

RACHAEL FULLER

licensed mental health counselor • counselor educator

EDUCATION

Antioch University Seattle

2025

Doctorate in Counselor Education and Supervision

Multnomah University

2020

Master of Arts in Counseling

Indiana University

2018

Bachelors in Psychology

Minor in Criminal Justice

CLINICAL EXPERIENCE

2021- Current

Olympic Health & Recovery Services

Designated Crisis Responder

- Perform clinical assessments and legal investigations for involuntary detention to psychiatric and substance use disorder facilities
- Provide information and education to the community regarding mental illness and involuntary commitment laws
- Develop individualized safety plans and treatment recommendations to ensure client and community safety
- Collaborate with other professionals in a variety of settings to ensure client continuation and coordination of care

2021-2022

Simply Thrive Psychotherapy

Mental Health Counselor

- Counseled adults with issues varying from self-esteem to trauma work
- Assisted clients in developing insight into themselves and their relationships
- Developed and maintained interpersonal relationships, maintained confidential paperwork, diagnostic records, and progress notes
- Utilized culturally-mindful EMDR, emotions-focused, strengths-based, attachment-focused theories

2019-2021

CORE Health

Mental Health Counselor

- Provided individual counseling and established treatment plans
 - Coordinated client care with substance use team, houseless shelters, employment and housing specialists
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TEACHING EXPERIENCE

- Fall 2025 Assistant Professor, George Fox University**
- Psychopharmacology
 - Research Methods & Statistics
 - Personality & Counseling Theory
- 2025 Adjunct Professor, George Fox University**
- Human Growth & Development
 - Research Methods & Statistics
 - Psychopharmacology
- 2023-2025 Adjunct Professor, Multnomah University**
- Practicum Supervision
 - Professional Orientation
 - Indigenous and Racial Trauma
 - Internship Supervision
 - Human Growth and Development
 - Navigating Crisis in Counseling
- 2023 Teaching Assistant, Multnomah University**
- Human Growth and Development with Dr. LeFeber
 - Collective Trauma with Dr. Render-Turmaud
 - Advanced Counseling Skills with Professor Jones

CONFERENCE EXPERIENCE

- 2023 Social Justice Symposium Committee Member**
Antioch University
- 2023 Social Justice Symposium Presenter**
Antioch University
- "Keeping Your Whiteness On: Leaning in for Collective Liberation" Roundtable
- 2023 Association for Counselor Education and Supervision Presenter**
- "Keeping Your Whiteness On: Leaning in for Collective Liberation" Roundtable
 - The Original Medicine Wheel: Highlighting Indigenous Populations in Counseling Roundtable
- 2024 Social Justice Symposium Presenter**
Antioch University
- Who Gets a Say?: Envisioning a Future That Centers Decolonial Education
- 2024 Western Association for Counselor Education and Supervision Presenter**
- Healing the Cycle: Recognizing and Responding to Indigenous Lateral Violence Educational Session
 - Honoring Voices: Development of an Indigenous Mental Wellness Program Roundtable

INVITED TALKS

- 2022 **Reproductive Justice: Informational Session for Counselors in a Post-Roe World**
Antioch University
- 2023 **Neurobiology & Trauma-Informed Approaches**
Antioch University; History of Theories in Art Therapy
- 2023 **Indigenous Peoples: History, Culture, and Current Problems Facing Native Americans Today**
Multnomah University; Human Diversity
- 2023 **Weightism: Influence and Impact in Criminal Justice, Mental Health, Medicine, and Society**
Multnomah University; Human Diversity
- 2023 **Neurobiology through Decolonial and Trauma-Informed Approaches**
Antioch University; History of Theories in Art Therapy

OTHER PROFESSIONAL EXPERIENCE

- 2019-2024 Multnomah University**
Graduate Writing Tutor
- Provided individual tutoring sessions for students and provided specific information regarding APA and academic writing
 - Collaborated with students to edit and revise case conceptualizations
- Current Chi Sigma Iota- Omega Gamma Mu Chapter**
Counseling Academic and Professional Honor Society Member
- 2023-2024 Antioch University**
Research Fellow-Duwamish Research Team
- Create needs assessment for Duwamish Tribe members to establish areas of need in mental health care
 - Developed learning modules for Antioch students to begin counseling

PUBLICATIONS

- Fuller, R. L. (2025). Weaving Threads of Identity: A Qualitative Study on Reconnecting Indigenous Folx [Doctoral dissertation, Antioch University]. OhioLINK Electronic Theses and Dissertations Center. http://rave.ohiolink.edu/etdc/view?acc_num=antioch1741887589082088

AWARDS

- Antioch University - Outstanding Doctoral Research
- Multnomah University- SHAPE