

Rachel Kelly Garrett, LICSW

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EDUCATION

Master of Social Work

Troy University, Troy, Alabama
July 2016

Bachelor of Science in Social Work

Troy University, Troy, Alabama
December
2010

LICENSURE & CERTIFICATIONS

Licensed Independent Clinical Social Worker (LICSW)

Alabama Board of Social Work Examiners
License #4308C

National Provider Identifier (NPI)

1679124523

PROFESSIONAL EXPERIENCE

Troy University

Lecturer, Department of Human Services and Social Work

January 2026 – Present

- Teach undergraduate Human Services courses and prepare students for professional practice in helping professions.
- Facilitate classroom instruction, student engagement, and applied learning experiences.

Courses Taught:

- HS 3370 – Professional Communication Skills in the Helping Profession
- HS 2230 – Introduction to Human Services

- HS 2240 – Ethics in the Helping Profession
- HS 3310 – Human Behavior in the Social Environment

Spring Health

Therapist

February 2023 – Present

- Provide therapeutic interventions and evidence-based treatment to clients through a virtual care platform.
- Support clients in developing coping strategies and achieving mental wellness goals.

Dothan Behavioral Medicine Clinic

Assessment Specialist

November 2021 – Present

- Conduct biopsychosocial assessments and collaborate with physicians to evaluate mental health needs and treatment options.

BetterHelp

Teletherapy Psychotherapist

November 2021 – Present

- Provide teletherapy services and evidence-based interventions for individuals experiencing mental health challenges.

Troy Regional Medical Center

Intake Coordinator and Therapist, Geriatric Psychiatry Unit

October 2019 – November 2021

- Provided therapeutic services, patient assessments, and admission coordination for geriatric psychiatry patients.

ADDITIONAL RELEVANT EXPERIENCE

Troy University

Adjunct Professor

Fall 2016 – August 2018

- Taught Human Services Pre-Practicum and Field Experience and Social Work Ethics courses.
- Mentored and prepared students for professional practice.