

# AMY KRUEGER, MA, LPCC

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## EDUCATION:

APPALACHIAN STATE UNIVERSITY, Boone, NC 2010  
*Master of Arts in Clinical Mental Health Counseling, Concentration in Addictions Counseling*

WESTERN WASHINGTON UNIVERSITY, Bellingham, WA 1999  
*Bachelor of Arts in Environmental Education and Outdoor Recreation*

## SPECIALTIES:

### *Populations*

- **Young adults and Adults**
- **Individuals and Couples**
- **LGBT**

### *Conditions*

- **Mood Disorders, including Depression**
- **Life Transitions (job, relationship, etc.)**
- **Anxiety Disorders**
- **Substance Abuse and Chemical Dependency**
- **Self Esteem Challenges**
- **Pregnancy, Prenatal, Postpartum Support**
- **Grief and Loss**
- **Relationship Issues and Divorce**
- **Trauma and PTSD**
- **Codependency**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2015 – Present  
**Mental Health Therapist**

THE CALLI INSTITUTE, Maple Grove, Minnesota 2015 – Present  
**Mental Health Therapist**

### *Clients: Young Adults and Adults*

- Provide individual and couples therapy in an outpatient setting.
- Diagnose and treat a variety of mental health disorders, including major depressive disorder, generalized anxiety disorder, chemical dependency, social phobia, and adjustment disorder.

PEOPLE INCORPORATED, Apple Valley, Minnesota 2012 – 2014  
**Mental Health Case Manager**

### *Clients: Young Adults and Adults*

- Provided Targeted Case Management support in a community setting.
- Coordinated with various community support programs for vulnerable adults and individuals with the following mental health disorders, major depressive disorder, various anxiety disorders, thought disorders, chemical dependency, borderline personality disorder, bipolar disorder, post traumatic stress disorder, and attention deficit disorder.

COOPER RIIS HEALING COMMUNITIES, Asheville, North Carolina

2011 – 2012

**Mental Health Therapist**

*Clients: Young Adults and Adults*

- Provided individual, group and family therapy in a semi-residential setting.
- Diagnosed and treated a variety of mental health disorders, including major depressive disorder, bipolar disorder, generalized anxiety disorder, chemical dependency, social phobia, post traumatic stress disorder, borderline personality disorder, dissociative identity disorder, and thought disorders.

MERIDIAN BEHAVIORAL HEALTH SERVICES, Sylva, North Carolina

2010 – 2011

**Mental Health Therapist**

*Clients: Young Adults and Adults*

- Provided individual and group therapy in an outpatient setting.
- Diagnosed and treated a variety of mental health disorders, including major depressive disorder, bipolar disorder, generalized anxiety disorder, chemical dependency, social phobia, post traumatic stress disorder, borderline personality disorder, dissociative identity disorder, and thought disorders.

**ADDITIONAL EXPERIENCE:**

COLORADO OUTWARD BOUND SCHOOL, Leadville, Colorado and Moab, Utah

1999 – 2008

**Field Instructor and Associate Program Director**

*Clients: Teens, Young Adults and Adults*

- Supervised wilderness expeditions ranging from 7-23 days with diverse student populations
- Instructed technical skills including rock climbing, snow travel, back packing and camp craft
- Facilitated group development with an emphasis on teamwork, communication and personal development
- Provided program leadership for a dynamic wilderness education program serving adults and teens
- Hired, supervised and conducted training for a staff of 20-25 individuals
- Managed all aspects of logistical program delivery including food, vehicles and gear