

experience **In private practice** as a Counseling Art Therapist. - *Maplewood, NJ 1/20-present*

**Fusion Academy** - *Morristown, NJ 8/16-present*

*Teacher/Mentor* Teaching in a 1-1 learning environment within a relationship-based model that supports a student's emotional and social well-being in addition to academic growth. Courses taught include Studio Art, Life Skills, Roadtrip Nation, Graphic Design, and Positive Psychology.

*Post-Secondary Counselor (2/17-10/19)* Supporting students with transitions in a private, alternative high school/ middle school. Administering personality, skills, and interest assessments, and guiding seniors through college selection and application process as well as designing gap year programs and identifying and securing vocational training and certificate programs. Individualized planning and family support.

**Discovery Psychotherapy Center** - *Morristown, NJ 6/16-9/20*

*Art Therapist/Counselor in a group practice* Community agency providing individual and family therapy. Serving families, children, adolescents, and adults.

**Girls' Academy of Newark-** *Newark, NJ 3/16-6/16/part-time*

*Art Therapist conducting class meetings in a school setting.* Serving a population of 6th grade - 9th grade girls. Use group art therapy to address impulse control, nurture self-expression and acceptance, build mastery, increase decision-making abilities, improve social skills, explore identity, as well as career and vocational interests. Conduct in-service groups designed to support self-care of staff.

**Family Connections-** *Orange, NJ 2/15-3/16*

*Clinician for Strong Mothers Intensive Outpatient Program* Serving a population of mothers mandated for substance abuse treatment. Responsible for group and individual therapy, to address substance use as well as the following co-occurring conditions: depression, anxiety, emotional regulation, abuse, trauma, and bipolar disorder.

Clinical team duties: Part of an interdisciplinary team with psychiatrists and social workers. Perform intake assessments utilizing DSM-5 diagnoses. Handle all areas of case management, including collateral contact with DCP&P, Substance Abuse Initiative Case Managers, Probation and Parole Officers. Maintain electronic documentation with Carelogic system and NJSAMS, utilizing ASAM criteria to determine level of care. Incorporate art therapy into groups and individual counseling sessions to help develop parenting, coping, and social skills, process trauma, regulate emotions, facilitate self-expression and self-acceptance, and build mastery. Create and implement 90-day treatment plans using a trauma-focused approach based on the ARC Model.

**Youth Consultation Services** - *Paterson and Hackensack, NJ 6/13-2/15*

*Clinician for RTC/SPEC Units (6/14-2/15)* Manage a case load of eleven 13-17 year old males with behavioral and legal issues. Prominent diagnoses include PTSD, ODD, ADD, BPD, substance abuse, sexual abuse (as victim & perpetrator), child abuse, and trauma. Provide individual and family therapy, develop monthly treatment plans, assess progress, and document progress notes for each session. Handle all areas of case management, including working with schools, DCP&P, county case managers, law guardians, and parole officers. Maintain electronic documentation in PerformCare NJ System of Care. Incorporate art therapy into counseling sessions when applicable.

*Covering clinician responsible for clinical case management for 3-8 adolescents in Intensive Residential Treatment Services (IRTS) (12/13-6/14).* Responsibilities included crisis management, individual, group, and family therapy, treatment plans and progress notes.

*Art Therapist (6/13-6/14):* Delivered art therapy to adolescents in locked units. Conducted art therapy groups twice a week with three different mixed-gender residential groups: Seven youth, ages 11-14, eight adolescents, ages 14-17, with severe impairment of social functioning, and four children ages 6-15 with a dual diagnosis of intellectual/developmental disabilities and behavioral health issues.

Clinical team duties: Part of a multidisciplinary treatment team that included APNs, LCSWs, case-managers, a nutritionist, and nurses. Partnered with Residential Aides to provide therapeutic support. Responsible for charting and art assessments.

**Saint Barnabas Medical Center - Livingston, NJ 1/13-5/13**

*Art Therapy Intern:* Provided art therapy and supportive counseling to children and their families. Conducted a variety of therapeutic interventions to facilitate self-expression, social interaction, normalization and distraction, individually, in dyads and in group settings. Developmental approach centered on meeting each child 'where they were', delivering opportunities for choice and control. Employed adaptive techniques and hand-over-hand support as needed. Relevant topics discussed included bereavement, boundaries, coping skills, developmental issues, illnesses, and medical play/art.

**ARC Kohler School - Mountainside, NJ 10/12-5/13**

*Art Therapy Intern:* Population consisted of students ages 3-11, with developmental disabilities and delays, as well as autism spectrum disorder. Part of an interdisciplinary team, integrating educational services with therapies in a 30-minute period of a school setting. Focus on sensory integration and experiential interventions.

**Essex Valley School - West Caldwell, NJ 5/12-12/12**

*Art Therapy Intern:* Open studio approach to treat adolescents dealing with past and current trauma and/or behavioral issues. Functioned as a member of a treatment team that included school counselors, LCSWs, school psychologist, occupational, speech, and music therapists.

**Broadway House for Continuing Care - Newark, NJ 9/11-5/12**

*Counseling and art therapy intern:* Delivered individual and group therapy in a nursing home setting with a population confronted with HIV-related dementia, substance abuse, family estrangement, cultural stigma, schizophrenia, and end-of-life issues.

advertising  
experience

**Art Director to Associate Creative Director 8/84-6/11**

Spent eight years in Consumer Advertising, creating print and television advertising as part of a creative team, before moving into Pharmaceutical Advertising. Developed branding and promotional material for DTC and sales force campaigns.

education

**Caldwell University - M.A. in Counseling with Art Therapy Specialization 9/08-5/13**

Dakota County Technical College - Introduction to Child Life - History & Practices

Massachusetts College of Art - BFA in Graphic Design

Northeast Metropolitan Regional Vocational High School - Applied Design

honors

Chi Sigma Iota Honor Society -Sigma Rho Chapter

2013 M. A. Comprehensive Examination in Counseling Psychology -

Caldwell University—Pass with Distinction

associations

American Counseling Association

American Art Therapy Association, NJ Art Therapy Association

National Board of Certified Counselors

Board Member: New Jersey Art Therapy Association 2013-2015 PR Co-Chair

Academy of Clinical and Applied Psychoanalysis 2013-2015 Marketing

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**State Of New Jersey  
New Jersey Office of the Attorney General  
Division of Consumer Affairs**



THIS IS TO CERTIFY THAT THE  
**Professional Counselor Examiners Committee**

HAS LICENSED

**Rachel Couillard  
169 Maplewood Avenue  
Suite # 1  
Maplewood NJ 07040**

FOR PRACTICE IN NEW JERSEY AS A(N): **Professional Counselor**

**10/09/2020 TO 11/30/2022**  
VALID

**37PC00637700**  
LICENSE/REGISTRATION/CERTIFICATION #

*R. Couillard*  
Signature of Licensee/Registrant/Certificate Holder

*Paul Rodriguez*  
ACTING DIRECTOR

*Art Therapy Credentials Board, Inc.*

**ART THERAPY CREDENTIALS BOARD, INC. ATCB**

**Rachel Couillard**

*having met all requirements for Board Certification,  
is hereby duly authorized to use the initials*

**ATR-BC**

*as an identification of professional competency.*

*Mary Ellen McDevney*  
ATCB President

*Heidi Lewis*  
Chair, Certification Committee



16-126  
ATR-BC Certification Number

7/9/2016      7/1/2021  
Issue Date      Expiration Date

*"To protect the public by promoting the competent and ethical practice of art therapy through the credentialing of Art Therapy Professionals."*