

Rachael Michelle Coccia

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Education

Master of Arts in Psychology, June 2024
Focus in Existential Phenomenological methodology
Seattle University

Bachelor of Science in Public Relations, December 2012
Minor in Biology, Minor in Psychology
Fredonia State University

Master of Arts in Marine Conservation and Policy, August 2017
Focus in science communication and plastic pollution
Stony Brook University

Work Experience

Pacific Mental Health, Intern Therapist *September 2023-June 2024*

- Provide weekly support to a caseload of eleven clients ranging from five to forty years of age
- Utilize IFS, mindfulness, transpersonal, and play therapy approaches to guide conversations on topics including relationships, career, grief, trauma, neurodiversity, identity, and spirituality

The Surfrider Foundation, Plastic Pollution Manager *May 2019-July 2022*

- Led the Surfrider Foundation plastic pollution initiative including organizational strategy and priority setting, education and outreach, coalition building and coordination, & narrative development
- Supported youth empowerment by co-creating the inaugural Surfrider Student Club Leadership Council
- Created public education resources and presented to diverse audiences about managing eco-anxiety through mindfulness and minimalism practices
- Partnered with the Climate Journal Project to provide a space for students to express their eco-anxiety and climate grief in a productive and supportive setting

The Ocean Project, Director of Youth Initiatives *January 2018-June 2019*

- Launched Youth for the Ocean initiative to empower global youth to become leaders in their communities for a healthier ocean and more sustainable future
- Directly managed and provided emotional support to the World Oceans Day Youth Advisory Council, a team of 25 students from 20 different countries

Alan Alda Center for Communicating Science, Graduate Assistant *September 2016-August 2017*

- Managed an international competition to communicate complex science concepts to 11-year-olds
- Promoted to schools and scientists around the world through partner organizations and social media

Save the Sound, Development and Outreach Associate *February 2016-July 2016*

- Promoted events and volunteer opportunities to current supporters and new audiences
- Wrote targeted action alerts, general updates, and fundraising emails for members and activists

NBC Universal, National Sales Assistant/Community Coordinator *September 2013-November 2015*

- Maintained all national accounts for the station by processing 10 to 12 million dollars annually
- Accurately booked orders, processed revisions, and rectified discrepancies under strict deadlines

Aqua Kids TV Series, Intern, Host and Associate Producer *May 2011-September 2012*

- Hosted and associate produced 40 episodes over two seasons including script writing and show concept
- Visited schools to speak directly with students in assembly and one-on-one formats

Volunteer Experience

North County Lifeline Drop-in Center, Youth and Young Adults Advocate *50 hours*

- Managed the front desk to welcome clients and answer questions about the center's features and offerings
- Listened to clients on a variety of topics including relationships, childcare, finances, and job insecurity

Direct Patient Care, Hospice of North Coast *50 hours*

- Met weekly with hospice patients to provide companionship, support, and relief to caregivers
- Engaged patients through art, nature, movement, reading, laughter, and intimate conversation

Crisis Text Line, Crisis Counselor *100 hours*

- Follow the Text Line's Five Stage Philosophy including the ladder-up risk assessment to assist texters in crisis ranging from depression, anxiety, relationship stress, isolation, abuse, and suicide
- Help texters go from a hot moment to a cooler calm by addressing underlying stressors and guiding texters to better understand their situation, identify a goal, and decide on next steps