



## Rita Gingrich, MSW, LCSW, OSW-C

**Specialty:** Mind-Body Counselor

✔ Welcoming new patients

### **GOSHEN CENTER FOR CANCER CARE**

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

**574-364-2888**

### **About Me**

Rita Gingrich, LCSW, OSW-C, provides mind-body counseling support to patients with cancer and their loved ones. She works with individuals, families, couples and children to nurture and strengthen healthy coping skills for the emotional challenges and stresses related to the experience of cancer. 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 hospice, mental health and cancer care settings.

### **Philosophy of Care**

Rita provides patient-centered counseling. She 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 to empower them to engage in their healing with a sense of calm and confidence. She uses a variety of mindbody counseling approaches to foster healthy coping skills and to improve her patients' quality of life during their cancer journey.

### **Research/Clinical Interest**

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

### **Education**

Certification - Oncology Social Work

Education and training:

Masters in Social Work

Indiana University, South Bend, IN

Bachelor of Arts, Social Work

Goshen College, Goshen, IN

Bachelor of Arts, Humanities

Hesston College, Hesston, KS

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