

Rebekah A. Freese, MSW, LCSW

721 Clark Hall
School of Social Work
University of Missouri
Columbia, MO 65211
(573) 882-9486
freesera@missouri.edu

ACADEMIC APPOINTMENT

Clinical Instructor University of Missouri School of Social Work, Columbia, MO
August 2011 - present

Director Integrative Behavioral Health Clinic
University of Missouri School of Social Work & HES Extension, Columbia MO
August 2014 - present

EDUCATION

Ph.D. **Anticipated graduation date, December 2018, The University of Missouri School of Social Work, Columbia, MO**
Dissertation Title: Self-Efficacy In Risk Assessment and Management Of Suicidal Clients: Training Perspectives From Missouri Mental Health Providers
Committee Chair: Dr. Mansoo Yu, Ph.D.
Committee Members: Tina Bloom, M.D., Kelly Canada, Ph.D., Clark Peters, Ph.D., Ronda Reitz, Ph.D.

M.S.W. **May 2000, University of Missouri**
School of Social Work, Columbia, MO
Track: Clinical
Concentration: Mental Health

B.S.W. **December 1994, University of Texas-Arlington**
School of Social Work, Arlington, TX

PROFESSIONAL LICENSURE & CERTIFICATIONS

2016 **In Process:** Trauma Focused Cognitive Behavioral Therapy Certification
2014 **In process:** National Certified Dialectical Behavioral Therapist
2002 – present **Licensed Clinical Social Worker**, Missouri License Number: 2003023548
2000 **Juvenile Sexual Offender Counselor Certification** – University of Louisville

TEACHING

My teaching interests include:

- Evidence-Based clinical social work practice
- Interpersonal Theory of Suicide
- Suicide Assessment, Management and Prevention
- Social work and mental health
- Social work with adolescents and families
- Mental health service delivery

2011 – present **Clinical Instructor**

The School of Social Work – University of Missouri

Master Level Courses:

Integrative Behavioral Health Clinic (in person) – experiential learning classroom, hands on experience for students in the area of assessment, direct skills, advanced clinical skills, research and policy.

Social Work Skills (in person) – Introduction course to social work and direct skills.

Strategies of Clinical Social Work Intervention (in person) – Social work practice theories and application of evidenced-based practice models.

Introduction to Dialectical Behavior Therapy (in person) – Advanced clinical practice, understanding the foundation of DBT, behavioral principles of DBT, individual session practice, and skills training for group and individual skill acquisition.

Family Treatment (in person) – Advanced clinical practice, evidence based treatments effective for family intervention and application of practice models.

Professional Practice Seminar (online) – Course concurrent with field practicum II, discussion of practice, ethical dilemmas, bridging classroom course work to the field, and development of the capstone project.

Social Justice Seminar (online) – Integrative learning experience in social work practice, focusing on social and economic justice experiences in field practicum I.

2008-2011 **Adjunct Instructor**

The School of Social Work – University of Missouri

Master & Bachelor Level Course

Helping Strategies with Children & Adolescents (in person) – Introduction to clinical strategies for children and adolescents, cross listing course

PEER-REVIEWED PUBLICATIONS (reverse chronological order)

Published/In Press

Markward, M. Benner, K. & **Freese, R.** (2013). Perspective of Parents on Making Decisions of Care and Treatment of a Child with Cancer: A Review of the Literature. *Families Systems & Health, 31(4)*, 406-413.

Fitch, D., Canada, K., Cary, S., & **Freese, R.** (2016). The use of online video conferencing to facilitate social work role plays. *Advances in Social Work, 17(1)*, 78 – 92. doi: 10.18060/20874

Under Review/Revise & Resubmit

Ramseyer Winter, V., O'Neill, E., **Freese, R. A.**, & Rollin, J. (under review). Self-objectification, body appreciation and mental health. A test of an objectification theory-informed model. *Feminism & Psychology*.

Canada, K. E., **Freese, R. A.** & Stone, M.* (revise/resubmit). Integrative behavioral health clinic: A model for social work practice, community engagement, and in vivo learning. *Journal of Social Work Education*.

Book Chapters, Reviews, & Other Publications

Canada, K. E., Yu, M., & **Freese, R. A.** (2017). Alcohol Use Disorder: Diagnosis Of. In A. E. Wenzel (Ed.), *Encyclopedia of Abnormal & Clinical Psychology*. Thousand Oaks, CA: Sage Publications.

Yu, M., Canada, K. E., & **Freese, R. A.** (2017). Tobacco Use Disorder: Diagnosis Of. In A. E. Wenzel (Ed.), *Sage Encyclopedia of Abnormal & Clinical Psychology*. Thousand Oaks, CA: Sage.

Canada, K. E., Yu, M., & **Freese, R. A.** (2017). Alcohol use disorder: Diagnosis of. In A. E. Wenzel (Ed.), *Sage Encyclopedia of Abnormal & Clinical Psychology*. Thousand Oaks, CA: Sage.

PEER-REVIEWED & INVITED SCHOLARLY PRESENTATIONS

Pelts, M., **Freese, R.A.**, Danforth, L., First, J., (2018). *“Lessons learned in social work intervention research with diverse and marginalized populations: A discussion about planning, theory, adaptability, and dissemination”*. Round table presented at the 22nd Annual Society for Social Work and Research Conference. Washington, DC.

Freese, R. A. (August 2017). *“Understanding and Supporting the Grief Process for: Youth and Adult Survivors*. Presentation for Missouri Victim Services Academy. Lake of the Ozarks, MO.

- Freese, R. A,** Pelts, M., & Yu, M. (January 2016). *“Exploring Healthcare Needs and Service Options After the Implementation of the ACA”*. Presentation Society for Social Work Research, 20th Annual Conference, Washington, D.C.
- Freese, R. A.** (2016). *“How to Involve Family in Youth Treatment”* – Presented educational webinar for Health Resource and Services Administration (HRSA) partner field agencies.
- Freese, R.** (September 2015). *“Finding Hope When All Hope Seems Gone: Dialectical Behavioral Therapy with Adolescents”*. Presented for Missouri NASW – Continuing Education. Kansas City, MO.
- Freese, R.** (July 2015). *“Risk Assessment and Management of Suicidal Clients”*. Presented for Missouri NASW- continuing Education. Saint Louis, MO.
- Freese, R.** (March 2015). *“Setting Healthy Limits in the Helping Profession”*. Presented for the 30th Annual Conference for Missouri Victim Assistance Network.
- Pelts, M., Albright, D., & **Freese, R.** (January 2015). *“Mental Health Disparities among Military Service Members and Veterans in College”*. Presented at the Society for Social Work Research, 19th Annual Conference. New Orleans, LA.
- Freese, R.** & Smith, B. (February 2014). *“Oppression, Privilege, and The Impact On Mental Health”*. Presented at the University of Missouri Social Justice Symposium.
- Freese, R.** (September 2012). *“Working Together To Improve The Lives Of Our Youth”*. Presented to the Columbia School District Outreach and Guidance Counselors, Columbia, MO. All day training.
- Freese, R.** (March 2012). *“Teen Suicide: Prevalence, Prevention, & Promise”*. Presented to of Cape Girardeau Community in Cape Girardeau, MO.
- Freese, R.** (July 2011). *“Implementation Fidelity: The Social Work Profession Working Together with Child Welfare”*. Presented to University of Missouri School of social work, Faculty.
- Freese, R.** (February 2008). *“Effective Practice with Adolescents”*. Presented to University of Missouri School of social work, Faculty and Students.
- Freese, R.** (July 2007). *“Introduction to Dialectical Behavior Therapy”*. Presented to Family Counseling Center, Columbia, MO. All Day Training.
- Freese, R.** (March 2007). *“Feeding Our Mind, Body, & Spirit – Building The Tools To Create A Healthy Relationship With Eating And Exercise”*. Presented at the Community of Christ Church, Columbia, MO.
- Freese, R.** (February 2007). *“Getting To The Core of Substance Use”*. Presented to the University of Missouri, School of Psychology.

Grants/Funding

MU Division of Inclusion, Diversity & Equity – Columbia, Missouri (January 1, 2017 – May 2017)
Project Supervisor: Rebekah A. Freese, MSW, LCSW
BackTalk – Youth Equity Project
\$34,181

SPECIAL PROJECTS

2017 Task Force on Advanced Social Work Practice in Trauma, Council on Social Work Education and the National Center for Social Work Trauma Education and Workforce Development

PROFESSIONAL EXPERIENCE

2011 – present Mayer, Flanagan, Scott & Associates, Columbia, MO
Psychotherapist & DBT Team Leader
Provided individual, couple and family therapy to persons' in need of mental health or substance abuse intervention.

2004 – 2011 **Family Counseling Center, Inc., Columbia, MO**
Clinical Staff Therapist & DBT Team Leader
Responsibilities included: Provided individual, couple and family therapy to persons' in need of mental health or substance abuse intervention. Planned, developed and implemented new programs as requested by the agency. Developed DBT program; which included writing policy and procedures to meet accreditation requirements. Facilitated a dialectical skills training group and served as a co-facilitator for MEND (Men Exploring Non-Violent Directions). Provided clinical supervision to social workers working towards licensure, interns as well as new employees.

2000 -2002 **Mid-Missouri Mental Health Center, Columbia, MO**
Therapist
Responsibilities included: Outpatient responsibilities, conducting intake evaluations to determine if client meets severely emotional disturbance criteria; determining appropriate Axis I – Axis IV diagnosis, creating treatment plans and providing individual/family therapy as determined by evaluation; serving as the liaison with the Boone County Juvenile Office as a co-facilitator of the Juvenile Sex Offender program; developing and facilitating a parenting workshop series for parents of emotionally disturbed children. Provide clinical experience to practicum students as well as supervise student volunteers that participated in

our mentoring program. Inpatient responsibilities, providing family and juvenile sex offender therapy; and offering after care follow up until patient is able to access outpatient providers.

2000 **Mid-Missouri Mental Health Center, Columbia, MO**
Assistant Coordinator of Treatment Family Program

Responsibilities included: Conducting training of treatment parents; assisting with policy and procedure development; supervising the day to day activities of the program; providing direct clinical support to treatment parents, youth and their family members; and co-facilitating and assisting in the coordination of monthly support groups for treatment parents.

1997-2000 **Mid-Missouri Mental Health Center, Columbia, MO**
Child & Youth Specialist I & II/Targeted Case Manager

Responsibilities included: Assisting children and families in gaining access to necessary services such as psychiatric, psychological, medical, social, education, vocational, and other supports essential to maximizing the child and families' progress; conducting assessments, creating interagency teams; and developing Treatment and crisis plans.

1996 – 1997 **Voluntary Action Center, Columbia, MO**
Case Worker/Information & Referral Specialist

Responsibilities included: Conducting intakes and providing budget analysis to assess clients' need for monetary assistance; and coordinating services for clients.

1994 – 1995 **AIDS Outreach Center, Fort Worth, TX**
Pediatric Case Manager

Responsibilities included: Conducting comprehensive needs assessments and developing treatment plans, specifically for women and children diagnosed with HIV/AIDS; coordinating services and advocating on behalf of clients and their families; making client field visits monthly; providing educational materials and presentations, and providing emotional support to clients, family members and friends.

SPECIALIZED TRAINING

2010 Dialectical Behavior Therapy – Treating Eating Disorders
Behavioral Tech, LLC. And Missouri Department of Mental Health
Dr. Lucene Wisnieski and Dr. Denise Ben-Porath

- 2009 Dialectical Behavior Therapy
Missouri Department of Mental Health
Dr. Ronda Reitz and Dr. Anthony Dubois, Behavioral Tech, LLC Trainers
- 2004 Dialectical Behavioral Skills Training
Behavioral Tech, LLC
Omaha, NE
Dr. Anthony Dubois

SERVICE & PROFESSIONAL AFFILIATIONS

Academic

- 2017 Faculty Search Committee Member
- 2015-2017 AAS student subcommittee for curriculum development
- 2014-present Member, Society of Social Work & Research
- 2014-present Faculty Advisor – Alpha Chi Omega
- 2014 Member, MU School of Social Work Special Sub Committee for Research evaluation
- 2013-2014 Committee Member, MU School of Social Work Vision Committee
- 2013 Guest Manuscript Reviewer, *Evaluation and Program Planning*
- 2012-present Committee Member, MU School of Social Work Field Committee

National

- 2014-present Member, American Association of Suicidology (AAS)
- 2000-present Member, National Association of Social Workers
- 2016-2017 Member, Council on Social Work Education (CSWE)
- 2011-present Member, Society of Social Work & Research (SSWR)
- 1994 – present Alumni Member, Alpha Chi Omega

Community

- 2012-present Member, Boone County Suicide Prevention Coalition
- 2011 – 2014 Member, Evidenced Based Learning Community
- 2010 – 2012 Volunteer, Learning Lane Preschool Board Member
- 2010- 2011 Volunteer, President Adult Advisory of PRISM
- 2008-2011 Member, PRISM Board
- 1990 – 1994 Member, Alpha Chi Omega