
Rachel E. King
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Department of Counseling
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Executive Summary

- Experienced mental health and addiction counseling professional with over 12 years of diverse roles, including program director, clinical manager, and group therapist.
- Skilled in supervising counselor interns and practicum students, with a strong focus on evidence-based interventions and addiction counseling supervision.
- Proficient in program development, treatment implementation, and compliance with state and federal regulations.
- Proven track record in managing Medication-Assisted Treatment (MAT) services, conducting risk assessments, and improving client rehabilitation outcomes.

Educational Background

Anticipated May 2027 Doctor of Philosophy in Counselor Education and Supervision, University of Texas, San Antonio (CACREP-accredited)

December 2021 Master of Science in Clinical Mental Health Counseling, University of Texas, San Antonio (CACREP-accredited)

December 2016 Bachelor of Art in Psychology, University of Texas, San Antonio

Licensure and Certification

- Licensed Professional Counselor (LPC), Texas #88442, 2024
- Licensed Chemical Dependency Counselor (LCDC), Texas #12932, 2015

Professional Employment History

June 2024 – Present	Independent Contractor, Telehealth Counselor, <i>Headway, Austin, Texas</i> • Provided evidence-based mental health counseling to diverse clients through telehealth platforms • Conducted comprehensive assessments, developed individualized treatment plans, and delivered tailored interventions aligned with client goals. • Maintained compliance with HIPAA regulations and ethical guidelines for virtual therapy and record keeping. • Utilizing Headway’s integrated telehealth system to manage scheduling, documentation, and client communication.
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March 2024 – Present	Independent Contractor, Telehealth Counselor, <i>Sondermind, Austin, Texas</i> • Provided evidence-based mental health counseling to diverse clients through telehealth platforms • Conducted comprehensive assessments, developed individualized treatment plans, and delivered tailored interventions aligned with client goals. • Maintained compliance with HIPAA regulations and ethical guidelines for virtual therapy and record keeping. • Utilizing SonderMind's integrated telehealth system to manage scheduling, documentation, and client communication.
March 2023 – Present	Clinical Treatment Staff Manager, <i>Bexar County Adult Probation, San Antonio, Texas</i> • Oversee program counseling staff • Oversee treatment program implementation for three programs. • Helped with Pilot Program Development for Medication-Assisted Treatment services through TTOR grant funding. • Oversee and coordinate, with participating clinic, Medication-Assisted Treatment services for discharging clients, meeting grant and contract requirements. • Provide weekly group and individual supervision for Counselor Interns and practicum students. • Implementation of evidence-based curriculum into program services • Complete suicide risk assessments and referrals for mental health, when needed. • Managing administrative duties for treatment program and maintaining communication with Probation Program Directors. • Training of new clinical and security staff • Facilitating group therapy, as needed • Providing individual counseling services, as needed
May 2019 – March 2023	Counselor, <i>Bexar County Adult Probation, San Antonio, Texas</i> • Provide weekly group supervision for Counselor Interns and practicum students • Auditing caseloads • Maintaining multiple caseloads for IOP, SOP, and DD programs providing SUD group facilitations, individual counseling, and case management services. • Caseload development for incoming clients
January 2022 – February 2023	PRN Group Therapist, <i>San Antonio Behavioral Healthcare Hospital, San Antonio, Texas</i> • Facilitation of group therapy, didactic and process. • Training of new PRN weekend staff.

	• Working with multiple populations throughout the day, i.e. Active Duty, Veterans, Detox, Dual Diagnosis, adolescents, and high acuity. • Maintaining documentation of groups, accounting for those that showed and did not. • Ability to respond to patients in crisis immediately, intervene, and de-escalate.
June 2018-February 2019	Program Director, <i>Crossroads Treatment Centers, San Antonio, Texas</i> • Supervise clinic operations in alignment with organizational policies, federal/state regulations, and serve as the designated Equal Opportunity and HIPAA compliance officer. • Schedule and manage staffing to meet operational needs and budgeted payroll levels, always ensuring compliance with minimum staffing guidelines. Screen, interview, and hire prospective staff. • Administer ASI assessments, develop individualized treatment plan reviews, conduct individual counseling sessions, facilitate interventions, and make referrals as needed. • Collaborate with the Medical Director to maintain inventory and compliance in the pharmacy. Complete daily reports, such as medication inventory, and conduct monthly urinalysis screenings. • Lead community outreach and marketing initiatives. Educate clients and families on Medication-Assisted Treatment (MAT), methadone, and opiates.
March 2017-June 2018	Licensed Chemical Dependency Counselor, <i>Crossroads Treatment Centers, San Antonio, Texas</i> • Provided individual counseling services: Administer ASI assessments, develop individualized treatment plan reviews • Facilitate interventions • Make referrals as needed. • Conducted monthly urinalysis screenings for active clients
June 2016-February 2017	Licensed Chemical Dependency Counselor, <i>Behavioral Health Group/ Med Mark Services, San Antonio, Texas</i> • Administer ASI assessments. • Developed treatment plan reviews on an individual basis for clients based on ASI. • Conducted Individual counseling sessions. • Facilitated interventions and making appropriate referrals when necessary. • Facilitated client and family education on MAT, methadone, and opiates. • Conducted monthly urinalysis drug screening with active clients. • Gained knowledge of working with third party billing such as Medicaid. • Tracking running balances with private pay clients, identifying billing errors and making financial adjustments as needed.

March 2015- June 2016	Licensed Chemical Dependency Counselor, <i>Gateway Foundation Inc.- Kyle Correctional Center, Kyle, Texas</i> •Same Duties as Counselor Intern •Worked as a QCC, training interns and signing off on paperwork. •Facilitate training for counselor interns within KSA requirements. •Supervise counselor interns, completing necessary observation requirements, and documentation overviews.
August 2011- March 2015	Counselor Intern, <i>Gateway Foundation Inc.- Kyle Correctional Center, Kyle, Texas</i> •Administer ASI assessments. •Assessed and wrote treatment plans and weekly progress notes for each client assigned to caseload. •Conducted individual counseling sessions. •Facilitate group (including process, encounter, cognitive, chemical dependency education, etc.) •Prepare counselor daily group schedule. •Selected and recommended new instructional materials and programs for use in the substance abuse program. •Organized oversaw implementation of orientation curriculum for new clients. •Administered discipline appropriately and set limits for behavior. •Maintaining working relationships with correctional officers and medical staff in order to provide the best care possible for clients.

Service Activities

August 2024-May 2025	Mentor, Northside Independent School District, San Antonio, Texas • Serving as an academic mentor for a high school student in an honors-level Independent Study Mentorship (ISM) program. • Guiding the development of research portfolio for their class • Offering constructive feedback and encouragement throughout the mentorship process. • Providing student with additional community resources • Maintaining weekly meetings with student
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Professional Memberships

2018– Present	Texas Association of Addiction Professionals
2020 – Present	American Counseling Association
2024 – Present	National Association for Alcoholism and Drug Abuse Counselors
2024- Present	Texas Counseling Association

