

MAREAS

Comprehensive Therapeutic Services for Children & Families



RACHEL HENRY, BSW, MSW, RSW **Child & Family Therapist**

Rachel is a Registered Social Worker with over 10 years of experience supporting children and their families. Rachel has worked in the Child Welfare system utilizing a strengths-based and solutions-focus lens and believes that children and families are the experts in their own lives. Rachel completed her Honours Bachelor of Arts at McMaster University, completed a post-Graduate Diploma in Clinical Behaviour Studies and went on to complete a Master's of Social Work at Wilfrid Laurier University. Rachel is a member in good standing with the Ontario College of Social and Social Service Workers (OCSWSSW) and the Ontario Association of Social Workers (OASW).

Since 2013 Rachel has engaged in extensive training regarding infant-parent psychotherapy and the importance in the infant-parent dyad in clinical work. This past summer Rachel completed her **Level I Play Therapy** training through the **Canadian Play Therapy Association (CAPT)** and begins Level II this summer. Rachel believes that the use of play with children supports them in moving through difficult and challenging material that they may not have the language to describe or explain. The ability for play to assist a child in moving forward from trauma cannot be undervalued.

Rachel's clinical training includes:

- Play Therapy Level I
- Trauma Assessment and Treatment Certificate
- Children's Grief and Bereavement
- Trauma Integration Clinical Training
- Infant-Parent Psychoanalytic Psychotherapy
- Emotion-Focused Family Therapy
- Reflective Family Play

Rachel is passionate in providing support to both children and families and believes that there a playfulness in all of us. Rachel gets lots of practice with her two young sons and all their many adventures.

"Enter into children's play and you will find the place where their minds, hearts, and souls meet." ~ V. Axline