

## **America's Best In Medicine Spotlights Rachel Gaglio, LPC, NCC, Psychotherapist And Doctoral Candidate In St. Louis MO**

Empowering Healing Through EMDR, Relational Cultural Therapy, and Gottman Method Approaches at Rachel Gaglio, LPC, LLC



**St. Louis, Missouri Mar 6, 2026 ([IssueWire.com](https://www.issuewire.com))** - Rachel Gaglio, LPC, NCC, is a dedicated psychotherapist specializing in trauma, crisis, and grief and loss, providing compassionate care to adults and couples through her private practice, Rachel Gaglio, LPC, LLC, in Saint Louis, Missouri. Her clinical work integrates EMDR, Relational Cultural Therapy (RCT), and Gottman Method approaches to help clients process painful experiences, strengthen relationships, and move toward healing with clarity and resilience.

Rachel's therapeutic philosophy is rooted in deep respect and authenticity. "I have such reverence for each and every one of my clients, genuinely care about their well-being, and have their best interests at heart," she shares. "I know all too well how deeply difficult, messy, scary, devastating, exhausting, hopeful, liberating, powerful, and healing the therapeutic experience can be, and I find each client incredibly courageous in showing up every single session." Her approach creates a safe, affirming space where clients feel seen, heard, and supported as they navigate life's most challenging moments.

Rachel earned her Bachelor of Journalism with an emphasis in Strategic Communication from the University of Missouri-Columbia in 2006. She later completed her Master of Education in Clinical Mental Health Counseling at the University of Missouri-St. Louis in 2019, followed by a Graduate Certificate in Multicultural and Social Justice in Counseling in 2022. She is currently pursuing her Doctor of Philosophy in Education with an emphasis in Counseling at the same institution, with anticipated completion in May 2026. Her academic excellence has been recognized with the Outstanding Clinical Mental Health Counseling Student Award (2019) and the Outstanding Doctoral Student Award (2023), both from the University of Missouri-St. Louis.

Rachel is an active member of the American Counseling Association, the Association for Counselor Education and Supervision, and the Psi Chapter of Chi Sigma Iota. She also serves as an Adjunct Professor at the University of Missouri-St. Louis contributing to the education and mentorship of future counseling professionals.

Through clinical expertise, academic leadership, and heartfelt dedication, Rachel Gaglio continues to empower clients and strengthen the St. Louis community through meaningful, transformative psychotherapy.

### **Learn more about Rachel Gaglio:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/rachel-gaglio>

### **America's Best in Medicine**

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

## Media Contact

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