



# *Rachel Stout*

## MA, Ed.S, LCMHC, NCC

Rachel Stout earned a Bachelor of Arts in Psychology from the University of North Carolina at Charlotte and earned a Master of Arts and Education Specialist Degree in Mental Health Counseling from Gardner-Webb University. She is a Licensed Clinical Mental Health Counselor in North Carolina (#10458) and a National Certified Counselor (#320752). Prior to joining Restoration Place Counseling, Rachel worked in a family medical practice, on a college campus, and in a private practice in Charlotte, where she has counseled young adults, adults, adolescents, families, and couples facing a variety of issues. Through these experiences, she feels called to work with women and girls.

Rachel's commitment as a counselor is to walk alongside her clients to assist them in reaching their personal goals. She has experience providing mental health counseling services to women and girls facing a variety of issues, including, but not limited to: anxiety, trauma, loss, body image, self-worth, identity, boundaries, assertiveness, forgiveness and stress management. She is also passionate about working with new moms, women who struggle with perinatal and postnatal issues, infertility, and loss of pregnancy. Lastly, she is gifted as a counselor to counselors and enjoys working with student and/or professional counselors.

Rachel utilizes a blended counseling approach that incorporates Cognitive Behavioral Therapy, Existential Therapy, Internal Family Systems, Psychodynamic Therapy, and Solution Focused Therapy. Rachel is certified in EMDR, which is a fast-paced, evidence-based therapy that helps people process trauma and other emotional issues beyond what "talk therapy" can offer. Rachel is also Gottman Level 1 trained, which assists her in working with clients experiencing relationship difficulties.

Rachel is a firm believer that we cannot always control our circumstances, but that we ultimately decide how to respond to these circumstances. She utilizes this philosophy in her work with clients to help provide a sense of empowerment and hope. She values the counseling relationship immensely and views the journey together as sacred. Rachel sincerely believes that life's challenges and hardships can be turned into areas of hope, meaning, and purpose by challenging and shifting deeply ingrained beliefs that have held the client captive for years.