Staff Biography

Dr. Rimiko Thomas joined the Washington University School of Medicine Student Health Services in January 2010. Dr. Thomas earned her Ph.D. in Counseling Psychology at University of Missouri-Columbia. She completed her clinical internship at Pace University Counseling Center and her post-doctoral training at Barnard College in New York City. Dr. Thomas enjoys working with students from various cultural backgrounds and utilizes a multicultural framework during counseling by concentrating on each student’s unique perspective, worldview and culture.

Her treatment modalities consist of primarily insight-oriented psychotherapy, psychodynamic and interpersonal counseling. She incorporates student development to assist in the exploration of clients’ personal needs and professional goals in graduate training with utilization of coping strategies to assist with stress, anxiety and ultimate career decisions. Her professional interests include sexual and cultural identity development, multicultural issues, acculturation, relational concerns and stress management. She enjoys helping students identify and recognize their strengths that promote their developmental goals.