



***Rachel Cope, LCSW***

Rachel is a Licensed Clinical Social Worker with over 5 years of experience in the mental health field. Before ever thinking about becoming a social worker, Rachel worked at a therapeutic day school as a teacher's assistant with children suffering from severe mental illness and trauma. She later moved to Ecuador for a year where she worked for a non-profit organization focused on creating sustainable programs in rural communities. She learned Spanish and fell in love with the culture. Upon returning to the United States, Rachel went to work for the Waukegan Public Library where she coordinated two literacy programs, one for mothers and their young children and another for adult ESL students. These experiences propelled her into the work she does today with children and families as an LCSW.

In Rachel's full-time role, she is a Social Worker at Christopher House, an early childhood program and charter school based on the northwest side of Chicago. Rachel provides individual and group therapy to children, adolescents, adults, and families. She recently joined the New Light team as a part-time staff therapist where she's eager to continue providing compassionate therapeutic services to clients. Rachel is a strengths-based, client-centered clinician who strongly believes that her clients are the experts of their own lives. Life can be really hard (especially after a year like 2020!). It is a true joy of hers to accompany people along their journey to peace and healing.

**Education:**

- BA, English Literature, Belmont University, Nashville
- MSW, Loyola University, Chicago

**Areas of Specialty:**

- Trauma and Healing
- Anxiety
- Depression
- Domestic Violence Concerns
- Play Therapy
- Child and Adolescent Development
- Psychodynamic Theory and Practice
- Relationship-Focused Therapy