

Rachel Toperzer

LCSW, CYMHS, CCTP Mental Health Therapist

Contact

434-944-4857
Reed2016@fau.edu

Education

Marshall University
Bachelor of psychology (2014)

Florida Atlantic University
Master of Social Work (2018)

Key Skills

Advocate
Empath
Motivational Interviewing
Organized
Detailed oriented
Advanced Leadership skills
Communication skills
Peer relationship building

Objective

As a Licensed Clinical Social Worker, I specialize in helping children ages birth to 5 learn to regulate their emotions, manage stressors, learn coping strategies, and enhance their relationships. I help children process traumas, attachment issues, relationship issues, anxiety, and depression. My goal is to be a voice for those who don't feel they have one.

Experience

Headway (Adolescent Mental Health Therapist)
March 2024- present

- Provide individual and family therapeutic services to diverse clientele in school settings.
- Provide additional support to parents/ caregivers
- Psycho- educate caregivers on childhood trauma and effects.
- Maintain strict confidential client files.
- Trauma inform focused on 0-10 population.

Childcare Resources School (Early Childhood Mental Health Therapist) Vero Beach, FL
February 2023- present

- Provide individual and family therapeutic services to diverse clientele in school settings.
- Collaborate with educational staff to create interdisciplinary teams.
- Collaborate with parents/ caregivers for best of care
- Community outreach
- Provide additional support to parents/ caregivers
- Psycho- educate caregivers on childhood trauma and effects.

Legacy Behavioral Health (Mental Health practitioner) Vero Beach, FL
December 2021- April 2023

- Provide individual and family therapeutic services to diverse clientele
- Prepare treatment plans, discharge plans, outreach services to clients.
- Maintain strict confidential client files.
- Trauma inform focused on 0-5 population.

Tykes and Teens (Infant Mental Health Therapist) Palm City, FL
August 2017- January 2023

- Provide Individual and family therapeutic services to a diverse clientele in an outpatient and school setting.
- Prepare treatment plans, discharge plans, outreach services to clients.
- Maintain strict confidential client files.
- Maintaining 100% of due date deadlines.
- Collaborate with psychiatrists and medical personnel to create interdisciplinary teams.

Certificates and Trainings: Licensed Clinical Social Worker SW22651. EMDR approved, Circle of Security trained, DC 0-5 virtually trained, Trauma informed. 12 hour- Promoting Adult Resilience Virtual Train-the-Trainer Course. Certified Youth Mental Health Specialist. Certified Clinical Trauma Professional.

References

Available upon request.
