts, Counseling & Art Therapy

Graduated from a dual track program studying both Adlerian Counseling and Psychotherapy, and Art Therapy.

Illinois State University, Normal, IL

MAY 2015

Bachelor of Science, Major in Visual Art, Minor in Psychology

Certifications

Infant, Child, and Adult CPR/AED and First Aid Certified

JULY 2017

National CPR Foundation

CITI Program Certified

JANUARY 2017

40 Hour Domestic Violence Training

AUGUST 2016

Department of Children and Family Services Mandated Reporter

MAY 2016

Internships

WINGS Program

Children's Advocate Intern, Palatine, IL

AUGUST 2016-AUGUST 2017

- Provided individual and group art therapy and counseling services weekly to 45 families of domestic abuse in emergency shelter and transitional houses.
- Conducted standardized Art Therapy and mental health assessments such as the PPAT, House Tree Person, and TSC/TSCC
- Wrote detailed reports on the client's progress and treatment goals

WINGS Program, Positive Discipline Parent Educator Intern

FEBRUARY 2016-JULY 2017

- Co-facilitated two parenting support and education groups 6 weeks each to 12 parents using the Positive Discipline approach
- Applied Art Therapy directives to support weekly topics
- Wrote detailed reports on the client's progress and treatment goals

Career Transitions Center of Chicago, Program Assistant

OCTOBER 2015-APRIL 2016

- Created Fundraising save the date card
- Designed advertisements and newsletter templates
- Secured 30 silent auction items for Passport to Taste Fundraiser valued at \$15,000

Continuing Education Units

Father Hunger and Father Wounds:

JUNE 9, 2017

Clinical Interventions With Clients Who Are Impacted By Fatherlessness Across The Life Span

Professional Memberships

Illinois Infant Mental Health Association

JULY 2017-PRESENT

Illinois Art Therapy Association

FALL 2015-PRESENT

Adler Art Therapy Student Association (AATSA)

FALL 2015-AUGUST 2017

Community Service

Equestrian Connection

JUNE 2015-PRESENT

Certified Side Walker, Groomer, and Art Facilitator

Groomed therapy horses and ponies. Supported children and adults with disabilities by facilitating games, designing craft ideas, aiding clients one-on-one, and refocusing adverse behavior back to art making.

College Mentors For Kids

MARCH 2015

Led an anti-bullying group for school-age students using art therapy techniques.

Getting It Together: Future Creative Therapists Club

SEPTEMBER 2014-MAY 2015

Co-Founder and President

Organized fundraisers. Designed the Facebook page and led weekly meetings. Collaborated well with other student organizations. Wrote the club constitution and applied for grants.

Community Cancer Center, Bloomington, IL

OCTOBER 2013

Assisted cancer patients in acrylic painting what "hope" means to them.

Children's Home + Aid, Crisis Nursery, Bloomington, IL

MAY 2013-SEPTEMBER 2013

Rocked, fed, bathed, and comforted children 0-6 years old. Provided an enriching and safe environment to reduce the chances of abuse and neglect in at-risk families.