



Rachel Kusilek, MA, LPCC, CCATP-CA is approved by the Minnesota Board of Behavioral Health and Therapy (BBHT) to provide supervision for those seeking licensure as a Licensed Professional Counselor (LPC) or a Licensed Professional Clinical Counselor (LPCC).

Rachel's clinical experience includes work with children as young as 4 years old, adolescents, adults, couples, and families. Rachel actively uses play therapy, EMDR, sand tray, IFS, and ART modalities in her work with clients. Rachel specializes in trauma and childhood anxiety and has a history of working with suicidal and self-harming youth and women and children survivors of domestic violence.

Rachel sees the purpose of supervision as a way to assist inexperienced people entering the profession in further growing and developing into ethical and effective therapists. Rachel sees supervisees as capable and motivated and works to create a safe environment for vulnerability and growth. Goals for supervision will vary based on supervisees' interests, skill levels, and theoretical orientations. However, some common goals will likely be improving understanding of self and use of self in the therapeutic relationship, multicultural awareness, examining boundaries and improving ability to set boundaries, navigating ethical considerations, strengthening case conceptualization abilities, and improving implementation of therapeutic strategies in sessions.

Rachel offers both individual and group supervision opportunities.

Rates:

\$80 per hour for individual

\$45 per hour for dyadic

\$35 per hour for group

Please contact Rachel at [rachel@wildtreewellness.com](mailto:rachel@wildtreewellness.com) for more information.