



## Professional Disclosure Statement Rachel Baker, MSW, Licensed Clinical Social Worker

Qualifications/Experience: I am pleased that you have selected me as your mental health provider. This document is to provide you with information regarding my background and increase your understanding of our professional relationship.

I hold the following degrees:

- ❖ Master of Social Work- Southeastern University - 2021
- ❖ Bachelor of Social Work - Social Work – 2018

I am a Licensed Clinical Social Worker in the State of Florida. After earning my Social Work degree, I worked as marketing specialist for Compassion International coordinating events for churches all across the United States for a year. I was then offered a full time position as an Associate Director for a before and after school program and running summer camps at my home church. I loved providing a fun and safe environment for the families and children of my community. Our program was shut down due to COVID because of the complete quarantine in New York. This gave me the opportunity to pursue my Master's here in Florida. I completed two internships one abroad in Uganda, and one for a year in the Polk County School District. I love counseling children, adolescents, and adults to help them process multiple life situations using appropriate therapies, but mostly combinations of Cognitive Behavioral Therapy and Narrative Therapy. My practice provides for services below but is not limited to:

- |                            |                    |
|----------------------------|--------------------|
| ❖ Academic Problems        | ❖ Self-Esteem      |
| ❖ Depression               | ❖ Family Conflict  |
| ❖ Behavioral Issues        | ❖ Play Therapy     |
| ❖ ADHD/ADD                 | ❖ Life Transitions |
| ❖ Autism Spectrum Disorder | ❖ Spirituality     |
| ❖ Anxiety                  | ❖ Bullying         |
| ❖ Grief Counseling         |                    |

Nature of Counseling: Counseling is a formal, purposeful partnership between client and counselor. My job is to help you identify your goals and potential solutions to your problems that cause you emotional turmoil in your everyday life. Counseling is a process that may take varying length of time. Some clients need only a few sessions and others may require months to years of therapy. I believe, based on Attachment theory, that our earliest bonds formed as a child have tremendous impact on our relationships that continue throughout life. The bonds and relationships between people are extremely important to one's mental health. My therapeutic approach to counseling is based off of concepts found in attachment theory, solution-focused, cognitive-behavioral therapy, emotionally focused therapy and the Gottman method. Christianity provides a foundation underneath these various theoretical approaches in therapy. The use of my Christian understanding within therapy is individualized to you. My objective is that through therapy you work through and learn through past experiences while developing a sense of yourself as an empowered and autonomous human being.