

# Rena McDaniel, MEd, LCPC

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## EMPLOYMENT HISTORY

**Practical Audacity, LLC** Founder | Gender & Sex Therapy | Coaching | Education | Consultation

2016 – present I founded Practical Audacity upon graduation from the University of Michigan Sexual Health Certificate Program and went full time in the practice in 2018.

- Individual, Couple, and Group Therapy with specializations in Gender Transitions, Sex Therapy, and Trauma
- Sex education through workshops, teaching, online content creation, coaching, and brand representative work
- Signed as one of only three US Brand Ambassadors for international condom brand Lifestyles/SKYN; create sexual health video series for Lifestyles.com; provide expert commentary and blog articles for media platforms including Shape, Bustle, Health, Movember Campaign, Bedsider, Your Tango, and The Frisky

**MN Therapies** Full-Time Sex Therapist, Specializing in Gender Therapy, LGBTQ population, & Trauma  
Chicago, IL I was part of a group practice of sex therapists providing specialized and individualized  
2017-2018 treatment for anxiety disorders, OCD, and Sexual Dysfunction under the Supervision of  
Melissa Novak, LCSW.

<b>IntraSpectrum</b>	Chief Operating Officer   Staff Therapist	2015 – 2017
<b>Counseling</b>	Director of Outreach and Operations   Staff Therapist	2013 – 2015
Chicago, IL	Office Management Assistant	2012 – 2013
2012 – 2017		

I was thrilled to be part of a LGBTQIA-focused counseling practice. I started my career at IntraSpectrum ordering supplies and watering plants in an office of five therapists. Since then, my role has grown to managing a practice of 18-23 therapists at two locations, serving 300-400 clients/year, and handling a caseload of mostly sex therapy and transgender clients. As part of our presentation team, I also speak at local universities and hospitals on affirmative care of transgender clients.

- Enhance brand recognition and referral growth through social media, brand management, direct marketing campaigns, and development of cross referral relationships within healthcare industry
- Co-created a Gender Experience Process Group that has run weekly for two years
- Collaborate with the CEO on company vision and growth strategies
- Created and supervise the Marketing, Communication, and Outreach departments of IntraSpectrum Counseling and the employees within
  
- Design and implement new administrative tools and policies for data collection, efficiency, and compliance with HIPAA, ethical principles, and applicable laws

**Center on  
Halsted**

Chicago, IL  
March 2012 –  
July 2013

SAGEWorks Program Assistant

- Directed grant program providing vocational training and services to LGBTQIA seniors
- Created workshops designed to increase participants' knowledge of job search strategies and skills, developed relationships with community partners, and trained seniors in the use of technology in the workplace in order to remain competitive candidates

**Heartland  
Alliance Marjorie  
Kovler Center**

Chicago, IL  
March 2012 –  
June 2013

Community Outreach Council Member

- Served on Council of the Marjorie Kovler Center for the Treatment of Survivors of Torture
- Chaired silent auction for the 25<sup>th</sup> anniversary benefit
- Developed community outreach initiatives to further the development of the Kovler Center and build awareness around the issue of torture and its effects on survivors

**Heartland Alliance**

**International FACES,**

Chicago, IL 2012-2013, Counseling Intern

- Counseled participants in the International FACES program, which focuses on

- refugees in Chicago, particularly the high population of Iraqi and Somali refugees
- Led groups dedicated to pain management, trauma recovery, stress management, and interpersonal skills

## EDUCATION

<b>DePaul University</b> Chicago, IL	M.Ed., Community Counseling GPA: 3.97 Additional coursework in Queer Theory	June 2013
<b>East Texas Baptist University</b> Marshall, TX	BA., Psychology Summa Cum Laude	May 2010

## CONTINUING EDUCATION

<b>Chicago Freedom School</b>	White Folks and Racial Justice	November 2016 – January 2017
<b>Heartland Alliance</b>	Non-Violent Crisis Intervention	August 2012
<b>Live Oak Training Center</b>	Trauma and the LGBTQ Population Being an Ethical Rebel Strange Things I Do that Work	2010 – 2011

## LICENSURE & CERTIFICATES

Licensed Clinical Professional Counselor, State of Illinois	March 2016 –current
<b>Certified Sexologist, American College of Sexologists</b>	June 2016 – present
<b>Sexual Health Certificate Program, University of Michigan</b>	2015 – 2016
<ul style="list-style-type: none"> <li>• Specializations: Sex Therapy and Sex Education</li> </ul>	
Licensed Professional Counselor (LPC), State of Illinois	February 2014 – 2016
Collaborative Institutional Training Initiative (CITI) Certified	November 2011
<ul style="list-style-type: none"> <li>• Trained to work with human research subjects in an ethical manner</li> </ul>	

## GRANTS

Valuing Difference Scholarship, Live Oak Counseling, 2017, to develop "Trauma-Informed Care for Gender Minority Clients" training for dance movement therapists.

## PUBLICATIONS

*Designer Relationships: A Guide to Happy Monogamy, Positive Polyamory, and Optimistic Open Relationships.* Michaels, Mark A., and Patricia Johnson, eds. Jersey City, NJ: Cleis Press, 2015, 208pp.

## PRESENTATIONS

"Intro to Sex Therapy," Chicago School of Professional Psychology, Human Sexuality Graduate Course Guest Lecturer, Chicago, IL, 2016-2018

"Transition Anxiety", Adler School of Professional Psychology, Intro to Sex Therapy Graduate Course Guest Lecturer, Chicago, IL, February 2018

"Transition Anxiety", AASECT Section Meeting, Chicago, IL, January 2017

"Cultural Competence in Working with Gender and Sexually Diverse Clients." American Dance Therapy Association, National Conference, San Antonio, TX, November 2017

"Gender and Sexual Diversity: Exploring the Galaxy of Identities." Society of Urologic Nurses and Associates, National Conference, Chicago, IL October 2017

"Gender and Sexual Diversity." Modern Sex Therapy Training Institute, Chicago, IL, June 2017.

"Sexuality, Race, and Transgender Health: Implications for Practice." American Physical Therapy Association, Section on Women's Health, February 2017.

"Complexity and Fluidity in Trans\* Affirmative Care." Northwestern University, Feinberg School of Medicine presented to Clinical Psychology Doctoral Students, 2014, 2015, 2016, 2017.

"Complexity and Fluidity in Trans\* Affirmative Care." Northern Illinois Employee Assistance Professionals Association Conference, 2016.

"The Impact of Heteronormative Socialization Processes on LGBTQI Clinical Populations." Northwestern University, Feinberg School of Medicine presented to Clinical Psychology Doctoral Students, 2014, 2015.

"Anxiety and the Authentic Self." Center on Halsted, Clinical Psychology LGBTQ Consortium, 2013, 2014; Lakeshore Hospital, 2013, 2014, 2015, 2016, 2017.

“LGBTQ Sensitivity.” University of Chicago presented to Student Health and Wellness Center Employees, 2013; Northeastern University presented to Student Health and Wellness Center Employees, 2014.

## VOLUNTEER EXPERIENCE

- Center on Halsted**  
Chicago, IL  
January 2010 –  
December 2011
- Weekly partner with the Services and Advocacy for Gay, Lesbian, Bisexual, and Transgender Elders (SAGE) lunch program
- Developed relationships with elderly LGBTQ adults, created healthy team atmosphere, motivated members
  - Coached youth in the Teen Vocational Program on interview skills
  - Supported fundraising initiatives and awareness events
  - Built relationships with elderly people who are HIV positive; engaged one-on-one people of diverse backgrounds, sexual orientations, and gender presentations

**Buckner International Honduras** Cultivated relationships with and provided supplies to youth in an orphanage for HIV positive children and adolescents and in a home for sexually abused teenage girls  
May 2009

## SKILLS

**Sexuality education:** teaching, public speaking, workshop creation, social media management; collaborating with corporate brands and sexual health initiatives, creating content and effectively presenting material through video, writing, and special events.

**Business:** project management, marketing, networking, office management, creative problem-solving, cultivating employee development, referral generation and growth strategies, developing effective multi-platform digital systems

**Event management:** workshop facilitation, acting and improvisation (ability to adapt quickly to new and unexpected situations, the importance of "yes, and" instead of "no, but"), teamwork-based leadership

## PROFESSIONAL MEMBERSHIPS

American Counseling Association	2011 – 2015
Psi Chi, Psychology National Honor Society	2007