

Curriculum Vitae
Rachel L. Macor, PhD Candidate, M.A., LMHC
December 2025
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EDUCATION

2023-present

PhD in Counselor Education and Supervision, University of the Cumberlands*, KY

Cumulative GPA 4.0

Dissertation: *The Perils of Avoidance: Illusory Post-traumatic Growth in Holocaust Survivors*

Doctorate Advisor: Dr. Sherry Todd

Dissertation Chair: Dr. Matthew Lyons

2016-2018

M.A. in Psychology, Seattle University, Seattle, WA**

Masters Project: *Shallow Pitfalls of Understanding: The Internal Work of the Therapist*

Project Advisor: Dr. Erica Lilleleht

Graduate Advisor: Dr. Claire LeBeau

2014-2016

B.A. in Psychology with distinction in Psychology, University of Washington*, Seattle, WA**

Thesis: PTS Symptoms as moderator between Sexual Assault and Sexual Arousal Inhibition due to negative consequences.

Thesis Advisor & Sponsor: Dr. William H. George

Thesis Mentor: Elizabeth Bird, M.S.

*The Counselor Education & Supervision Program at the University of the Cumberlands is award winning and named the 2025 Outstanding Doctoral Program of The Year by SACES

**Seattle University is award winning, given public recognition for best value and social mobility

***The University of Washington and the University of Washington Psychology Department are both nationally and globally recognized for their leadership and contributions to the field

MANUSCRIPTS

1. **Macor, R. L.**, Bird, E., George, W. H. PTS Symptoms as mediator between Sexual Assault and Sexual Arousal Inhibition due to Negative Consequences (Preparing request and proposal to sponsor for permission to publish.)

RESEARCH EXPERIENCE

University of The Cumberland

The Perils of Avoidance: Illusory Post-traumatic Growth in Holocaust Survivors

Principal Investigator – Rachel Macor, Dissertation

April 2025-present

Inventory Creation: Illusory Post Traumatic Growth Scale

April 2025-present

- Principal Investigator
- Creating an inventory to be used for my dissertation that can also be used on a global level
- Delphi process soon to start

Dissertation Coach

April 2025-present

- Coaching peers through their dissertation process
- Providing feedback regarding theoretical structure and alignment
- Providing edits (grammar, APA formatting)

University of Washington Department of Psychology

Sexual Assault, Alcohol Use and Mental Health in American Indian/Alaska Native (AIAN) College Students: Examining Risk and Resiliency Factors

Danielle Eakins, Principal Investigator – Graduate Thesis

November 2015-July 2016

Research Assistant

- Implementation and development of Survey in Qualtrics
- Additional duties as needed

University of Washington Department of Psychology

Project FRESH

April 2015-August 2016

Research Assistant

- Training of new research assistants
- Post ads/flyers for subject recruitment
- Conduct telephone screening of potential subjects
- Enter screening information in a screening and tracking database
- Prepare and send participant correspondence
- Assist with data handling
- Perform literature searches
- Assist with necessary office tasks including: copying, filing, errands

University of Washington Department of Psychology

Thesis: PTS Symptoms as moderator between Sexual Assault and Sexual Arousal Inhibition due to negative consequences.

Thesis Advisor & Sponsor: Dr. William H. George

Thesis Mentor: Elizabeth Bird, M.S.

September 2014-August 2016

CONFERENCE EXPERIENCES

CONFERENCE LEADERSHIP

Seattle University, 2017

Psychology & The Other Conference

Leadership Committee

Responsibilities:

- Presentation Application Review
- Program Development
- Speaker Coordination
- Logistics: planning venue, vendors, equipment, schedule
- Registration process coordination

CONFERENCE PARTICIPANT

University of the Cumberland, 2026

Conference | In Practice, In Partnership: Shaping the Counseling Landscape Together

Teaching Presentation | From Theory to Practice: The Neurobiology of Treating Trauma

University of Washington, 2016

Undergraduate Research Symposium

Poster Presentation: PTS Symptoms as mediator between Sexual Assault and Sexual Arousal Inhibition due to Negative Consequences

TEACHING EXPERIENCES

University of the Cumberland

January 2026-upcoming

- Lead Teaching Fellow for Doctoral level courses
- Virtual Hybrid
- Courses: Trauma Counseling, Andragogy, Group Counseling, Private Practice & Clinical Supervision

April 2025-present

- Lead Teaching Fellow, Lead TA, & Teaching Assistant (TA) for Masters and Doctoral level courses
- Virtual Hybrid Format
- Courses: Trauma Counseling, Andragogy, Group Counseling, Private Practice, Clinical Supervision, Practicum, Internship 1, and Internship 2
- Training TA's on TA Requirements (Lead TA)
- Training Lead TA on how to train incoming new TA's (Lead Teaching Fellow)

Seattle University

March 2023-June 2024

- Undergraduate Psychology Instructor
- Virtual Hybrid
- Courses Taught: Health Psychology, Abnormal Psychology, Writing in Psychology

Seattle Central College

January 2019-present

- Undergraduate Psychology Instructor, PHL (Priority Hire Faculty)
- In-person, Hybrid, Virtual Hybrid, Online modalities
- Teaching multiple classes including Abnormal Psychology, General Psychology, Psychology of Human Relations, Lifespan Psychology, Individual Studies (Research Instructor for students writing literature reviews)

University of Washington

September 2015-December 2015

Abnormal Psychology TA with Dr. Deborah Chun

- Created and lead exam reviews
- Tutoring students

Seattle Central College

September 2013-January 2019

- Guest Lecturer:
 - *The Correlation between Incest & Prostitution*
 - *Incest, Prostitution, & Personality*
 - Multiple classes (General, Developmental, and Abnormal Psych classes). Quarterly.
 - For Professor Charles Jeffreys. (September 2013-January 2019)
- TA for Lifespan Psychology and Abnormal Psychology
 - Grading assignments and tests. Providing feedback.
 - Office hours for course content and theory questions.
 - For Dr. Krystle Balhan (June 2014-December 2014)

COURSEWARE DEVELOPMENT

Macor Courseware

January 2024-present

- Creates and sells courseware for colleges & universities to purchase, including:
 - Intensive Writing for Research in Psychology (upper undergraduate level)
 - Crisis & Trauma Counseling (masters level)

Seattle Central College

January 2019-present

- Co-created an Open Education General Psychology Canvas Course Template

MACOR COUNSELING PRODUCTIONS

Informational Brochures

January 2025-present

- Anxiety
- Depression
- Psychosis

PANEL PRESENTATIONS

Treating and Counseling for Child Sexual Abuse, November 25, 2025, University of the Cumberland

CONSULTING & COACHING

Dissertation Coach

April 2025-present

- Coaching peers through their dissertation process
- Providing feedback regarding theory, theoretical structure, and alignment
- Providing grammatical and APA feedback and guidance

Consultant

January 2021-present

- Providing case consultation to peers
- Providing professional consultation to peers
- Providing general consultation to students in graduate classes

CONTINUING EDUCATION INSTRUCTOR

University of the Cumberland, February 27, 2026

Conference | In Practice, In Partnership: Shaping the Counseling Landscape Together

Teaching Presentation | From Theory to Practice: The Neurobiology of Treating Trauma (1 CEU provided)

COLLEGE LEADERSHIP AND COMMITTEES

University of the Cumberland

Lead Teaching Fellow for Doctor Sherry Todd (Starting January 2026)

- Administrative work for Dr. Todd as needed
- Supervising Doctoral Interns
- Leading supervision meetings in Dr. Todd's absence
- Training Lead TA's in leadership duties
- Teaching Lead TA's how to teach incoming TA's in teacher assistant duties
- Teaching Lead TA's how to assess incoming TA's and the coaching they may or may not need
- Teaching class in Dr. Todd's absence
- Academic and Clinical supervision and consultation

Lead TA for Doctor Sherry Todd (August 2025-present)

- Administrative work for Dr. Todd as needed
- Leading supervision meetings in Dr. Todd's absence
- Training incoming TA's in duties, how to grade at the MA and Doctoral levels, guidelines, expectations for teaching doctoral and masters level students
- Educating TA's regarding FERPA and HIPAA guidelines in conjunction with educational software
- Teaching class in Dr. Todd's absence
- Academic and Clinical supervision and consultation

Seattle Central College

Chair for Course Approval Committee (CAC; September 2023-present)

- Leader and chair of the CAC
- Receives courses pre-approved from the dean and evaluates course applications
- Evaluates and provides editorial feedback for new courses and revisions
 - Course alignment and grammatical feedback
- Trains new CAC members on roles and functions of committee work
- Trains faculty in creating new and revising MCOs (Master Course Outlines)
- Creating rubric for MCO creation
- Trains faculty in creating new and revising Supplemental Course Outlines
- Creating a rubric for Supplemental creation

Curriculum Coordinating Council (CCC+; September 2023-present)

- Member of CCC+
- Helps lead and coordinate college wide learning outcomes
- Works collectively to keep instructional programs current
- Creates, documents, and disseminates curriculum policies
- Reviews, analyzes, evaluates programs and degrees

Course Approval Committee Member (July 2020-September 2023)

- Reviews course and MCOs and Supplementals
- Meets with team to review MCOs and Supplementals

Hiring Committees

- History faculty
- Political Science faculty
- History faculty

CLINICAL EXPERIENCES

Psychotherapy Cooperative (future-anticipated, planning for with the PC)

In-preparation, near future

- Supervising LMHCAs
- Supervision with the cooperative will be on a volunteer basis as this is a cooperative of therapists and supervisors striving to meet the needs of those underserved in the greater Seattle and Washington areas

University of the Cumberland

January 2024-present

- Supervisory Experience: TA for Master's Level Practicum Class
- Supervisory Experience: TA for Master's Level Internship Class
- Virtual Hybrid

Macor Counseling, PLLC

April 2019 - present

Mental Health Therapist (LMHC)

- Provides individual, couples, and group counseling
- Areas of Focus: trauma, c-PTSD/PTSD, abuse, IFS, family of origin (FOO), childhood emotional neglect (CEN), DID, medical/health issues, anxiety, OCD, and depression.
- Modalities used in therapy: existential phenomenological approach, EMDR, Internal Family Systems (IFS), ego-state therapy, prolonged exposure, poly-vagal, CBT, ACT

Ithemba Counseling, PLLC

September 2018 - June 2019

Mental Health Therapist (LMHCA)

- Provided individual, couples, and group counseling
- Areas of Focus: trauma, c-PTSD/PTSD, abuse, FOO, childhood emotional neglect, medical/health issues, anxiety, OCD, and depression

Matumaini Counseling

September 2018 - June 2020

Mental Health Therapist (LMHCA)

- Provided individual, couples, and group counseling
- Areas of Focus: trauma, c-PTSD/PTSD, abuse, FOO, childhood emotional neglect, medical/health issues, anxiety, OCD, and depression
- Helped plan community events

Matumaini Counseling

April 2014-April 2018

Mental Health Therapist Intern

- Provided clinical counseling for adults and teens; both individual and group sessions
- Conducted intake assessments for new clients
- Worked in a. Culturally diverse setting with underserved individuals
- Responsible for assessment, diagnosis, treatment planning, and referrals as needed
- Coached an undergraduate volunteer in preparation for a future career in counseling
- Worked together on wrap-around teams to further help clients served

Crisis Clinic of King County

April 2014-April 2018

Volunteer Supervisor

- Supervises multiple phone workers in crisis work via phone and chat.
- Coaches and trains phone workers during calls/chats, ensuring compassion and respect.
- Debriefs phone workers after calls/chats. Evaluates skill and performance.
- Counsels phone workers through any emotional response elicited by call/chat.
- Provides feedback to management, including discipline and promotion.
- Maintains and ensures compliance of policies and procedures by phone workers.
- Oversees all crisis calls and chats, assessing for risk, mental illness, and intervention.
- Evaluating, implementation, and follow-through of mandated reporting.
- Ensures accurate and timely documentation of calls/chats

CLINICAL TRAININGS & CERTIFICATIONS

EMDR: Fully Trained

Crisis Clinic of King County: 60-hour Crisis Training

ASIST: Applied Suicide Intervention Skills Training

CITI: Collaborative Institutional Training Initiative (2013)

CITI: Collaborative Institutional Training Initiative (2024)

Telehealth Certification

Ego-States Training with Robin Shapiro

Advanced Ego-States Training with Robin Shapiro

Military Culture and Deployment Training, with Star Behavioral Health, Tier 1

SERVICE LEARNING

Emergency Receiving Center (ERC) – REST (Real Escape from the Sex Trade)

September 2013 - December 2013

- Implementation and development of ERC for victims exiting prostitution
- Envisioned aesthetics that evoke calmness but also state and honor their dignity
- Recruited, organized, and oversaw installation process
- Provided specialized supervision for an individual (volunteer) with autism

SERVICE TO THE PROFESSION

Data Collection for Research Study (November 2025-present)

Volunteer Clinical Assistant Supervisor for Dr. James Norris (January 2024-December 2024)

Pro Bono Consultation (January 2023 to present)

Volunteer Supervisor at Crisis Clinic of King County (2014-2018)

MEMBERSHIPS

American Counseling Association (ACA)

Association for Counselor Education & Supervision (ACES)

Association of Traumatic Stress Specialists (ATSS)

International Society for Traumatic Stress Studies (ISTSS)

Western Association for Counselor Education & Supervision (WACES)