

# 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.

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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.

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**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.

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## References

Available upon request.

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