

Rebecca Lynne Ray, MA, PLPC

Mental health counselor, suicide prevention educator and communications professional

Supervision site: Lotus Counseling, Creve Coeur, Missouri

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BIO & OVERVIEW

I am a provisionally licensed professional counselor in private practice with Lotus Counseling (Creve Coeur, Missouri), working with individuals, couples and families. My primary modalities are Cognitive Emotional Behavioral Therapy (CEBT), Dialectical Behavior Therapy (DBT), Family Systems/Attachment, and Strength-based Collaborative approaches. Since 2015, I have helped lead suicide prevention efforts in the St. Louis metro area (more below). I studied perinatal mental health and emergency mental health assessment at the University of Plymouth, United Kingdom, in 2021. I also served as a training provider/presenter for the Missouri Behavioral Health Council, Missouri Department of Mental Health, and Missouri Mental Health Counselors Association. I am currently bi-vocational, having worked as a communications professional prior to beginning my career transition into the mental health profession.

EDUCATION

Post-Master's Advanced Professional Practice (Level 7), 40 credits. University of Plymouth, Plymouth, United Kingdom. Perinatal Mental Health, and Mental Health Assessment in Urgent, Emergency and Acute Care. Completed July 2021.

Master of Arts, Professional Counseling. Lindenwood University, St. Charles, Missouri. Additional certificate: Marriage and family counseling. Graduate 2018.

Bachelor of Journalism; Minor in Psychology. University of Missouri-Columbia, School of Journalism.

CLINICAL PRACTICE

Provisionally Licensed Professional Counselor (PLPC). **State of Missouri-Missouri Committee for Professional Counselors.** 2018-Present.

- National Counselor Examination (NCE) for licensure and certification, National Board for Certified Counselors. Pass; results available upon request.
- Counselor Preparation Comprehensive Examination (CPCE), Center for Credentialing & Education. Pass; results available upon request.

Counselor. **Lotus Counseling**, Creve Coeur. Summer 2018-Present. Individual, couple, family and group therapy. Modalities: CBT, DBT, Family Systems/Attachment, Solution-Focused Brief Therapy, Strength-Based, Emotionally Focused, Mindfulness Based, Guided Imagery. Emphasis: stress and anxiety management, relationships and life transitions, mood disorders, adjustment disorders, severe mental illness (schizophrenia, bipolar disorder).

Affiliated therapist. **Circle of Concern**, community services and food pantry, St. Louis. 2020-Present. Mental health services in support of the agency's grant, including mental wellness and stress management programming for staff and volunteers.

Counselor. **Creve Coeur Community Counseling**, St. Louis. July 2017-May 2018. CCCC provides low-cost mental health services to referring agencies and healthcare providers. Individual, couple and group therapy. Focus areas: Premarital and marital counseling, anger management, substance use, personality disorders, women's issues.

Crisis worker and CW mentor. **National Suicide Prevention Lifeline and Life Crisis Services** of St. Louis, administrated by Provident Behavioral Health, St. Louis. July 2015-July 2017. Duties: Crisis counseling by phone, chat and online forum; individual assessment, data collection (demographics), case documentation, follow-ups, intervention and active rescue, and safety planning. May 2016-CW mentor—Training and supervision of new crisis workers. Focus areas: Suicide intervention, prevention referrals and follow-up; variety of issues: relationship and family problems, depression, anxiety, substance use, gender identity, trauma and abuse, grief, financial problems.

SUICIDE PREVENTION

Member and Steering Committee member. **St. Louis Regional Suicide Prevention Coalition**. Formerly on the Community Outreach and Education Committee. Initiatives include coalition website (stlsuicideprevention.org) and annual Suicide Prevention Day training program for healthcare providers and the community.

Member. **American Association of Suicidology**, Crisis Services Committee. Initiatives include support and outreach regarding rollout of 988, national mental health/crisis services line, scheduled for July 2022.

Lifeguard and volunteer. **American Foundation for Suicide Prevention-Missouri Chapter**. Suicide prevention education, outreach and counseling support for presentations and programs in the St. Louis metro area.

Suicide prevention educator. **Missouri Behavioral Health Council and Missouri Department of Mental Health.** September 2021. Topic: New Mothers in Crisis: Research findings and the perinatal time period as a critical turning point for women's mental health.

Suicide prevention educator. **Missouri Mental Health Counselors Association.** Annual Conference - 2018, 2019, 2020, 2021. Topics include suicide assessment, intervention and referral, treatment, suicide risk management.

Suicide assessment trainer. **Crime Victim Center.** January 2020. Suicide Assessment & Intervention Training.

Suicide training and community presenter. **Creve Coeur Counseling Associates.** 2017, 2018. Half-day training, topic: working with clients who have thoughts of suicide. June 2019: Suicide: The Ripple Effect, movie special screening with community outreach and education.

TRAINING & PROFESSIONAL

- Applied Suicide Intervention Skills Training, ASIST-trained, through Living Works.
- Counseling on Access to Lethal Means (CALM) certificate, through Suicide Prevention Resource Center (SPRC).
- Psychological First Aid Online certificate, through National Center for PTSD.
- Certified Clinical Trauma Professional, through PESI Behavioral Health.
- Externship for Emotionally Focused Therapy (EFT, Sue Johnson) for Couples.
- Member. American Counseling Association (ACA).
- Member. American Association for Marriage and Family Therapy (AAMFT).
- Member. International Association of Marriage & Family Counselors (IAMFC).

COMMUNICATIONS EXPERIENCE

Director, Marketing Communications. **Allsup.** Belleville, Illinois (metro St. Louis area). January 2020-Present. Allsup is a provider of disability, healthcare and insurance related services to people with disabilities. Role includes planning, development, implementation and support of the organization's marketing strategies and initiatives.

Director, Corporate Public Relations. Allsup. November 2009-Present. Direct all aspects of comprehensive communications programs in partnership with Senior Management Team, HR and Marketing to enhance the corporate brand, company profile, products, services and solutions to consumers and clients.

Manager, Corporate Communications. Allsup. November 2007-November 2009.

Leadership of internal communications programs, including employee intranet, products and services launches, employee events, training and engagement.

Communications Consultant. Allsup Employment Services. Belleville, Illinois (metro St. Louis area). 2014-Present. Subsidiary of Allsup and federal contractor with the Social Security Administration. Creation and development of internal communications and public relations strategy to support business launch and expansion.

Editing, assistant editor, reporter. Various media outlets, including St. Louis CEO business monthly magazine, Business First of Louisville (American City Business Journals), and other news media outlets in Kentucky. 1998 through 2007.

References available upon request.

Rebecca Ray, Lic. #MO2018027686 currently under the supervision of Susan Hall, M.Ed., LPC, Lic. Missouri #002703.