



✓ WELCOMING NEW PATIENTS

Rita Gingrich, MSW, LCSW, OSW-C

*Mind-Body Counselor*

 Locations

 Phone

**Goshen Center for Cancer Care**

200 High Park Ave, Goshen, IN 46526 ([Directions](#))

Phone: (574) 364-2888

## About

### BIOGRAPHY

Rita Gingrich, LCSW, OSW-C, provides mind-body counseling support to cancer patients and their loved ones. She works with individuals, families, couples, and children to nurture and strengthen healthy coping skills with the emotional challenges and stress related to the cancer experience. Rita has worked in the human services field for over 25 years and has enjoyed a variety of work experiences. She has extensive experience in counseling and group work in cancer, mental health and palliative care settings.

### PHILOSOPHY OF CARE

Rita provides patient centered counseling. It explores the values, priorities, and other factors that contribute to each person's quality of life. She works to identify and maximize the strengths of each individual and family unit and empower them to participate in their own healing with a sense of calm and confidence. She uses a variety of mind-body counseling approaches to foster healthy coping skills and improve the quality of life for her patients during their cancer journey.

## Education

Certification – Oncology Social Work

### **Education and training:**

Master of Social Work

Indiana University, South Bend, IN

Bachelor of Arts, Social Work

Goshen College, Goshen, IN

Bachelor of Arts, Humanities

Hesston College, Hesston, KS

## Clinical Interest & Research

- Mind-body counseling
- Emotional support
- Management of depression and anxiety
- Quality of life
- Holistic cancer care
- Adult and child support
- Stress management