

Rachel H. Wirth
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Licenses and Certifications

Licensed Professional Counselor (LPC), Arkansas Board of Examiners in Counseling,
#P2211005 November 2022-May 2026
Licensed Associate Counselor (LAC), Arkansas Board of Examiners in Counseling,
#A2007098 July 2020-May 2024
Certified Wilderness First Responder, Sierra Rescue International August 2022-August 2025
Certified Yoga Teacher, Aquarian University August 2015
Certified AYfit Instructor, AcroYoga International August 2014

Education

Harding University, Northwest Arkansas August 2017-May 2020
Master of Science in Clinical Mental Health Counseling, (4.0 GPA)
Education Specialist in Clinical Mental Health Counseling, (4.0 GPA)

University of Arkansas, Fayetteville, AR August 2014
Bachelor of Arts in Psychology, Minor in Philosophy

Mount St. Mary Academy, College Preparatory School, Little Rock, AR May 2008
High School Diploma

Continuing Education & Professional Development

Wild and Wonderful Life, Golden, CO May 2024-July 2024
Clinical Rock Climbing Therapy Intensive (36 hours)

Association of Experiential Education June 2024-Dec 2024
Adventure Therapy Specific Training (Approximately 39 hours)

Research and Publications

Henningsen, R. (2020). Meat on the Mind: Associations Between Meat Consumption and Mental Health. *Journal of Multidisciplinary Graduate Research*, 5(1), 25-44.

Miller, K., Henningsen, R. H., Sweeting, A., Chen, H., & Akpanudo Ed D, U. (2020). Moving Mountains: The Case for Graduate Student Researchers. *Journal of Graduate Education Research*, 1(1), 3.

Miller, K., Sweeting, A., Chen, H., Henningsen, R. H., & Hasler, E. (2021). A Mind for the Times. *Journal of Graduate Education Research*, 2(1), 3.

Assistant Editor-In-Chief - Journal of Graduate Education Research (JGER), Harding University
1/2019-March 2021

Member - Social Phenomena in Education Lab (SPEL), Harding University 1/2019-March 2021

Research Assistant - Neuroscience Research Lab, University of Arkansas 2013-2014

Research Assistant - Social Psychology Research Lab, University of Arkansas 2013-2014

Research Assistant - Law & Psychology Research Lab, University of Arkansas 2012

Awards

Summa Cum Laude, Graduated from graduate school with a 4.0 GPA Spring 2020

“Best Scientific Research” for poster presentation at LA Tech Conference Spring 2013

Chancellor’s Award (4.0 GPA), University of Arkansas Spring 2010

Academic Distinctions

Graduated with a 4.0 GPA for MS and EdS programs, Harding University 2017-2020

Scored in the 93rd Percentile (Top 3%), GRE (Writing) Summer 2013

Professional Membership

Member - Climbing Therapy Association Nov 2024-Present

Member - American Mountain Guides Association March 2024-Present

Member - Therapeutic Adventure Professional Group (TAPG) April 2022-Present

Member - Association of Experiential Education April 2022-Present

Adventure Therapy Pro Member - Adventure Therapist LLC Nov 2024-March 2025

Member - Association for the Treatment and Prevention of Sexual Abuse July 2022-July 2023

Member - American Counseling Association (ACA) 2017-March 2021

Member - Chi Sigma Iota, Alpha Pi Chi Chapter, Harding University, April 2019

Counseling Academic and Professional Honor Society International

Work Experience

Owner, Psychotherapist, Rock Climbing Therapist

May 2020-Present

Fearless Therapy LLC (Formerly ActiveLife Counseling, LLC)

Primary Duties

- Diagnoses and treats mental health disorders through psychotherapy, rock climbing therapy, and nature-based therapy
- Creates individualized treatment plans according to patient needs and adjusts treatment plans as necessary
- Conducts ongoing assessments of patient progress
- Consults with other mental health therapists on cases and best practices
- Attends ongoing training in specializations including clinical rock climbing therapy and other adventure and nature-based therapies
- Creates, writes copy for, and manages website
- Manages subleasing of suite to other therapist
- Manages scheduling, billing, and patient intake

Primary Therapist

Piney Ridge Treatment Center

June 2021-March 2022

Ridgeview Group Home

March 2022-May 2023

Primary Duties

- Diagnoses and treats mental health disorders
- Creates individualized treatment plans according to patient needs and circumstances and adjusts treatment plans as necessary
- Meets with patients regularly to provide individual therapy
- Provides family therapy on a monthly basis if indicated
- Conducts weekly group therapy session with male youth ages 13-18
- Conducts ongoing assessments of patient progress

Co-Owner, Chief Operating Officer

2015-June 2021

Active Life Acupuncture & Wellness Center, Fayetteville, AR

Marketing

- Community outreach through event planning and public engagement
- Website design and content creation
- Newsletter creation and distribution

- Online business listings creation and management
- Social media management
- Advisor to graphic designer on marketing content creation
- Some graphic design work for ads and marketing materials

Employee Management

- Interview job applicants
- Manage employee projects
- Manage employee schedules (7-9 employees)
- Coordinate with accountant to ensure correct and timely payroll disbursement

Other Operations

- Bookkeeping duties, including reporting to accountant monthly payroll, sales and use tax amounts, depositing checks, paying utilities, managing bank accounts
- Coordinated and planned clinic remodel at new location, including working with contractor and interior designer to design new layout, picked out appliances and fixtures, and ensured timely progress for September move-in

Managing Member

March 2019-June 2021

Active Life Real Estate, LLC

Primary Duties

- Leasing units
- Collecting rent from lessees
- Attending and participating in POA meetings
- Paying utilities
- Paying property taxes
- Managing bank account

Volunteer Administrative Assistant

November 2018-March 2021

Arkansas Society of Licensed Acupuncturists (ASLA)

Primary Duties

- Create and Manage website
- Manage email correspondences
- Manage bank account
- Collect and track membership fees

Billing Coordinator, Purchaser

August 2015-2018

Active Life Acupuncture & Wellness Center, Fayetteville, AR

Purchasing

- Create and maintain vendor accounts for wellness retail department
- Maintain wellness inventory
- Wellness retail research and development
- Ordering retail and maintaining vendor accounts
- Building and maintaining relationships with sales representatives

Billing

- Ensure correct practitioner SOAP notes, including identifying and verifying correct ICD-10 codes, CPT codes, and Dates of Service (DOS)
- Send SOAP notes to third party billing service
- Communicate with third party billing service to ensure insurance reimbursement for services rendered
- Explain current policy benefits to patients

Office Manager

August 2015-2017

Active Life Acupuncture & Wellness Center, Fayetteville, AR

Primary Duties

- Scheduling and billing
- Created employee handbook, operations manual, and other essential business documents
- Community outreach and marketing
- Basic bookkeeping
- Ordering retail and maintaining vendor accounts and relationships with sales representatives
- Ordering office supplies
- Organizing and maintaining patient files

Special Skills

- **Counseling skills:** Has worked with counselor supervisor Bill Symes, LPC-S since May 2020. Studied and graduated with M.S. and Ed.S. in clinical mental health counseling from Harding University August 2017- May 2020 (4.0 GPA). Familiar with many counseling theories and techniques, with a particular interest in working with neurodiverse adult populations. Special interest in clinical rock climbing therapy (36+ hours of training) and adventure therapy (attends monthly continuing education live workshops). Current member of the Association for Experiential Education and American Mountain Guide Association. Proficient in telehealth and in-person counseling techniques. Familiar with current ACA Code of Ethics. Currently participates in 2 case

consultation groups with other psychotherapists to ensure professional and ethical standards of care.

- **Communication skills:** Managed 7 employees for 4 years. Conducted job interviews. Maintained weekly contact with other professionals including lawyers and accountants. Worked directly with patients at acupuncture clinic for 4+ years answering phone calls, emailing, and otherwise coordinating care. Counseling patients since August 2019.
- **Writing skills:** Scored in 93rd percentile (Top 3%) on the writing section of the GRE; wrote many expository, analytical, and persuasive essays in high school, undergraduate, and graduate school. Published original research article in the Sam Houston Journal of Multidisciplinary Graduate Research.
- **Technology:** Very skilled at using computers and the internet, including troubleshooting. Proficient at counseling clients and attending meetings via video conferencing including Google Meet, Zoom, and FaceTime.

Software

- Video Conferencing Software (incl. Google Meet, Zoom, Facetime, Skype)
- Microsoft Office
- Google Business Suite
- Current Apple Operating Systems
- Current Windows Operating Systems
- Canva (Graphic Design Software)
- Quickbooks Online

Social Media and Other Online Communication Platforms

- Discord
- Facebook
- Instagram
- Pinterest

References

Bill Symes, LPC-S

Clinical Supervisor, Psychotherapist, Emotional Insight

wfsymes@gmail.com

(479) 841-7070

JenniKay Long, LCSW, CYT, ADS, EMDR

Clinical Social Worker, Psychotherapist, Interwoven: Integrated Mental Health Care

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(479) 348-2397

Aleya Littleton, MA, LPC

Rock Climbing Therapist, Licensed Professional Counselor, Wild and Wonderful Life

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(708) 740-0136

Rebekah Rose, LPC-S
Psychotherapist, Former Clinical Director, Piney Ridge Treatment Center
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Dr. Usen Akpanudo, Harding University
Professor, Journal of Graduate Education Research (JGER) Faculty Advisor
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