A logo for a wellness company

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Rachel earned her Bachelor of Arts in Professional Writing from Purdue University and her Master of Social Work from the University of Indianapolis. Rachel worked with children in the first trauma-informed school in Indiana and enjoys facilitating groups. She utilizes Cognitive Behavioral Therapy (CBT), Mindfulness, Strengths-Based, and Solution-Focused therapy to support her clients and create a foundation for change. Rachel values genuine connection and empathy as she meets clients where they are, to help clients grow and progress towards their best quality of life.