



Rachel Bonds, LPC

I am a licensed professional counselor (LPC), supervisor, and outpatient therapist with Lighthouse Behavioral Health Center. I received my Bachelor of Arts in Psychology from James Madison University and my Master of Education in Clinical Mental Health Counseling from Auburn University. I supervise a team of community-based professionals providing services to individuals and families in the community. I also provide outpatient therapy services to children, adolescents, families, and young adults through treatment modalities to include Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Trauma-Focused Cognitive Behavioral Therapy. My treatment experience includes working through depression, anxiety, trauma, familial discord, developmental disorders, and behavioral disorders. My goal in the therapeutic process with clients is to assist with implementing long term change, developing autonomy, and promoting family stability. In my spare time, I enjoy spending time with my family, friends, and my dog, as well as visiting new places.