

---

# RACHAEL DEWSTOW, LMSW

---

[rdewstow@gmail.com](mailto:rdewstow@gmail.com) | Houston, TX | 832-967-0200 | [LinkedIn](#)

---

## BEHAVIORAL HEALTH DIAGNOSTICS ► CRISIS-MANAGEMENT ► CLIENT TREATMENT PLANS

Licensed Master Social Worker (LMSW) dedicated to providing compassionate, evidence-based therapeutic support to individuals facing a range of psychological and social challenges. Skilled in integrating in-depth psychosocial assessments, strengths-based techniques, and collaborative, client-centered interventions to foster resilience, healing, and personal growth. Committed to cultural competence and possessing a deep understanding of social systems and human behavior to create a safe, empowering therapeutic environment. Emphasis on continuous professional development and cultural humility to ensure tailored care for each client's unique needs and circumstances. Seeking a clinical position where I can earn my LCSW and expand my skills.

---

## SKILLS

---

- Diagnosis and Differential Assessment
  - Crisis De-escalation Techniques
  - Crisis Intervention Strategies
  - Cultural Competence and Sensitivity
  - Interdisciplinary Collaboration
  - Self-Care and Professional Resilience
  - Effective Case Management
  - Evidence-Based Interventions
  - Family Systems Therapy
  - Trauma-Informed Practice
  - Case Management
  - Group Therapy Facilitation
- 

## EXPERIENCE

---

### LSW/Therapist Down to Grow

**March 2024 to Current**  
**Denver, CO**

- Provided comprehensive assessments and personalized treatment plans for diverse clientele, effectively addressing mental health disorders, trauma, and emotional challenges.
- Implemented evidence-based therapeutic interventions, including CBT, DBT, and solution-focused therapy, resulting in an improvement in client outcomes as measured by follow-up assessments.
- Facilitated individual, group, and family therapy sessions, fostering a supportive environment that encourages open communication and healing.
- Maintained accurate and confidential client records in compliance with HIPAA regulations, ensuring documentation is timely, thorough, and reflects client progress.
- Advocated for client needs within community agencies and organizations, successfully linking individuals to essential services such as housing, employment, and healthcare.

### Clinical Social Work Intern Parents, Educators and Students in Actions

**May 2022 to April 2023**  
**Los Angeles, CA**

- Managed Teen Court Cases, ensuring efficient handling of cases and adherence to legal and ethical standards.
- Conducted comprehensive Initial Intakes and biopsychosocial assessments, utilizing advanced clinical skills to identify clients' needs and strengths.
- Facilitated referrals to community resources, enhancing support networks based on client needs.

### Data Analyst 240 Tutoring

**June 2018 to July 2021**  
**Houston, TX**

- Conducted data verification to ensure regulatory compliance and accuracy in client records.
- Facilitated data management processes, providing leaders with accurate client data for informed decision-making.
- Identified data entry errors and related issues, promptly reporting them to supervisors for resolution and improvement.

### Houston Area Women's Center Administrative Volunteer

**Aug 2018 to Aug 2020**  
**Houston, TX**

- Prepared confidential records for audit purposes, resulting in enhanced accuracy and compliance with organizational standards.
- Organized paperwork, files, and other documentation, resulting in improved efficiency in information access and retrieval for staff and clients.

**Gulf Coast Educator  
Planned Parenthood**

**May 2016 to Feb 2017  
Houston, TX**

- Provided comprehensive health education to clients, leading to their enhanced ability to make informed decisions regarding their health.
- Offered subject matter expertise to support clinical assistance and program services, including Women, Infants, and Children (WIC) assistance, contributing to improved program outcomes and client satisfaction.
- Facilitated administrative support to clients seeking pregnancy termination, resulting in compassionate and efficient assistance throughout the process.

**Administrative Assistant to Registrar  
Texas Connections Academy**

**Jan 2015 to Feb 2016  
Houston, TX**

- Controlled and managed document processes by meticulously reviewing files, records, and critical information, leading to accuracy and compliance with company policies and procedures.
- Efficiently managed new file and retrieval requests, ensuring timely and accurate handling of documentation.
- Improved office efficiency by overseeing client correspondence, record tracking, and data communications, yielding streamlined processes and enhanced productivity.
- Provided friendly and knowledgeable service, promptly answering questions and fulfilling requests, achieving high levels of client satisfaction and effective service delivery.

**Senior Data Entry Operator  
City of Houston Health Department**

**June 2012 to Dec 2014  
Houston, TX**

- Reviewed labs as source documents to locate required data for entry, resulting in accuracy and completeness.
- Supported document reviews and auditing by locating and providing required data, leading to improved reporting on input procedures and other relevant circumstances.
- Updated departmental standard operating procedures and database to accurately reflect current practices, contributing to increased organizational efficiency.
- Processed confidential health information with care and precision, ensuring adherence to all state and federal regulations and requirements.
- Ensured the confidentiality of client and staff personal details by maintaining strict compliance with privacy regulations and guidelines, resulting in strengthened personal trust and security of client data.

---

## EDUCATION AND TRAINING

**Master of Social Work: Trauma-Informed Practice Certification**  
Simmons University of Social Work

**2023**  
Boston, MA

**LCSD Program**  
Houston Community College

**2021**  
Houston, TX

**Bachelor of Arts: Government And International Politics**  
George Mason University

**2010**  
Fairfax, VA

---

## TRAINING

- Texas Department of Family and Protective Services, Trauma Informed Care Training, Issued 2020
- CITI Program, Social and Behavioral Basics and Refresher, Issued January 2022

---

## LICENSES & CERTIFICATIONS

- LMSW Texas - Credential ID 112901
- LSW Colorado - Credential ID 0009925372