

# Rachel E. Jensen

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## **Education**

### **Brigham Young University**

Bachelor of Science, Psychology

*Graduated August 2017*

Counseling Psychology PhD Program

*Expected Graduation August 2022*

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## **Clinical Experience**

### **Hours**

- Over 2000 total hours
  - Including over 1000 Intervention hours

### **Doctoral Psychology Intern**

Butler University Counseling and Consultation Services

*July 2021- Present*

- Managed full-time work responsibilities including client case load, consultations hours, and administrative duties
- Lead outreach presentations for various student groups across campus and a faculty training on suicide prevention
- Provided same-day crises appointments, utilizing a solution and safety focused therapeutic approach
- Supervised a master's level intern and their caseload including signing off on therapy notes and guiding professional development
- Co-facilitated a semester-long interpersonal process group
- Engaged in therapy sessions, consultations, and intake interviews through multiple modalities including telehealth
- Utilized DSM-5 diagnoses in client treatment

### **Counseling Extern**

Preferred Family Clinic

*May 2020- May 2021*

- Initiated the assessment process and interpreted results of assessments including the Minnesota Multiphasic Personality Inventory, Connors-3, and Millon Adolescent Clinical Inventory
- Worked with clients in crisis, coordinating police response to ensure client safety
- Provided high intensity treatment for a client with safety risks, meeting 3 times per week for several weeks
- Worked with adolescent and school-aged children in individual therapy, or with a parent present
- Consulted with parents regarding treatment plans for their child, safety concerns, and therapy progress

### **Counseling Extern**

The EFT Clinic/ Bridges Psychotherapy Solutions

*April 2020- April 2021*

- Provided therapy sessions and built rapport with clients exclusively through email, phone, and video call
- Managed basic scheduling and billing for personal clients, while operating on various online practice/scheduling platforms
- Expanded skill set by learning and developing emotion focused therapy skills and engaging in weekly trainings

### **Individual Counselor**

Counseling & Psychological Services, Brigham Young University

*August 2018- March 2020*

- Managed a case load of 5-10 clients per week for individual therapy sessions, including intakes and walk-in, one-time consultation appointments
- Provided crisis care to emergency walk-in clients, assessed for risk factors, and directed them to appropriate modes of care within the center for continued treatment
- Attended and consulted at weekly team meetings, individual supervision appointments, and diversity trainings
- Consulted with supervisors and team members on complex case concerns to expand conceptualization and make plans for future treatment
- Monitored and interpreted data from therapy outcome measures including the Outcome Questionnaire-45 (OQ-45) and the Counseling Center Assessment of Psychological Symptoms (CCAPS) to inform treatment

### **Consultant**

BYU Comprehensive Clinic, Consultation Case

*August- December 2019*

- Consulted with a Multidisciplinary team which included speech pathology clinicians to create assessment and treatment plans for a child struggling with speech development
- Administered appropriate assessments to this child and their parent, and scored those assessments, which included the Differential Abilities Scale, 2<sup>nd</sup> edition (DAS-II) and the Vineland Adaptive Behavior Scale
- Helped the child to stay motivated and engaged in the task throughout the assessment process through familiarity with assessment, and by maintaining an energetic, fun demeanor
- Created a detailed report summarizing findings of the assessments, interpretations, and recommendations
- Presented the results to the parent in a collaborative and tactful way during a feedback and results session

### **Group Co-Leader**

Counseling & Psychological Services, Brigham Young University

*Winter Semester 2020*

- Met with co-leader to make plans for group procedures and organization
- Actively engaged in group counseling skills, including here-and-now interventions, to facilitate group processing
- Participated in a weekly experiential group to gain further insight into group member experience and to observe group counseling skills demonstrated by the experiential group leader

## **Career Counselor**

Brigham Young University

*Winter Semester 2018*

- Provided basic career counseling to BYU students with concerns about majors, future careers, and life plans
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## **Teaching Experience**

**Instructor** - Career Exploration (Student Development 117)

*Fall Semester 2018*

*Winter Semester 2019*

*Fall Semester 2019*

- Reorganized class curriculum and added new material to create a relevant class program of learning
  - Effectively taught lecture materials and engaged the classes of 25+ students in discussion to further the learning process and facilitate insight development
  - Communicated regularly with students via email or after class consultations on personal needs and achievement of class objectives
  - Received feedback from students, through BYU's anonymous ratings system, which were above the norm for the department, and indicated high satisfaction with the class
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## **Publications/ Presentations**

In Preparation:

**Jensen, R.,** Smith, T., Holt-Lunstad, J., Birmingham, W., Miller, R., James, S., (in preparation). To What Degree Does Marital Quality Predict Longevity? A Meta-Analysis of Prospective Studies.

**Jensen, R.,** Smith, T., Holt-Lunstad, J., Birmingham, W., Miller, R., James, S., (in preparation). To What Degree Does Marital Quality Predict Longevity? A Meta-Analysis of Prospective Studies.

-Poster presented at 2019 McKay School of Education Mentored Research Conference, Provo, UT

-Poster presented at 2021 McKay school of Education Mentored Research Conference, Provo, UT - Top 5 Finalist for Graduate Students - Won Honorable Mention

Assisted with Research for the Following:

Smith TB, Workman C, Andrews C, Barton B, Cook M, Layton R, Morrey A, Petersen D, Holt-Lunstad J. (2021) Effects of psychosocial support interventions on survival in inpatient and outpatient healthcare settings: A meta-analysis of 106 randomized controlled trials. PLoS Med 18(5): e1003595. <https://doi.org/10.1371/journal.pmed.1003595>

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## **Outreach Experience (Selected)**

- Suicide Prevention Training
  - Provided to a group of Butler University staff and faculty

- Mental Health and Self-Care
  - Presented to students in a university class setting
- Navigating Change and Transitions
  - Presented to student orientation leaders on campus
- Test Anxiety Outreach
  - Co-facilitated the presentation
- Positive Body Image
  - Presented once to a sorority on campus
  - Presented again to a group of women from multiple sororities
- Safe Space Training
  - Assisted with training
- Mental Health and Wellness – How to recognize Anxiety and Depression
  - Presented to a group of student leaders
- Depression Screening Day
  - Reviewed depression screener results with students and, based on their results, suggested resources to help meet their needs
- Volunteer, Utah State Hospital
  - Volunteered in the children’s unit of the hospital, encouraging appropriate behavior and healthy social interaction

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### **Research Interests**

Marriage and family systems therapy  
Marital quality and health implications  
Anxiety  
Self- Compassion

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### **Language Experience**

- American Sign Language, Conversational

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### **Highlights of Relevant Coursework**

#### **Multicultural courses**

- Counseling for Multicultural and Diverse Populations
- Spiritual Values in Psychotherapy

#### **Group Counseling courses**

- Group Counseling and Intervention
- Advanced Theory of Group Counseling

#### **Diagnosis and Assessment related courses**

- Diagnosis and Treatment of Mental Disorders
- Psychometric Foundations and Assessment of Intelligence
- Objective and Projective Personality Assessment