

Rachel Heffield

427 S. Hillside Ave. Orlando, FL 32803

Phone: (407) 371-8076

Email: rachelheffield@gmail.com

Education

PhD, Regent University. Major: Counselor Education and Supervision	2017
MS, Wright State University. Major: Community Counseling	2005
BA, Cedarville University. Major: Psychology	2002

Licensure

Supervising Professional Clinical Counselor (PCC-S) Ohio license #E. 0500665	2006- Present
--	---------------

Teaching Experience

Assistant Professor of Counseling <i>Western Seminary</i> Teaching and advising masters counseling students online. <ul style="list-style-type: none">• Psychopathology• Research Methods & Program Evaluation	2020- Present
Adjunct Professor <i>The Baptist College of Florida</i> Academic courses taught online for undergraduate level: <ul style="list-style-type: none">• Counseling Techniques• Counseling Theories	2018- Present
Adjunct Professor <i>Beijing International Christian Fellowship- seminary extension program.</i> Academic course taught for multiple levels (B.A./M.A.): <ul style="list-style-type: none">• Pastoral Counseling	Spring 2014
Adjunct Professor <i>Hong Kong Institute of Christian Counseling.</i> Academic course taught at an undergraduate and master's level: <ul style="list-style-type: none">• Psychopathology (two sections)	Spring 2014

<p>Practicum Supervisor- Online <i>Regent University, Virginia Beach, VA</i> Provided weekly triadic supervision for M.A. students.</p>	2013-2014
<p>Teaching Assistant <i>Regent University- CES PhD program, Virginia Beach, VA</i> Academic course conducted online: Qualitative Research</p>	Spring 2012
<p>Trainer for Wonderful Counselor: lay counselor training program. (Conducted with translation into Chinese.) <i>Agape Counseling and Training- Beijing, China.</i></p>	2010-2011
<p>Adjunct Professor <i>Cedarville University, Cedarville, OH</i> Academic course taught at an undergraduate level: Counseling Skills, Department of Psychology.</p>	Fall 2007

Clinical Experience

<p>Co-founder/ Clinical Director <i>China Hope Center, Beijing, China</i> Established a professional, faith integrated counseling center serving the international expatriate community in Beijing. Implemented procedures for practice including staff management and electronic records handling. Individual and group supervision. Managed international team of counselors</p>	2014- 2018
<p>Professional Counselor <i>Raffles Medical Clinic (formerly International SOS)</i> Individual counseling for children through adults including couples. Adapted therapy for clients from over ten countries. Collaboration with medical team. Conducted workshops on mental health and well-being for clinic, international schools, and embassies.</p>	2014- 2016
<p>Supervising Professional Counselor <i>Independent practice</i> Women, cross cultural and multicultural issues. Supervised developing counselors. Consulted with NGOs in Beijing regarding crisis debriefing, program evaluation, and well-being.</p>	2010-2014
<p>Director of Supervision <i>Agape Counseling and Training, Beijing, China</i> Lead team of ten Chinese lay counselors to facilitate practice groups for lay counseling training. Presented one quarter of lectures with translation for one hundred Chinese participants.</p>	2009-2011
<p>Professional Counselor <i>Cedarville University- Counseling Services.</i> Provided individual and group counseling, crisis team member, mental health consultation and training for Residence Life staff.</p>	2004-2008

Vocational Ministry Experience

- VP of Member Development- Thriving Catalyst** 2017-Present
Pioneers USA
Promote thriving of missionaries through strategic and systemic interventions applying dissertation and other current research on well-being and engagement.
Provide leadership and strategic direction to team. Consult on mental health issues and policies.
Advocate for and collaborate with organizational leadership team to serve global workers.
- Missionary/ Team leader** 2010- 2017
Pioneers International.
Supported international workers and church planting through counseling.
Facilitated team member health and engagement through communication, fellowship and prayer.
- Associate Youth Pastor** 2008-2010
Capital Community Church, Beijing, China.
Teaching and mentoring of third culture teens. Organizing city- wide events and conferences.

Invited Addresses, Workshops, Seminars

- Hefffield, R. M. (May 2019). Thriving: Living Fully. Workshop presented for EuroConnect (Pioneers regional conference). Portoroz, Slovenia.
- Hefffield, R. M. (January 2019). Thriving Abroad. Online workshop for Leadership Development International. Presented online.
- Hefffield, R. M. (January 2019). Caring So People Thrive: Thriving While Caring. Breakout session presented for Receiving Well conference (Pioneers). Chiang Mai, Thailand.
- Hefffield, R. M. (September 2018). Thriving People: Thriving Organizations. Workshop presented to Missio Nexus annual conference. Orlando, FL.
- Hefffield, R. M. (April 2016). Emotional Resilience for TCKs. Seminar for Elementary parents at The International School of Beijing (on behalf of Raffles Medical Clinic). Beijing, China.
- Hefffield, R. M. (April 2016). Welcome to the Now: Thriving as Singles. Retreat for staff of the International School of Qingdao. Qingdao, China.
- Hefffield, R. M. (December 2015). Understanding Mental Illness. Presentation for US Embassy Staff Development, Beijing, China.
- Hefffield, R. M. (December 2015). Staying Healthy in Beijing (Wellness). Presentation for US Embassy Staff Development, Beijing, China.
- Hefffield, R. M. (September 2015). Did I Really Sign Up for a Life of Singleness? Questions and Myths. Workshop presented at annual teacher's conference. Leadership Development International. Beijing, China.
- Hefffield, R. M. (September 2015). One Another- Being a Safe Helper. Workshop presented at annual teacher's conference. Leadership Development International. Beijing, China.
- Hefffield, R. M. (September 2015). One Another- Seeking Understanding. Workshop presented at annual teacher's conference. Leadership Development International. Beijing, China.
- Hefffield, R. M. (November 2014). Stress Management. Community Workshop, International SOS Medical Clinic. Beijing, China.

- Hefffield, R. M. (September 2014). Managing Stress Effectively. Workshop presented to Senior class at Western Academy of Beijing. Beijing, China.
- Hefffield, R. M. (February 2014). Friend or Foe? Channeling Technology to Enhance Wellbeing and Reduce Burnout. Conference workshop for Social Media 2014- 19th International Education & Technology Conference. Hong Kong.
- Hefffield, R. M. (November 2013). Understanding Types of Mental Health Professions & Burnout vs. Depression. Presentation for International Community Group. Beijing, China.
- Hefffield, R. M. (November 2012). Understanding Burnout. Workshop presented to China Christian Counseling Conference. Chengdu, China.
- Hefffield, R.M. (November 2011). Supervision- What is it? Who needs it? Beijing Mental Health Network, Beijing, China.
- Hefffield, R.M. (October 2011). Ethics of Counseling in Ministry. Workshop presented at China Christian Counselors Conference, Beijing, China.
- Hefffield, R.M. (July 2010). Transitions- Who am I now? Helping Third Culture Kids (TCKs) transition to college in the US. TCK Reentry seminar, Cedarville, OH.
- Hefffield, R.M. (June 2010). Counseling Around the World. Presentation made to Substance Abuse II class. Palm Beach Atlantic College, Orlando, FL.
- Hefffield, R.M. (May 2010). Parenting Teens in Beijing: an interactive forum. Capital Community Church, Beijing, China.
- Hefffield, R.M. (April 2010). Nurturing Flowers into Bloom: The socio-emotional development of children. Presented to staff and administrators of programs for blind children as part of the 5-5-5 Program. Bethel Foundation, Beijing, China.

Research Experience

- | | |
|--|-------------|
| • Hefffield, R. M. (2016). The Experience of Thriving Among Global Workers in Asia. Qualitative Dissertation. | 2016 |
| • Compton, L., Gordon, M, Grande, T., Hefffield, R., Hill, S., & Meder, C. (2012). Value of Residency in an Online Doctoral Program. Completed and presented in fulfillment of CES 618 Qualitative Research. | Spring 2012 |
| • National Institute on Drug Abuse (NIDA) Research Assistant- Testing of pharmacological treatments for Cocaine addiction. | 2001- 2004 |

Affiliations/Memberships

- | | |
|---|--------------|
| • CAPS | 2020 |
| • American Association of Christian Counselors | 2017-2019 |
| • American Counseling Association | 2015-2018 |
| • Association for Counselor Education and Supervision | 2015-2017 |
| • Chi Sigma Iota- Counseling Honor Society (CSI) | 2005-Present |

Service

Beijing Mental Health Network- Coordinator- 2014-2015 Founding member- 2010.

Research Interests

Wellness/ Thriving/ Individual and organizational health

- Relationship of Thriving and Burnout
- Holistic counseling encouraging health of mind, body, and spirit
- Personal formation and health of leaders and counselors

Global applications of counseling

- Supporting expatriates through transitions and cross-cultural life
- Training of lay and professional counselors in developing countries
- Counselor professional identity in developing fields

Integration of Spirituality in Counseling

- Relationship of spiritual and mental health
- Equipping pastors and lay leaders to counsel in ministry roles