

## Rachel Eshel, Psy.D.

Mailing Address: 2608 Erwin Road, Suite 148-128, Durham, NC 27705  
Phone: (919) 249-8896 • E-Mail: rachel@tpctogether.com

---

### EDUCATION AND CREDENTIALS:

- 2018 - present**      **North Carolina Licensed Psychologist & Certified Health Services Provider, License #5297**
- 2016 - present**      **New York State Licensed Psychologist, License #021914**
- 2020 - present**      **Psychology Interjurisdictional Compact (PSYPACT) member, Mobility #5725**
- 2021 - present**      **Florida Telehealth Provider, #TPPY1245**
- 2010 - 2015**      **Psy.D., Pace University, School-Clinical Child Psychology, New York, NY**  
APA-accredited, degree conferred August 2015.  
*Doctoral Project:* The Relationship between Parental Attachment & Competence and Child Psychosocial Adjustment in a Clinically Referred Child Sample.  
**M.S.Ed. School Psychology, with NY State bilingual specialization (Spanish/English)**  
NASP-accredited, degree conferred January 2014.
- 2002 - 2006**      **B.A., Tufts University, Medford, MA**  
Majors: Child Development and Community Health (Cum Laude).  
Study abroad at the Universidad Autónoma de Madrid, Spain, 2005.

### CLINICAL EXPERIENCE:

- 2020-present**      **Licensed Clinical Psychologist, Triangle Psychology Center, Durham, NC.**  
Provide therapy and consultation services in the areas of child, adolescent, adult, perinatal and reproductive mental health. Conduct immigration evaluations for asylum seekers. Conduct evaluations and consultations for third party reproduction.
- 2020 - 2023**      **Adjunct Clinical Supervisor, McShane Center, Pace University, New York, NY.**  
Supervise clinical work of doctoral students in PsyD program, including therapy cases as well as asylum evaluations through the Global Mental Health Community Clinic.
- 2018**      **Licensed Clinical Psychologist, Greenleaf Psychological & Support Services, Durham, NC**  
Conducted comprehensive psychological assessments for children and adults; addressed cognitive, academic, developmental, psychiatric, neurocognitive, social-emotional, and personality functioning.
- 2015 - 2016**      **Postdoctoral Psychology Fellow, Child/Pediatric Psychology with Underserved Populations, Westchester Institute for Human Development, affiliate of New York Medical College, Valhalla, NY**  
*(1) Assessment, Foster Care & Early Childhood:* Conducted psychological evaluations, biological parent screenings, and foster home assessments for children/families in the foster care system. Participated in early intervention and preschool assessments for children with suspected cognitive, social-emotional, and/or developmental issues.

(2) *Child and Adolescent Therapy, Foster Care*: Provided outpatient psychotherapy that incorporated cognitive behavioral, psychodynamic, and play therapy techniques for children and adolescents in foster care who presented with trauma-related issues.

(3) *Professional Development*: Participated in the Maternal and Child Health Bureau's Leadership Education in Neurodevelopmental and Related Disabilities (LEND) fellowship and participated in research study on evaluating the efficacy of a post-foster care program. Attended didactic seminars and individual/group supervision. Gave formal presentations.

**2014 -2015**

***Predoctoral Psychology Intern, Children's Hospital Los Angeles/University of Southern California Keck School of Medicine, Los Angeles, CA***

Completed concurrent placements in (1) Child/Family Assessment, (2) Early Childhood Mental Health, and (3) Child/Family Mental Health. Participated in the Maternal and Child Health Bureau's LEND program. Participated in a portion of individual/group supervision sessions in Spanish. Attended weekly didactic seminars.

(1) *Child/Family Assessment Program*: Conducted psychodiagnostic, psychoeducational, and neuropsychological assessments and bilingual language screenings with children and adolescents. Conducted clinical interviews and assessment feedback in English and Spanish. Utilized Therapeutic Assessment model in providing assessment-related feedback to children. Presented assessment cases within group supervision.

(2) *Specialty Track Placement, Early Childhood Mental Health*: Provided dyadic and family outpatient psychotherapy in English and Spanish (Child Parent Psychotherapy [CPP] and DIR Floortime) to children ages birth to five with a variety of presenting concerns, including behavioral and emotional issues, complex trauma histories, medical issues, and developmental delays. Provided case management and advocated for children's educational needs. Completed a psychological assessment of a young child. Received training towards certification in CPP and training in DIR Floortime, and ongoing individual and group supervision in both models. Participated in weekly early childhood didactics & supervision.

(3) *Child/Family Therapy Program*: Provided individual and family outpatient psychotherapy in English and Spanish that integrated cognitive behavioral, psychodynamic, and family systems approaches to school age children and adolescents with mental health issues, including depressive disorders, anxiety disorders, trauma-related issues, disruptive behavior disorders, and ADHD. Provided case management and advocated for children's educational needs. Provided treatment and received supervision in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Completed certification training in Incredible Years (IY) and co-facilitated IY group for early childhood-aged children, focusing on social skills and developmental and behavioral concerns. Conducted regular comprehensive psychodiagnostic intakes and participated in weekly intake clinic group supervision. Participated in youth obesity clinic and shadowed psychiatrist in medical inpatient unit.

**2013 - 2014**

***Clinical Psychology Extern, New York City Children's Center - Bronx Campus (fka Bronx Children's Psychiatric Center), Bronx, NY***

Conducted individual & group therapy that integrated psychodynamic, cognitive behavioral, Dialectical Behavioral Therapy (DBT) and mindfulness approaches in intermediate-level psychiatric hospital for children and adolescents. Conducted assessments of cognitive and personality functioning. Conducted DBT group on adolescent unit and received related supervision. Primary placements were on units with latency-aged children and adolescents. Participated in individual and group supervision, didactics and grand rounds.

**2010 - 2014**

***Psychotherapy Extern, McShane Center for Psychological Services, Pace University, New York, NY***

Conducted psychodynamic, cognitive behavioral, and evidence-based (Seeking Safety) therapies with child and adult patients with trauma-related issues, depressive disorders, anxiety disorders, alcohol abuse, and high functioning Autism. Patients seen on long- and short-term bases. Participated in weekly individual and group supervision.

- 2012 - 2013**      ***Psychological Testing Extern, Four Winds Hospital, Katonah, NY***  
Assessed cognitive, neuropsychological, and personality functioning of children and adolescents undergoing inpatient hospitalization. Contributed to case conceptualization and report writing.
- 2012**              ***Clinical Psychology Extern, Albert Einstein College of Medicine Early Childhood Center, Bronx, NY***  
Conducted group attachment-based therapy with parent-infant dyads. Carried out individual therapy with Spanish-speaking parent at risk for losing child custody.
- 2011 - 2013**      ***School Psychology Intern, Passaic, New Jersey City Schools***  
Conducted play, individual and group therapy with children and adolescents, integrating cognitive behavioral and psychodynamic techniques. Assessed cognitive, academic and social-emotional functioning of children referred for special education evaluation. Consulted with teachers and school personnel.

**PRACTICA EXPERIENCE:**

- 2013**              ***Trauma & Substance Use Disorders practicum, McShane Center for Psychological Services, Pace University, New York, NY***  
Conducted 12-session evidence-based treatment (Seeking Safety) with an adult patient with a history of substance abuse and trauma.
- 2011 - 2012**      ***Diagnostic Interviewing and Disposition Seminar, McShane Center for Psychological Services, Pace University, New York, NY***  
Conducted Structured Clinical Interviews for DSM-IV Diagnoses (SCID-IV). Did clinical case presentations and report writing.
- 2010-2011**      ***Autism Practicum, Rebecca School, New York NY, and McShane Center for Psychological Services, Pace University, New York, NY***  
Utilized DIR Floortime techniques at a school for children with Autism Spectrum Disorders. Conducted group therapy with college-age students with Autism Spectrum Disorders and participated in related seminar.
- 2010 - 2011**      ***Parent-Infant Practicum, McShane Center for Psychological Services, Pace University, New York, NY***  
Observed group of caregivers and infants and participated in related seminar.

**PROFESSIONAL EXPERIENCE:**

- 2007 - 2010**      ***Coordinator, National Programs, Children's Health Fund, New York, NY***  
Research, writing, & editing: co-authored book chapter; contributed to development of psychosocial curriculum; edited resource manual on building a mobile pediatric medical home; and contributed to literature review on mental health and academic success. Worked with Mental Health department to coordinate trainings, perform site evaluations, and write psychosocial curriculum. Coordinated biannual data collection, tracked grants and distribution of funds to programs, and planned conferences.
- 2008 - 2011**      ***Assistant (per diem), Private Practice of Dr. Paula Madrid, Clinical Psychologist and Trauma Specialist, New York, NY***  
Edited psychological evaluations of individuals and families undergoing immigration-related legal proceedings.

**2006 - 2007**

**Counselor, Lutheran Medical Ctr Family Support Services & AmeriCorps, Brooklyn, NY**  
Provided case management services for Spanish-speaking immigrants. Advocated for and counseled clients around issues of domestic violence, public benefits, immigration, the public school system, housing, and health care. Conducted interviews as member of hospital's research team investigating what Hispanic women do not disclose to health care providers. Facilitated educational workshops about the Family Support Center, domestic violence and access to health care. Presented on domestic violence at national AmeriCorps conference.

**LANGUAGE SKILLS:**

English – Fluent

Spanish – Proficient (reading, writing and speaking)

**PROFESSIONAL DEVELOPMENT & CERTIFICATIONS:**

*Acceptance and Commitment Therapy (ACT): Theory and Practice, intensive workshop* (2023, May). Cognitive Behavior Institute Center for Education. Live virtual training.

*Interpersonal Psychotherapy, Perinatal Course* (2022, November). Interpersonal Psychotherapy Institute. Live virtual training.

*Jefferson Infertility Counseling Conference* (2022, April). Thomas Jefferson University. Philadelphia, Pennsylvania.

*Mind Body Fertility training* (2022, January). Dr. Alice Domar and Rescripted. Live video conference training.

*SPACE (Supportive Parenting for Anxious Childhood Emotions) training workshop* (2021, September). Yale University Child Study Center. Live webinar training.

*Cognitive Processing Therapy, An Online Training Course* (2021, August). Medical University of South Carolina. Online course.

*Use and Interpretation of the PAI in Reproductive Medicine* (2021, June). Thomas Jefferson University, Jefferson Infertility Counseling Conference. Online Workshop.

*Cognitive Behavioral Therapy for Insomnia* (2021, January). Medical University of South Carolina, Department of Psychiatry and Behavioral Sciences' Office of Continuing Education. Online course.

*American Society for Reproductive Medicine Mental Health Professional Certificate Courses, Parts 1, 2 and 3 (Basic Infertility; Treatment Interventions; Special Populations)* (2020 - 2021). Webinar Courses.

*Therapeutic Assessment with Children and Adolescents* (2020, June). Minnesota Center for Collaborative / Therapeutic Assessment. Webinar Training.

*Asylum Evaluation Training* (2020, March). Columbia University Asylum Clinic/Human Rights Initiative and Physicians for Human Rights. Webinar Training.

*Emotionally-Focused Therapy with Individuals and Couples: Attachment Theory in Practice* (2020, January). University of North Carolina School of Social Work. Chapel Hill, NC.

*Maternal Mental Health Certificate Training for Mental Health and Clinical Professionals* (2019, February - June). 2020 Mom and Postpartum Support International. Webinar Course.

*Autism Diagnostic Observation Schedule, Second Edition (ADOS-2) training* (2017, November). University of North Carolina at Chapel Hill, TEACHH Autism Program. Chapel Hill, NC.

*Leadership Education in Neurodevelopmental Disabilities (LEND) Fellowship* (2014 – 2016). University of Southern California Keck School of Medicine and New York Medical College. Los Angeles, CA and Valhalla, NY.

*Child Parent Psychotherapy (CPP) training* (2014 - 2015). Children's Hospital Los Angeles/University of Southern California (USC) Keck School of Medicine. Los Angeles, CA.

*DIR Floortime training* (2014 - 2015). Children's Hospital Los Angeles/University of Southern California (USC) Keck School of Medicine. Los Angeles, CA.

*Incredible Years Parent Group Leader training* (2014, July) and *Child Group Leader training* (2014, October). Children's Hospital Los Angeles/University of Southern California (USC) Keck School of Medicine. Los Angeles, CA.

*Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) training* (2013, July). Child HELP Partnership, St. John's University, New York, NY.

*Seeking Safety training (Trauma & Substance Use Disorders practicum)* (2013, January – June). Pace University, New York, NY.

*Group Attachment-Based Intervention training* (2012, October). Albert Einstein College of Medicine Early Childhood Center and the New School for Social Research, New York, NY.

*Rorschach Performance Assessment System (R-PAS) training* (2012, June). Fordham University, New York, NY.

*Society for Personality Assessment annual conference, Presenter* (2011 & 2012, March). San Diego, CA & Chicago, IL.

*New York State (NYS) Child Abuse certification and NYS Violence Prevention certification.*

#### **AFFILIATIONS/MEMBERSHIPS:**

American Society for Reproductive Medicine, Mental Health Professional Group.

Physicians for Human Rights Asylum Network.

Postpartum Support International.

#### **RESEARCH EXPERIENCE:**

**2015 – 2016**                      ***Postdoctoral Psychology Fellow, Westchester Institute for Human Development, Valhalla, NY***  
Participated in research study on the efficacy of a post-foster care program. Presented preliminary findings at formal professional gatherings.

**2010 - 2013**                      ***Graduate Research Assistant to Dr. John Stokes, Four Winds Hospital, Katonah, NY, and Pace University, New York, NY***  
Conducted study on the relationship between perceived parental attachment & competence and child psychosocial adjustment in a clinically referred child sample (Doctoral Project). Collaborated on studies conducted on an inpatient pre-adolescent population about the relationship of the Reality Fantasy Scale to psychotic symptoms in children and the Rorschach Oral Dependency Scale.

**2009**                                ***Coordinator, National Programs, Children's Health Fund, New York, NY***  
Conducted literature review and collected case vignettes for book chapter on the creation of mental health disability post-Hurricane Katrina.

2007

**Counselor, Lutheran Medical Ctr Family Support Services & AmeriCorps, Brooklyn, NY**  
Conducted interviews in Spanish as member of hospital's research team investigating what women of Hispanic ethnicity do not disclose to health care providers.

**PUBLICATIONS & PRESENTATIONS:**

Suozzi, D., Dweck, J., **Rosen (Eshel), R.**, Stokes, J. & Pogge, D. (2012, March). *Relationship of the Reality Fantasy Scale to Psychotic Symptoms in Children*. Presented at Society for Personality Assessment conference, Chicago, IL.

**Rosen (Eshel), R.**, Dweck, J., Stokes, J. & Pogge, D. (2011, March). *Exploration of the Rorschach Oral Dependency Scale in an Inpatient Pre-Adolescent Sample*. Presented at Society for Personality Assessment conference, Cambridge, MA.

Madrid, P, Grant, R., & **Rosen (Eshel), R.** (2009). Creating Mental Health Disability through Inadequate Disaster Response: Lessons from Hurricane Katrina. In *Disability: Insights from Across Fields and Around the World, Volume II*. Editors: Marshall, C., Kendall, E., Banks, M. & Grover, R. M. Praeger Press.