
Rachel Buehner, Ph.D.

Current Work Setting:

I received my Master of Education and Doctor of Philosophy degrees in Counseling Psychology from the University of Louisville. While working in a community mental health agency in Louisville, KY, I chartered the agency's first psychoanalysis workgroup and initiated efforts to improve evidence-based practice with court-active, co-parenting/post-divorce families. I completed a pre-doctoral internship rotation in forensic assessment at the Kentucky Correctional Psychiatric Center, as well as a clinical rotation at Central State Hospital where she received training in civil commitment and involuntary hospitalizations. Additionally, I completed pre-doctoral internship rotations in trauma-informed care in an outpatient setting, and the Waller-Williams Environmental School in Louisville, KY. While working for the Kentucky Department of Corrections, I spearheaded an evidence-based, multidisciplinary effort to reduce long-term restrictive housing among female offenders in the Commonwealth of Kentucky. I taught several courses for the Kentucky Community and Technical College System, including multiple sections of "Theories and Techniques of Human Services" at the Louisville/Jefferson Campus. I received numerous awards during my career, including Distinguished Service Award for Advancement of the Field from the American Statistical Association, the National Register of Health Services Psychologists New Psychologist Trainee Register Credentialing Scholarship, Outstanding Performance Award for Classified and Professional/Administrative Staff (Honorable Mention) from the University of Louisville, and Employee of the Month at the Kentucky Correctional Institution for Women (KCIW) in Pewee Valley, KY. I previously chaired the Communication Committee of the School of Public Health and Information Sciences at the University of Louisville, chaired the KCIW Multidisciplinary Treatment team, and I continue to sit on the Communication Committee of the Kentucky Psychological Association. My areas of clinical focus include assessment and treatment with adolescent and adult populations, particularly women's issues, trauma-informed care, and court-involved therapy.

As a Board Member, what do you find the most rewarding - or what are you most hoping to accomplish?:

I like being a point person for KPA. I believe strongly in the power of working together and enjoying a support network of professionals. I've endeavored throughout my career to excel at professional communication and to work with colleagues and team members to enhance the mental health of our clients and the experience of my team as providers. So on a larger scale, I feel that I can help colleagues from the Greater Jefferson Region to feel supported and heard. I enjoy being an email or phone call away for my fellow providers and academics, so that we never feel like we are stuck. I hope to be a positive bridge between the folks on the front lines and KPA, an organization that works to stay on the pulse of Kentucky's mental health needs.

Why did you decide to become involved as a leader within KPA?:

I enjoy being part of a team of professionals working together. I feel that my communication skills and love of this mental health field can best be put to use by acting as a liaison between those in the field and those at KPA who help to shape our continuing education opportunities, address mental health needs of Kentuckians, and to support clinicians and academics of psychology in the Commonwealth.

How did you end up in psychology?:

In high school, my senior year psychology final project was assigned as a topic out of a basket: John Wayne Gacy. As I read his story, I became interested in what attachment, trauma, and life experiences that individual had which might have shaped his outcomes. This project catalyzed my intention to assist those dealing with trauma and to gain training related to forensic psychology.

Additional Comments:

I look forward to serving my colleagues in the Greater Jefferson Region!in the coming years.