

Rachel Heffield

5511 SE Hawthorne Blvd. Portland, OR 97215

Phone: (503) 517-1902

Email: rheffield@westernseminary.edu

Education

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

Licensure and Certification

National Board Certified Counselor ID#: 1678918	2022- Present
Licensed Professional Counselor Oregon license #C6262	2021- Present
Supervising Professional Clinical Counselor (PCC-S) Ohio license #E. 0500665	2006- Present

Academic Experience

Center Chair for Spiritual and Personal Formation <i>Western Seminary- Portland, OR; San Jose, CA; Sacramento, CA</i> Counseling Academic Unit Leader- oversight for CMHC Program (Portland) and support for extension campus M.A. Counseling programs (San Jose & Sacramento) Organizing and implementing student assessment and program evaluation. Representing needs of counseling program to Academic Dean and Executive Leadership. Ensuring consistency of program delivery and program improvement. Service: <ul style="list-style-type: none">○ Academic Policies Committee○ Admissions Committee○ Dean's Council○ Faculty Search Committees	2021- Present
Program Director <i>CACREP Accredited Master of Arts Clinical Mental Health Counseling- Western Seminary, Portland, OR</i> Leadership and oversight for program faculty Promoting growth and innovation in program implementation	2021- Present

<p>Assistant Professor <i>Western Seminary- CACREP Accredited Master of Arts Clinical Mental Health Counseling</i> Mentor developing counselors in personal and spiritual formation, professional knowledge and clinical skills. Ensure implementation of CACREP Standards across curriculum. Teach masters level courses:</p> <ul style="list-style-type: none"> • CN500 Orientation to the Counseling Profession • CN502 Psychotherapeutic Systems (Online) • CN505 Psychopathology (Online) • CN506 Legal and Ethical Issues • CN507 Human Lifespan Development (Online) • CN513 Multicultural Counseling • CN514 Research Methods & Program Evaluation (Online) • CN520 Group Counseling • CN53X Clinical Case Conference Supervision 	<p>2020- Present</p>
<p>Adjunct Professor <i>The Baptist College of Florida</i> Academic courses taught online for undergraduate level:</p> <ul style="list-style-type: none"> • PSY 390 Counseling Techniques • PSY 340 Counseling Theories 	<p>2018- 2021</p>
<p>Adjunct Professor (Doctoral Internship) <i>Beijing International Christian Fellowship- seminary extension program.</i> Academic course taught for multiple levels (B.A./M.A.):</p> <ul style="list-style-type: none"> • Pastoral Counseling 	<p>Spring 2014</p>
<p>Adjunct Professor (Doctoral Internship) <i>Hong Kong Institute of Christian Counseling.</i> Academic course taught at an undergraduate and master's level:</p> <ul style="list-style-type: none"> • Psychopathology (two sections) 	<p>Spring 2014</p>
<p>Practicum Supervisor- Online <i>Regent University, Virginia Beach, VA</i> Provided weekly triadic supervision for M.A. students.</p>	<p>2013-2014</p>
<p>Teaching Assistant <i>Regent University- CES PhD program, Virginia Beach, VA</i> Academic course conducted online:</p> <ul style="list-style-type: none"> • Qualitative Research 	<p>Spring 2012</p>
<p>Trainer <i>Agape Counseling and Training- Beijing, China.</i> Wonderful Counselor: lay counselor training program. Presented one quarter of lectures with translation for one hundred Chinese participants. (Conducted in English with translation into Mandarin Chinese.)</p>	<p>2010-2011</p>

Adjunct Professor

Fall 2007

Cedarville University, Cedarville, OH- Department of Psychology.

Academic course taught at an undergraduate level:

- Counseling Skills

Dissertation Committees

Yan, Phyllis (In Progress) Restoration and Reintegration: Serving Chinese Missionaries Returning to Hong Kong (Qualitative Study)- Subject matter expert

Manoleas, Dawn (In Progress) Exploring the Mediating Effect of Resilience Between Job Satisfaction and Retention

Clinical Experience**Professional Counselor**

2021-Present

A New Day Counseling, Portland, OR

Individual and couples counseling services.

Co-founder/ Clinical Director

2014- 2018

China Hope Center, Beijing, China

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

Professional Counselor

2014- 2016

Raffles Medical Clinic (formerly International SOS)

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.

Supervising Professional Counselor

2010-2014

Independent practice

Women, cross cultural and multicultural issues. Supervised developing counselors. Consulted with NGOs in Beijing regarding crisis debriefing, program evaluation, and well-being.

Director of Supervision

2009-2011

Agape Counseling and Training, Beijing, China

Lead team of ten Chinese lay counselors to facilitate practice groups for lay counseling training.

Professional Counselor

2004-2008

Cedarville University- Counseling Services.

Provided individual and group counseling, crisis team member, mental health consultation and training for Residence Life staff.

Nonprofit Leadership Experience

VP of Member Development- Thriving Catalyst 2017-2020

Pioneers USA- International nonprofit

Promote thriving of global workers through strategic and systemic interventions applying current research on well-being and engagement including PhD dissertation study.
Provide leadership and strategic direction to team of lay and professional caregivers.
Advocate for needs of global staff as member of organizational leadership team.
Oversight of crisis intervention including the evacuation and relocation of global staff.
Consult on mental health issues and policies.

Missionary/ Team leader 2010- 2017

Pioneers International.

Supported international workers and organizational mission 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.

Affiliations/Memberships

- American Counseling Association (ACA) 2015- Present
- Association Multicultural Counseling & Development (AMCD) 2021- Present
- Association for Spiritual, Ethical, & Religious Values in Counseling (ASERVIC) 2021- Present
- Association for Counselor Education and Supervision (ACES) 2015- Present
- Chi Sigma Iota- Counseling Honor Society (CSI) 2005-Present
- Christian Association of Psychological Studies (CAPS) 2020- Present
- American Association of Christian Counselors (AACC) 2017-2019

Service

ACES Supervision Committee- Chair 2022-Present

ACES Special Committee Supervision- Co-chair 2021-2022

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

Invited Addresses, Workshops, Seminars

- Hefffield, R. M. and Summers, L. (August 2022). Supervision that Prepares Social Justice Advocates. Live Webinar presented for Black Mental Health Symposium.
- Hefffield, R. M. and Summers, L. (April 2022). Supervision that Prepares Social Justice Advocates. Live Webinar presented for ACES Supervision series.
- Hefffield, R. M. (March 2022). Mental Health in the Community: Understanding Disorders, Impact of Trauma and Promoting Well-being." Portland Rescue Mission staff training webinar.
- Hefffield, R. M. (February 2021). Maintaining Your Mental Health in a Covid World. Lunch N' Learn Webinar presented for English Language Institute China.
- 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

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