

RACHEL L. STEPHENS, PSY.D.

1000 Regent University Drive, Virginia Beach VA 23464

Phone: 757.352.4280 | Email: rachha5@mail.regent.edu

CURRENT POSITION

Regent University School of Psychology and Counseling

Program Director, Doctoral Program in Clinical Psychology (DPCP)

Associate Professor

July 2018 – Present

January 2024 – Present

- Full-time, tenure-track faculty appointment in the PsyD program within Regent University's School of Psychology and Counseling
- Responsible for oversight of Clinical PsyD Program operations including: monthly fiscal budget, programmatic operations manual creation and update, APA Annual Reporting Online data gathering and oversight, supervision/hiring of administrative staff, hiring and training of faculty in conjunction with CHBS Dean, mentoring of junior faculty, marketing of faculty positions and adjunct supervisory appointments on university website and related listservs, monthly supervision of Psychological Services Center Director.
- Responsible for maintaining PsyD program accreditation; provide yearly summative evaluation and feedback for faculty members of the PsyD program, manage faculty loads, collaborate with faculty on relevant electives for student professional development and training.
- Courses developed and taught include *Psychology of Women, Group Therapy, Psychodynamic Therapy, and Psychology of Trauma & Crisis*. Additional courses taught include *Ethics, Clinical Interviewing, Clinical Practica, Lifespan Development, Pre-Practica and Evidence-Based Practice, and Clinical Psychology*. Developed *Lifespan Development* and *Psychopathology* for online Masters in General Psychology program.
- Research activities include directing a research team focused on trauma treatment and recovery, and serving as Associate Director of The Abundant Life Flourishing Program led by Dr. Victor Counted.
- Service roles include CHBS Executive Committee, PsyD Admissions Committee, PsyD Clinical Training Committee, PsyD Program Leadership Council, Regent Faculty Senate, and PsyD First Year Students' Mentoring.
- Previous role of Director for the Psychological Services Center (January 2022 – December 2023), and Assistant Director for the Psychological Services Center (August 2018 – December 2021). Created and facilitated two-week Orientation for PsyD students training in the PSC, provided weekly didactic supervision for all PSC providers, and provided weekly on-call supervision. Provided oversight of external partnership with Virginia Beach Court Services Unit, supervision of Clinical Training Coordinator, and tracking competency evaluations for all PSC providers.

PUBLICATIONS AND PROFESSIONAL WRITING

Counted, V., Garzon, F., Hathaway, W.L., McKinzie, G., **Stephens, R.**, & Francis, L.J. (2024). Missional psychotherapy: A hermeneutic of mental health care in Christian counseling. *Journal of Psychology & Christianity*, 43(2), 189-204.

- Ord, A.S., Eldridge, A.H., Netz, D.R., Kuschel, S.G., Holland, J., Long, T., Dumas, C., Glover, C., Schools, M., **Stephens, R.**, Magnante, A.T., & Sautter, S.W. (2024). Physical activity and neuropsychological functioning in older adults. *Gerontology and Geriatric Medicine*, June 20, 2024.
- Jones, H., Kallimel, G., **Stephens, R.**, & Wang, D. (2023). Black Liberation Integrative Psychology: Implications for Clinical Theory and Practice. *Journal of Psychology and Theology*, o(o).
- Stephens, R.**, & Keefe, H. (2022). Ripples of impact: Addressing sociocultural events in trainee supervision. *APTC Bulletin*, Fall 2022, 15-17.
- Jones, H.C., Rowan, A., **Stephens, R.**, & Brauch, J.A. (2021). In Faith and Practice: How Christian Doctoral Programs Address Religious Diversity Needs. *Christian Higher Education*, 20(1-2), 87-103.
- Stephens, R.**, & Fry, A.H. (2021). The intricacies of complex trauma: A multidimensional perspective. In Vaughn, M., McEntee, B., & della-Madre, L. (Eds). *Trauma Informed Care: Addressing Cultural Sensitivity of Women Veterans with Posttraumatic Stress Disorder*. New York, NY: Nova Science Publishers.
- Stephens, R.**, & Hathaway, B. (2020). Integrative trauma care: A Christian calling. *Christian Counseling Today*, 24(1), 28-31.
- Stephens, R.**, & 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.** (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.** (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.**, & 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

Professional Presentations

- Coddington, D.E., Stephens, R., Garzon, F., & Coddington, K.C. (2025, March). Building resilience in a painful world: The role of spirituality and hope in traumatic experiences. Poster presentation at the Christian Association of Psychological Studies International Conference, Denver, CO. March 20-22, 2025.

- Stephens, R., Lefforge, N., & Kantas, O. (2025, March). Being a leader in meetings, negotiations, and the classroom: Group leadership across organizational contexts. Conference presentation at the American Group Psychotherapy Association Connect Conference, Denver, CO. March 4-8, 2025.
- McAuliffe, R., **Stephens, R.**, Rowan, A., & Ord, A. (2024, August). The effects of perceived unit support on career and mental health outcomes in women who have experienced military sexual trauma. Poster presentation at the American Psychological Association National Convention, Seattle, WA. August 8-10, 2024.
- Ord, A. S., Holland, J., Kuschel, S. G, Long, T., Dumas, C., Eldridge, A., Schools, M., Netz, D., Jones, H., **Stephens, R.**, & Sautter, S. W. (2023, April). *Physical activity and neuropsychological functioning in older adults*. Paper presented at the annual meeting of the Southern Gerontological Society, Norfolk, Virginia
- Frain, D., Ripley, J., & **Stephens, R.** (2022, August). *Shame as a Mediator Between Negative Faith-Community Reactions to Sexual Assault Disclosure and Psychological Outcomes*. Poster session presented at the American Psychological Association National Convention, Minneapolis, MN.
- Stephens, R.**, & Waterfall, C. (2022, February). *Interpersonal Neurobiology, Courage, and High-Performing Teams*. Conference presentation at the annual American Group Psychotherapy Association Connect Conference, February 2022 (virtual).
- Waterfall, C., & **Stephens, R.** (2021, February). *Interpersonal Neurobiology, Courage, and High-Performing Teams*. Conference presentation at the annual American Group Psychotherapy Association Connect Conference, February 2021 (virtual).
- Noble, C., Winkelmann, D., Etienne, D., & **Stephens, R.** (2020, August). *Trauma, attachment style, and children living in alternative care*. Poster session presented at the American Psychological Association National Convention, virtual.
- Rowan, A., **Stephens, R.**, & Jones, H. (2020, January). *Equipping students to address a neglected area of diversity*. Poster presented at the mid-winter meeting of the National Council of Schools and Programs of Professional Psychology, Carlsbad, CA.
- Johnson, A., **Stephens, R.**, 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.**, & 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

- Worthington, E., Ripley, J., & **Stephens, R.** (June 2024). Flourishing in Practice [Panelist]. Christian Flourishing Summer School. Virginia Beach, VA. June 27-28, 2024.
- Stephens, R.** (2024, June). Grief and Foster Care. Invited presentation to the Village Foster Care group. Virginia Beach, VA. June 25, 2024.

Stephens, R. (2024, April). *Developing Cross-Cultural Awareness for Your Law Practice*. Invited presentation to Regent Law Program. Virginia Beach, VA.

Stephens, R. (2023, fall). *Flourishing in the Workplace*. Invited presentation to Regent's Enrollment Management Fall Retreat. Virginia Beach, VA.

Stephens, R. (March 2023). *How Christians Can Respond to Trauma*. Presentation to Virginia Beach Fellows, Virginia Beach VA.

Stephens, R. (November 18, 2022). *Active Listening*. Workshop provided to the Institute for Shelter Care, Louisville, KY.

Stephens, R. (November 18, 2022). *Emotional Intelligence: Attuning to Others (And Ourselves)*. Workshop provided to the Institute for Shelter Care, Louisville, KY.

Stephens, R. (September 8, 2022). *Trauma and Stressor-Related Disorders*. Guest lecture in Dr. Cassandra Page's doctoral-level Psychopathology course, Regent University, Virginia Beach, VA.

Stephens, R. (March 24, 2022). *Active Listening*. Workshop provided to the Institute for Shelter Care, Virtual.

Stephens, R. (November 11, 2021). *Emotional Intelligence: Attuning to Others (And Ourselves)*. Workshop provided to the Institute for Shelter Care, Baltimore, MD.

Stephens, R. (October 1, 2021). *Emotional Intelligence: Attuning to Others (And Ourselves)*. Workshop provided to the Institute for Shelter Care, Baltimore, MD.

Checkeye, K., & **Stephens, R.** (September 30, 2021). *Group Versus Individual Activities*. Workshop provided to the Institute for Shelter Care, Baltimore, MD.

Stephens, R. (September 8, 2021). *Trauma and Stressor-Related Disorders*. Guest lecture in Dr. Cassandra Page's doctoral-level Psychopathology course, Regent University, Virginia Beach, VA.

Stephens, R. (May 19, 2021). *Suicidality Assessment at the PSC*. Guest lecture in Dr. Cassandra Page's doctoral-level Pre-Practica course, Regent University, Virginia Beach, VA.

Stephens, R. (November 4, 2020). *Mental Health, Psychology, and Spirituality*. Podcast guest on Theologizing Life with Anthony Cottrell (virtual).

Stephens, R. (September 28, 2020). *Diversity and Inclusion for Commanders: A Psychologist's Perspective*. Invited panelist for Crucial Conversations with Commanders, United States Air Force (virtual).

- Stephens, R.** (September 9, 2020). *Trauma and Stressor-Related Disorders*. Guest lecture in Dr. Cassandra Page's doctoral-level Psychopathology course, Regent University, Virginia Beach, VA.
- Stephens, R.** (May 13, 2020). *Suicidality Assessment at the PSC*. Guest lecture in Dr. Cassandra Page's doctoral-level Pre-Practica course, Regent University, Virginia Beach, VA.
- Stephens, R.** (May 2020). *Mental Health Awareness Conversations*. Invited panelist for Cedars of Lebanon Seventh Day Adventist Church. Virtual, May 2020.
- Stephens, R.** (May 2020). Invited speaker for Trinity Church Stuttgart Women's Conference. Stuttgart, Germany (cancelled due to COVID-19).
- Stephens, R.** (May 2020). Invited speaker for the Virginia College Counseling Center Conference. Virginia Beach, VA (cancelled due to COVID-19).
- Stephens, R.** (February 3, 2020). *Privilege and Power: Reflections as a White Psychologist*. Guest lecture in Dr. Hannah Jones' doctoral-level Multicultural course, Regent University, Virginia Beach, VA.
- Page, C., & **Stephens, R.** (November 15, 2019). *Stress Management*. Presentation to Legal Practice Skills I class, Robertson School of Law, Regent University.
- Stephens, R.** (2017, July). *Balancing Personal and Professional Life*. Presentation and discussion for VCU medical students. Virginia Commonwealth University, Richmond, VA.
- Iglesias, A., & **Stephens, R.** (2015, November). *Suicide Awareness: UVA as a Caring Community*. Presentation and discussion for UVA teaching assistants, University of Virginia, Charlottesville, VA.
- Stephens, R.** (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.** (2015, October). *Mental Health, Nutrition, & Body Image*. Presentation to dietetic intern class, University of Virginia, Charlottesville, VA.
- Stephens, R.** (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.** (2013, October). *Giving a voice to survivors of domestic violence*. Presentation in the Cultural Diversity Luncheon Series, Regent University, Virginia Beach, VA.
- Stephens, R.** (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.** (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.** (2013, May). *Stress in the workplace and dealing with difficult clientele*. Presentation to the Regent University Business Office staff, Virginia Beach, VA.

EDUCATION

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

LICENSURE

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

CLINICAL EXPERIENCE

Aletheia Therapy & Consulting <i>Owner, Private Practice</i>	July 2020 – Present
Christopher Newport University Office of Counseling Services <i>Staff Psychologist</i> Supervisor: Bill Ritchey, PsyD	August 2017 – January 2018
Virginia Commonwealth University Counseling Services <i>Postdoctoral Residency</i> Supervisor: Christine Strasser, PsyD	August 2016 – August 2017
University of Virginia Counseling and Psychological Services <i>Doctoral Internship (APA-Accredited)</i> Primary Supervisors: Belinda Overstreet, PhD, Andrea Iglesias, PsyD, and Lenny Carter, LPC	August 2015 – July 2016
Old Dominion University Office of Counseling Services <i>Fourth Year Advanced Practicum</i> Supervisors: JaNae Taylor, PhD, Z. Andrew Jatau, MSW, and Angela Holley, MSW	August 2014 – May 2015
Genesis Counseling Center <i>Third Year Clinical Practicum</i> Supervisor: Dr. Trina Young, PsyD	May 2014 – July 2014

Christopher Newport University Office of Counseling Services

August 2013 – July 2014

Third Year Clinical Practicum

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

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

TEACHING EXPERIENCE

Adjunct Professor

June 2017 – July 2018

Regent University School of Psychology & Counseling

Supervisor: Anna Ord, PsyD

- Teach online classes to masters-level students in clinical psychology
- Classes taught: Psychopathology, Lifespan Development

Teaching Assistant

August 2014 – June 2015

Regent University School of Psychology & 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

Teaching Assistant

August 2013 – July 2014

Regent University School of Psychology & 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

Teaching Assistant

October 2013

Regent University School of Psychology & Counseling

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

- Served as a teaching assistant for graduate courses in Group Therapy and Counseling Skills

RESEARCH EXPERIENCE

Ad Hoc Reviewer *Journal of Psychology and Theology*

August 2023 – Present

The Abundant Life Flourishing Program

January 2023 – Present

Regent University School of Psychology and Counseling

Associate Director

- Serves on the leadership of Dr. Victor Counted's research team. Provides clinical expertise and an application-based perspective to ongoing research projects. Currently working on two manuscripts to submit for publishing.

The Aletheia Project

August 2019 – June 2023

Regent University School of Psychology and Counseling

Faculty Advisor

- Founded The Aletheia Project in 2019 to serve as a gathering place for students to research trauma, learn about trauma-informed care, and develop empirical support for innovative approaches to trauma recovery.
- Developed a partnership with The Samaritan Women to conduct some of the first outcome studies on domestic sex trafficking treatment in the United States.

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
- Served as a scholar assistant for Dr. Walker
- Partnered with Andy Johnson, PhD, to expand the team's research on intimate partner violence

Marriage & 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

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

Mid-Atlantic Group Psychotherapy Society

March 2022 – Present

Association of Psychology Training Clinics

January 2022 – Present

American Group Psychotherapy Association

January 2019 – Present

American Psychological Association

August 2011 – Present

Division 56 Member

VOLUNTEER AND LEADERSHIP ROLES

Doctoral Program in Clinical Psychology – Regent University <i>Program Director (2024 – Present)</i>	January 2024 – Present
Admissions Committee – Regent University <i>Chair (2019 – Present)</i> <i>Member (2018-2019)</i>	August 2018 – Present
Psychological Services Center – Regent University <i>Director (2022 – 2023)</i> <i>Assistant Director (2018-2021)</i>	July 2018 – December 2023
Faculty Senate – Regent University <i>Representative, School of Psychology & Counseling</i>	August 2019 – June 2023
MAP Advisory Council – Los Angeles Pacific University <i>Member</i>	January 2020 – October 2022