



## Rachel Miller Bonds, M.Ed., Resident in Counseling

Rachel is a Resident in Counseling who received her Bachelor's of Arts in Psychology from James Madison University and her Master's of Education in Clinical Mental Health Counseling from Auburn University. Rachel has experience working with children and adolescents with anxiety, depression, trauma, behavioral disorders, and developmental disorders. Rachel utilizes CBT and DBT when working with clients and their families and Rachel emphasizes individual growth while prompting family stability. In her spare time, Rachel enjoys socializing with others, spending time with her family and her dog, and visiting new places.