



## **Rachel Zeng**

MSW, RSW

**Social Worker**

Rachel has enjoyed a career as a registered social worker and registered psychotherapist, working directly with people from different cultural backgrounds in a variety of settings, including nurse practitioner-led clinic, family health team, community agencies and schools. She values the opportunity to walk alongside clients on their journey of self-discovery, as they make their way through life's challenges that are complicated by depression, anxiety, low self-esteem, anger, trauma, grief, chronic pain or life adjustment.

A number of different therapeutic models inform her work, including Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, mindfulness-based practices and Motivational Interviewing. She works closely with primary care providers and an interdisciplinary team in providing holistic care at CarePoint Health.

Rachel is a believer in the strength-based recovery model of care. She adapts her approach to create a plan that works for each client's unique concerns and personal goals. She provides a safe and judgement free space where she works together with clients towards acceptance, change, recovery and overall well-being.

Rachel earned her Master of Social Work from Carleton University. In addition to English, she speaks fluent Mandarin and Cantonese.

