



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

Rachel is a Resident in Counseling who graduated from James Madison University in 2019 with a Bachelor of Arts degree in Psychology and a Master's degree in Clinical Mental Health Counseling in 2021 from Auburn University. Rachel has experience with children, adolescents and their families in an outpatient and school setting primarily working through trauma. She worked from an Adlerian and Trauma-Focused CBT perspective and utilized individual therapy, family therapy, and individualized service plans to accomplish client goals. Family stability and individual growth are both emphasized when working with Rachel. In her spare time, she enjoys spending time with family and friends, visiting new places, and relaxing with her dog.