

RACHEL E. MILLNER, Psy.D.
Licensed Psychologist

215-932-9885
rachel@rachelmillner.com

EDUCATION

California School of Professional Psychology at Alliant International University, San Diego, California

Psy.D. in Clinical Psychology, May 2004

M.A. in Clinical Psychology, May 2001

Cedar Crest College, Allentown, Pennsylvania

B.A. in Psychology, May 1999

Graduated Cum Laude with departmental and university honors

EXPERIENCE

Private Psychology Practice, Yardley, PA, & Lawrenceville, NJ, August 2005-Present

Einstein Bariatrics, January 2008-present

Conduct psychological evaluations for individuals undergoing bariatric surgery,

Facilitate a monthly support group for post-operative patients, counsel post-operative and pre-operative patients, member of a team consisting of bariatric surgeons, physicians assistants, nutritionists, and exercise physiologists

Assistant Adjunct Professor, Mercer County Community College, January 2007-May 2007

REM Consulting Group, September 2006-present

President Conduct business and organizational consulting, assist with hiring practices, provide executive coaching, conduct team building seminars and diversity training

Solebury School, September 2006-June 2007

Psychologist Conduct individual counseling with students

Center for Creative Human Performance, Newtown, PA, August 2006-August 2007

Conduct individual and couples counseling in private practice setting

E.N.R.I.C.H. of Bucks County, Bucks County, PA January 2006-2007

Charter Member Group consisting of psychologists, physicians, and community members funded by United Way dedicated to providing education and resources to the local community

Sunshine Lady Foundation, 1998-2009

Sunbeam Volunteer, organization dedicated to donating funds to women's issues.

Selected and secured two ten thousand dollar grants to organization dedicated to combating eating disorders. Submitted ten thousand dollar grant proposal for NJ SEEDS, a non-profit organization helping low-income students attend private high school.

Selected and secured four year fifteen thousand dollar grant for a minority woman to

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attend medical school through the Institute for Women's Health and Leadership at Drexel University.

University of Pennsylvania, Philadelphia, PA- April 2006-June 2006

Senior Staff Member Conducted individual counseling and crisis management on a short-term basis with University of Pennsylvania students.

Adjunct Professor, Gwynedd Mercy College, Spring 2006

University of Pennsylvania, Philadelphia, PA- January 2005- May 2005

Lecturer-School of Education Professor for undergraduate course: "Psychology Of Personal Growth." Course content included multi-cultural competency and provided students with opportunities to gain insight about themselves and others who are culturally different. Utilized a combination of lectures, readings, class discussion, and assignments to explore different modes of viewing the self and others.

University of Pennsylvania, Philadelphia, PA- September 2004- May 2005

Supervision Group Leader, Graduate School of Education Led weekly supervision group for graduate students. Guided discussion and lectured on various topics. Provided supervision of counseling skills. Maintained contact with site supervisors and visited practicum sites to ensure quality. Evaluated written assignments and clinical skills. Attended bi-monthly meetings with other group leaders to discuss progress. Provided consultation on ethical dilemmas and crises that occurred during the semester.

University of Pennsylvania, Philadelphia, PA- August 2004- August 2005

Psychology Fellow Provided individual, group, and couple's counseling to undergraduate and graduate students at the Counseling and Psychological Services. Conducted intake interviews and made appropriate recommendations for treatment and referrals. Participated in development of new policy and procedures for intake and crisis management. Covered weekly crisis hours. Reviewed applications for APA-Approved predoctoral internship and made recommendations for interviews and selection. Attended weekly staff meetings and training sessions.

University at Buffalo, Buffalo, New York- August 2003- August 2004

Intern (APA Accredited) Provided individual and couples therapy to undergraduate and graduate students. Co-led ongoing, open, process group. Conducted intake interviews and made recommendations for appropriate treatment modality. Maintained weekly crisis hours and on-call services. Conducted outreach presentations and consultations to the university community. Provided weekly supervision of Ph.D. practicum students and received weekly supervision of supervision. Attended weekly training seminars, staff meetings, and clinical meetings. Served on Training Committee. Conducted interviews and attend case presentations for new job applicants and internship applicants. Presented cases in ongoing clinical meetings.
Primary Supervisors: Sung Kim-Kubiak, Ph.D. and Sharon Mitchell, Ph.D.

Interfaith Community Services, Escondido, California – August 2001 to May 2003

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Psychological Assistant and Intern Provided individual, group, play therapy and family therapy. Facilitated two psychotherapy groups on eating disorders. Co-led several adolescent groups. Coordinated treatment for homeless families in residential program, collaborated with appropriate case manager and other therapists. Responsible for intakes, psychosocial assessments, and offering recommendations for treatment. Conducted training seminar on working with borderline personality disorder. Supervisor: Irene Townsend, Ph.D.

California School of Professional Psychology, San Diego, California –Nov. 2001 to Feb .2002
Admissions Interviewer. Conducted on-site interviews with potential school applicants to determine whether or not student should be admitted. Reviewed applicants' files, prepared reports of findings, and offered recommendations for admission or rejection.

California State University, San Marcos, California – September 2000 to May 2001
Practicum Student Conducted long- and short-term individual counseling for a diverse body of students. Responsibilities included intakes, counseling assessments, peer education, and psychological testing. Supervised peer counselors. Attended weekly training seminars. Worked to begin psychotherapy group for LGBTQ clients. Interviewed practicum and internship applicants. Lectured on diversity issues and eating disorders. Supervisor: Mojgan Khademi, Psy.D.

Healing Connections, San Diego, California – 1999 to 2003
Volunteer- at an organization dedicated to helping women with eating disorders through education, funds, and support. Lectured women and men at local schools on body image and eating disorders covering the topics of warning signs and symptoms, action to be taken if you or a friend has an eating disorder, and the media. Solicited and obtained a \$10,000 donation from The Sunshine Lady Foundation.

Lenape Valley Foundation, Doylestown, Pennsylvania – May 1999 to August 1999
Case Counselor, at residential facility for chronically mentally ill adults. Managed a heavy case load, conducted individual counseling sessions. Formulated behavioral modification planning. Assisted clients with medication management. Managed case notes and files. Handled crisis situations. Successfully planned and implemented a new program for five mentally ill adult males. Received specialized training in nonviolent crisis intervention and fire safety. Coordinated group meetings for residents to address ongoing issues. Attended weekly treatment team meetings.

Tutor, Allentown, Pennsylvania – September 1998 to May 1999
Private Tutor. Worked closely with a 13-year old boy with Attention Deficit Hyperactivity Disorder (ADHD). Provided techniques which resulted in overall improvement of his school performance, time management, organization and study skills. Coordinated interventions with parents and teachers to evaluate and monitor the student's progress.

Valley Youth House, Bethlehem, Pennsylvania – January 1998 to May 1998
Intern-Undergraduate Student, at residential facility for adolescents ages 12-17 who were in crisis and unable to live at home. Handled crisis calls and situations and received supervision 2 hours weekly. Responsible for performing a variety of duties including

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extensive individual intake interviews, counseling, assessments, and recreational activities.

ICT Teleprofessionals, Langhorne, Pennsylvania – 1996 to 1997

Counselor, at a center providing assistance to callers who wanted to quit smoking.

Responded to routine inquiries. After extensive discussion of individuals' needs, prepared and mailed personalized plans to each person. Selected to participate in a special on-site program focusing on women's health issues.

LECTURES AND PRESENTATIONS

American Psychological Association, Honolulu, Hawaii

Poster Presentation: The Experience of Lesbians who have

A History of Binge Eating Disorder: A Qualitative Investigation

Interfaith Community Services, Escondido, California

Training Presentation for Resident Interns

Psychotherapy with Borderline Personality Disorders

California State University, San Marcos, California

Presented to Upper Division Psychology Class

Presentation on: Eating Disorders and the Media

California State University, San Marcos, California

Presented to Developmental Psychology Class

Presentation on: Developmental Psychology and Eating Disorders

Healing Connections, San Diego, California

Volunteer Presentations at three high schools

Presentation on: The effects of the Media on Body Image

California School of Professional Psychology, San Diego, California

Graduate Level Multi-Cultural Class

Presentation on: Psychotherapy with LGBT Clients

Lehigh Valley Psychological Conference, Bethlehem, Pennsylvania

Conference Presentation on:

The effects of the media on women's body image and self-esteem

University at Buffalo, Buffalo, New York

Outreach Presentation on:

Body Image in College Students

University at Buffalo, Buffalo, New York

Outreach Presentation on:

Addictions on College Campus

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University at Buffalo, Buffalo, New York
Residence Life Retreat
Taking Care of Others? What about Ourselves?
Stress Management in the Workplace

University at Buffalo, Buffalo, New York
Eating Disorder Screening

University at Buffalo, Buffalo, New York
Research Presentation on:
Lesbians in Recovery from Binge Eating Disorder

PROFESSIONAL DEVELOPMENT AND TRAINING SESSIONS

San Diego Hospice Training, San Diego, California
Play Therapy

Conference Works Seminars, Los Angeles, California
Geneen Roth Presenter- Binge Eating Disorder

California School of Professional Psychology, San Diego, California
Professional Ethics Workshop

San Diego Psychoanalytic Institute, San Diego, California
Long-Term Psychoanalytic Therapy with Borderline Clients

University at Buffalo, Buffalo, New York
Group Psychotherapy-Open Process Groups

University at Buffalo, Buffalo, New York
Psychotherapy with Trauma Victims

University at Buffalo, Buffalo, New York
Feminist Therapy

University at Buffalo, Buffalo, New York
Working with Male Sexual Abuse Clients

University at Buffalo, Buffalo, New York
Crisis Counseling and Intervention

University at Buffalo, Buffalo, New York
Axis II and Psychotherapy

University at Buffalo, Buffalo, New York
Psychopharmacology

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University at Buffalo, Buffalo, New York
Multicultural Awareness

University at Buffalo, Buffalo, New York
Dissociative Identity Disorder

University at Buffalo, Buffalo, New York
Organizational Psychology

University at Buffalo, Buffalo, New York
LGBT Clients

University at Buffalo, Buffalo, New York
Contemporary Psychoanalysis

Cedar Crest College, Allentown, Pennsylvania
HIV/AIDS: Interventions, Assessment, and Treatment

Medical College of Pennsylvania, Philadelphia, Pennsylvania
Symposium on Women's Health

University at Buffalo, Buffalo, New York
Risk Management in Psychotherapy

California State University, San Marcos, California
Working with Eating Disorders

University of Pennsylvania, Philadelphia, Pennsylvania
Coaching for ADHD

RESEARCH

Dissertation: Millner, R. (2004): The Experience of Lesbians who have a history of binge eating Disorder: A Qualitative Investigation. (Dissertation Successfully Defended February 14th, 2004)

RESEARCH PROJECTS

Millner, R. & Fahey, H. (April, 1999): The Effects of the Media on Women's Body Image and Self-Esteem. Original research presented at the Lehigh Valley Psychological Conference, Allentown, PA.

Millner, R. Honor's Thesis (April, 1999): An in depth investigation of Serial Killers, written and presented at Honor's Presentation Ceremonies, Allentown, PA

MEMBERSHIPS

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Member, Psi Chi
Associate Member, American Psychological Association
Member Pennsylvania Psychological Association
Member Philadelphia Society for Clinical Psychologists
Member National Eating Disorder Association

HONORS AND RECOGNITIONS

Marquis Who's Who of American Women- 25th Anniversary Edition
Psi Chi, National Honor Society in Psychology
Honor's Program, Cedar Crest College, Allentown, PA
Dean's List, Cedar Crest College, Allentown, PA
Healing Connections, Outstanding Volunteer Award, New York, NY

ACADEMIC AFFILIATIONS

Cedar Crest College, Allentown, Pennsylvania- LGBTQ Student Organization, Secretary (1997-1999)

California School of Professional Psychology, San Diego, California- The Forum (LGBTQ Student Organization), Co-Chair (2001-2003)

INFORMATION TECHNOLOGY

Windows 9X, XP; Microsoft Works; Microsoft Office 2000: Word, Access, Outlook, and PowerPoint; and the Internet.

REFERENCES

Available upon request.