

RACHEL L. STEPHENS, PSY.D.

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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
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CURRENT POSITION

Regent University School of Psychology and Counseling <i>Director, Psychological Services Center</i> <i>Assistant Professor</i>	July 2018 – Present January 2022 – Present
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- Full-time, tenure-track faculty appointment in the PsyD program within Regent University's School of Psychology and Counseling
- Provides oversight of all clinical activity, training, supervision, and administrative processes conducted at the Psychological Services Center, an on-campus department training clinic through Regent University. Responsible for managing fiscal budget, all operations and policies, supervision of administrative staff, and facilitating and maintaining community partnerships. Maintained and updated policies in accordance with ethical and legal guidelines, ensured competency standards were being met in clinical training, provided clinical supervision to PsyD students, and provided crisis on-call coverage on a weekly basis.
- Directs a group therapy specialty clinic through the Psychological Services Center and teaches a group therapy class in conjunction with the specialty clinic. Developed a new group program containing intentional multi-level training in group: theory and intervention, group co-facilitation, group observation, group participation, and leadership development.
- 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, and Pre-Practica and Evidence-Based Practice*. 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 PsyD Admissions Committee, PsyD Clinical Training Committee, PsyD Program Leadership Council, Regent Faculty Senate, and PsyD First Year Students' Mentoring.
- Previous role of 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.
- Upcoming role of PsyD Program Director (January 2024).

PUBLICATIONS AND PROFESSIONAL WRITING

Jones, H., Kallimel, G., **Stephens, R.**, & Wang, D. (2023). Black Liberation Integrative Psychology: Implications for Clinical Theory and Practice. *Journal of Psychology and Theology*, 0(0).

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

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

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.

CLINICAL EXPERIENCE

Aletheia Therapy & Consulting
Owner, Private Practice

July 2020 – Present

Christopher Newport University Office of Counseling Services
Staff Psychologist
Supervisor: Bill Ritchey, PsyD

August 2017 – January 2018

- Virginia Commonwealth University Counseling Services** August 2016 – August 2017
Postdoctoral Residency
 Supervisor: Christine Strasser, PsyD
- University of Virginia Counseling and Psychological Services** August 2015 – July 2016
Doctoral Internship (APA-Accredited)
 Primary Supervisors: Belinda Overstreet, PhD, Andrea Iglesias, PsyD, and Lenny Carter, LPC
- Old Dominion University Office of Counseling Services** August 2014 – May 2015
Fourth Year Advanced Practicum
 Supervisors: JaNae Taylor, PhD, Z. Andrew Jatau, MSW, and Angela Holley, MSW
- Genesis Counseling Center** May 2014 – July 2014
Third Year Clinical Practicum
 Supervisor: Dr. Trina Young, PsyD
- 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

Admissions Committee – Regent University August 2018 – Present
Chair (2019 – Present)
Member (2018-2019)

Psychological Services Center – Regent University July 2018 – Present
Director (2022 – Present)
Assistant Director (2018-2021)

Faculty Senate – Regent University August 2019 – June 2023
Representative, School of Psychology & Counseling

MAP Advisory Council – Los Angeles Pacific University January 2020 – October 2022
Member