

# AIMEE MELIGY, MA, LPCC

Aimee.Meligy@catalystmentalhealth.com

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## EDUCATION:

SAINT MARY'S UNIVERSITY, MINNEAPOLIS MN 2013  
*Master of Arts, Counseling and Psychological Services.*

UNIVERSITY OF MINNESOTA, TWIN CITIES 2005  
*Bachelors of Science, Family Social Science*

## SPECIALTIES:

### *Populations*

- **Adults, young adults, older adults**
- **Individuals**
- **SPMI**

### *Conditions*

- **Anxiety Disorders**
- **Depression**
- **Substance Abuse**
- **Attachement**
- **Obsessive Compulsive Disorder**
- **Post Traumatic Stress Disorder**
- **Grief and Loss**
- **Personaiity Disorders**
- **Bi-Polar disorder**
- **Schizophrenia, Schizoaffective disorder**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2017 – Present  
**Mental Health Therapist**

TOUCHSTONE MENAL HEALTH, Bloomington, Minnesota 2015- Present  
**Lead Mental Health Counselor**

### *Clients: Adults*

- Provide counseling and skill building to adults diagnosed with a mental illness and substance abuse. Clients are primarily SPMI. I work with this population in a residential treatment center to help clients stabilize and return to the community, and to a lower level of care. Manage and lead tranings, and crisis intervention needs.
- Diagnose and treat a variety of mental health disorders, including; major depression, bipolar disorder, schizophrenia, schizoaffective disorder, psychosis, anxiety, PTSD, Obsessive Compulsive Disorder, Borderline Personality disorder, and substance abuse disorder,

TMS TREATMENT CENTER, Bloomington Minnesota

2014- 2015

**MENTAL HEALTH PRACTITIONER**

*Clients: Adults*

- Provided counseling and skill building to adults diagnosed with a mental illness and substance abuse. Clients were severe persistent mentally ill. I worked with this population in a residential treatment center helping them build life skills, and symptoms management.
- Diagnosed and treated a variety of mental health disorders, including; major depression, bipolar disorder, schizophrenia, schizoaffective disorder, psychosis, anxiety, PTSD, Obsessive Compulsive Disorder, Borderline Personality disorder, and substance abuse disorder,