

*Rebekah A. Freese, MSW, LCSW, PhD*  
9470 E. Hwy 00  
Hallsville, MO 65255  
(573) 823-2717  
[rebekah.freese@gmail.com](mailto:rebekah.freese@gmail.com)

## **EDUCATION**

---

- Ph.D. University of Missouri (May 2019)**  
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, Ph.D., Kelli Canada, Ph.D., Clark Peters, Ph.D.,
- M.S.W. University of Missouri (May 2000)**  
School of Social Work, Columbia, MO  
Track: Clinical  
Concentration: Mental Health
- B.S.W. University of Texas-Arlington (December 1994)**  
School of Social Work, Arlington, TX

## **PROFESSIONAL LICENSURE**

---

2002 – present Licensed Clinical Social Worker, Missouri License Number: 2003023548

## **Research Interests and Specializations**

---

Program evaluation and strategic planning  
Leading equity initiatives and systems transformation  
Evidence-based youth and family program development  
Online pedagogy assessment and implementation in higher education  
Mental health integration in restorative justice systems  
Telehealth communication strategies in social work practice

## **ACADEMIC EXPERIENCE**

---

- 2025 - present **MSW Founding Practicum Director**  
**Columbia College**  
Responsible for the strategic development, planning, and implementation of practicum education while ensuring alignment with CSWE accreditation standards. My responsibilities encompass cultivating relationships with state governing boards, establishing and maintaining placement partnerships, and building extensive professional networks to support practicum opportunities. I actively engage in practicum curriculum development, teaching, and facilitation, while providing mentorship and training to both practicum instructors and students. Through strategic oversight and continuous

evaluation of placements, I work to create innovative and meaningful learning experiences that prepare skilled social work practitioners. I collaborate with stakeholders across the institution and community to strengthen practicum education offerings and maintain high academic standards, while fostering student success through evidence-based practicum education approaches.

2023 - present **Assistant Professor**

**Columbia College**

Responsible for the program development of the human services program. Creating, implementing, and ensuring compliance with policies and procedures of governing board. Teach courses in human services, social work and criminal justice.

**Co-Chair** – Inclusive Pedagogy Committee

**Faculty Sponsor** – Diversity, Equity, Inclusion & Belonging Peer Educators

2023 – 2023 **Capella University - Adjunct**

**School of Social Work**

Teach courses in the guided path MSW program

2014 - 2019 **Integrative Behavioral Health Clinic**

**Co-Founder and Clinical Director**

School of Social Work – University of Missouri

Co-Developed a Behavioral Health Clinic to address disparities in the availability of comprehensive, integrative behavioral health care for adults who are uninsured or unable to afford low cost, high quality care. Services provided by master and doctoral level students in the School of Social Work and Counseling Psychology. Services include: short- and long-term therapy using evidenced based practice, comprehensive needs assessment, group therapy and case management.

Oversight of the research and development of curriculum for group process and psychoeducation in the areas of harm reduction models for substance abuse recovery, pain management, body image for teens, and grief and loss.

Oversight of all clinical and operational activities of the clinic. Provided supervision for students including video and chart review.

2011 – 2018 **Clinical Instructor**

**The School of Social Work – University of Missouri**

Advised students, outreached to local schools for recruitment, developed programs designed to reach vulnerable populations, supported Title IVE students throughout program and mentored students in field practicums.

Taught bachelor and master level courses including strategies in mental health, professional seminar, field education, direct skills (micro, mezzo, macro) and research.

Participated in CSWE re-accreditation process as committee member

(during tenure – adjunct and full-time faculty).

**Faculty member** of Diversity, Equity, Inclusion & Belonging programming

2008-2011 **Adjunct Instructor**  
School of Social Work – University of Missouri  
Master & Bachelor Level Courses  
Taught: Helping Strategies with Children & Adolescents (in person) –  
Introduction to clinical strategies for children and adolescents, cross listing  
course. Developed online courses for distance learning. Supervised Title IVE  
students.

### **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

### **PUBLICATIONS**

---

#### **Peer-Reviewed Publications**

Canada, K. E., **Freese, R. A.**, Bailey, R. M., & Fitch, D. (2022). Evaluating learning outcomes and assessing social work skill development: Comparing online vs. in-person education. *Journal of Technology in Human Services*.

**Freese, R. A.**, Canada, K. E., Nichols, P., & McNamara, B. (2022). Increasing awareness and reducing suicide in prisons: Assessing the impact of a media-based intervention in Missouri. *International Journal of Prison Health*.

Canada, K. E., **Freese, R. A.**, & Stone, M. (2018). Integrative behavioral health clinic: A model for social work practice, community engagement, and in vivo learning. *Journal of Social Work Education*, 54(3), 464-479.

Fitch, D., Canada, K., Cary, S., & **Freese, R.A.** (2016). Use of online video conferencing to facilitate social work role plays. *Advances in Social Work*, 17(1), 78-92.

Markward, M. Benner, K. & **Freese, R.A.** (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.

## **BOOK CHAPTERS, REVIEWS, & OTHER PUBLICATIONS**

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

## **INVITED SCHOLARLY PRESENTATIONS & SPECIALIZED TRAININGS**

**Freese, R.** (October 2024). "Emotion Regulation Skills Training for Juvenile Officers" Boone County Juvenile Office. Columbia, MO.

**Freese, R.** (October 2024). "Eating Disorders - Training for Paraprofessionals". Flourish Initiative. Columbia, MO.

**Freese, R. & Foster, M.** (August 2024). "Trauma Informed Classrooms". Faculty Association Fall Conference. Columbia, MO.

**Freese, R.** (August 2024). "Inclusion and Belongingness at Columbia College". Faculty Association Fall Conference. Columbia, MO.

**Freese, R.** (June 2024). "From Roadblocks to Resilience: Using MI to Help Families Move Forward". Missouri Community Action Network Conference. Osage Beach, MO.

**Freese, R.** (June 2024). "Suicide Training for Paraprofessionals". - Flourish Initiative. Columbia, MO.

**Freese, R.,** (October 2022). "*The Endless Sensation of Hunger- Commonalities, Differences and Simultaneous Treatment of Eating Disorders and Substance Use*". QC Eating Disorder's Conference, Bettendorf, IA

**Freese, R.** (November 2019) "*Self-compassion for our Bodies: Understanding and assisting transgender youth with body/weight dissatisfaction and eating related pathology*". OEDA Fall Symposium. Tulsa, OK.

**Freese, R.** (September 2019). "*The intersection of bullying and suicide – implications and interventions*". Memphis, TN. Tennessee Suicide Prevention Network – Annual Conference.

**Freese, R.,** Pelts, M., & Yu, M. (January 2016). "*Exploring Healthcare Needs and Service Options After the Implementation of the ACA*". Society for Social Work Research, 20<sup>th</sup> Annual Conference, Washington, D.C.

**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.

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, 19<sup>th</sup> 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.

## **SPECIAL PROJECTS**

---

- 2017 MU Division of Inclusion, Diversity & Equity – Designed a program for at risk high school students to develop an interest in college as well as community organizing around issues involving discrimination and how this impacts ability to advance their college careers.
- 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

## **MASTER STUDENT THESIS**

---

**Committee Member** Andrea Wycoff, *Dialectical Behavior Therapy Skills for Borderline Personality Disorder Features and Indices* (University of Missouri, Psychology, graduate).

Kristin McLaughlin, *Genetic Influences on non-suicidal self-injury and suicidal thoughts and behaviors.* (University of Missouri, Psychology, graduate)

## PROFESSIONAL EXPERIENCE

---

- March 2023 - present **Vitality Coaching and Consulting, LLC**  
**Business Owner**  
Vitality Coaching & Consulting, LLC, is dedicated to nurturing mental well-being for individuals, for-profit, non-profit agencies, and businesses, so that every individual can achieve their quality of life. Our mission is to provide evidence-based solutions that promote emotional health, resilience, and productivity. We offer a comprehensive range of services, including (but not limited to) training in evidence-based practices, coaching on the implementation of practices, case consultations, organizational well-being assessments, and mental health policy development.
- November 2021 to present **Saint Louis Behavioral Medicine Institute**  
**Psychotherapist – part time**  
Provide comprehensive assessment, individual, couple and family therapy to persons in need of behavioral health services; develop and regularly evaluate treatment plans and goals. Specifically, life threatening and eating disordered behaviors. Trained in DBT, Prolonged Exposure, EMDR, TF-CBT, CBT, Motivational Interviewing, Radically Open DBT.
- November 2021 - to February 2023 **Alsana – Eating Disorder Recovery Community**  
**Sr. Regional Executive Director**  
Responsible for overall regional program performance, including meeting clinical, financial, team and growth goals and objectives. Ensure excellent clinical quality and support clinical team in the implementation of clinical quality initiatives. Develop group curriculum and execute new edge clinical programming to clinical teams. Ensure safety and compliance with all governing bodies; work with clinical leadership to develop action plans related to provider audits, utilization reports, client concerns or governing body audits. Partner with UR to ensure optimal lengths of stay for clients. Achieve key financial metrics for region, including monthly budget targets.
- December 2019 to November 2021 **Saint Louis Behavioral Medicine Institute**  
**Director Eating Disorder Program**  
**Psychotherapist**  
Responsible for the performance of the adolescent and adult program. Ensured implementation of group curriculum met fidelity of evidence-based treatment modalities. Developed, structured, operated the clinical intensive outpatient program. Initiated and set goals for program growth based on organization strategic objectives. Hired and supervised clinical practice of staff, fellows, and student interns. Ensured the safety and compliance of all staff and patients. Developed relationships with community stakeholders. Motivated co-workers to grow and succeed through feedback, instruction, and encouragement. Worked with outcomes department to identify key trends to promote change and assure best practices were delivered in accordance with research. Modeled a high-performance work ethic, and constant self-improvement. Involved in research at the clinical and program level of care. Involved in risk management for the entire institute. Committee chair for the development of diversity, equity inclusion and

belonging policies.

Provided individual, couple and family therapy to persons in need of behavioral health services. Specifically, life threatening and eating disordered behaviors. Trained in DBT, Prolonged Exposure, EMDR, TF-CBT, CBT, Motivational Interviewing, Radically Open DBT.

2011 – 2019 **Mayer, Flanagan, Scott & Associates, Columbia, MO**  
**Private Practice Psychotherapist & DBT Team Leader**  
Provide individual, couple and family therapy to adolescents and young adults in need of mental health or substance abuse intervention.

2004 – 2011 **Family Counseling Center, Inc., Columbia, MO**  
**Clinical Staff Therapist & DBT Team Leader**  
Provided individual, couple and family therapy to adolescents 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. Collaborated with research and clinical outcomes team to ensure client experiences within the skills groups were useful and individual treatment goals were met. 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**  
Outpatient responsibilities, conducted intake evaluations to determine if client met criteria for services, completed full diagnostic workup, created treatment plans and provided individual/family therapy for adolescents. Served as the liaison with the Boone County Juvenile Office as a co-facilitator of the Juvenile Sex Offender program; developed and facilitated a parenting workshop series for parents. Provided 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 can access outpatient providers.

2000 **Mid-Missouri Mental Health Center, Columbia, MO**  
**Assistant Coordinator of Treatment Family Program**  
Developed curriculum for training treatment family home volunteers. Conducted training for treatment parents; assisted with policy and procedure development; supervised the day-to-day activities of the program; provided direct clinical support to treatment parents, youth and their family members; and co-facilitated and assisted 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**  
 Assisted 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; conducted assessments, created interagency teams; and developed treatment and crisis plans.
- 1996 – 1997 **Voluntary Action Center, Columbia, MO**  
**Case Worker/Information & Referral Specialist**  
 Conducted 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**  
 Conducted comprehensive needs assessments and developing treatment plans, specifically for women and children diagnosed with HIV/AIDS; coordinated services and advocating on behalf of clients and their families; made client field visits monthly; provided educational materials and presentations, and provided emotional support to clients, family members and friends.

#### **SPECIALIZED TRAINING/CERTIFICATION**

---

- 2020 Level I & Level II Radically Open DBT Intensive Training – still in progress with level II
- 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**

---

### ***Community***

2024 – 2024 Unit C Board Member - National Association of Social Workers  
2022 – 2023 President – Missouri Eating Disorder Association  
2021 – 2023 Member, Missouri Eating Disorder Council (governor appointed)  
2021 – 2023 Panel Expert and Founding Collaborator of Disordered Eating & Eating Disorders ECHO (Missouri)  
2020 – 2023 Board Member – Missouri Eating Disorder Association  
2012 - 2016 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

### ***National***

2014-2018 Member, American Association of Suicidology (AAS)  
2000-2018 Member, National Association of Social Workers  
2016-2018 Member, Council on Social Work Education (CSWE)  
2011-2019 Member, Society of Social Work & Research (SSWR)  
1994 – present Alumni Member, Alpha Chi Omega