

# ANN MARIE FREEMAN, MA, LMFT

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## EDUCATION:

SAINT MARY'S UNIVERSITY OF MINNESOTA, Minneapolis, MN 2010  
*Masters in Marriage and Family Therapy*

NORTH DAKOTA STATE UNIVERSITY, Fargo, ND 2003  
*Bachelor of Arts, Sociology; Minor in Child Development and Family Science, Women's Studies*

## SPECIALTIES:

### *Populations*

- **Adults, children (ages 12+), Adolescents**
- **Individuals**

### *Conditions*

- **Bipolar Disorders**
- **Accountability**
- **Self harming behaviors**
- **Panic**
- **Family stress**
- **Self-worth**
- **Life transitions**
- **Social skills**
- **Anxiety**
- **Depression**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2018 – Present  
**Mental Health Therapist**

MINNESOTA MENTAL HEALTH CLINICS, Minneapolis, MN 2014 – 2017  
*Mental Health Professional*

- Provided outpatient therapy for individuals, adolescents and children.
- Diagnosed and treated various mental health disorders and other issues of concern including anxiety, depression, panic disorders, adjustment disorder, relational issues, self harming behaviors, bipolar disorders, borderline personality disorder, and self-worth.
- Provided DBT focused group and individual therapy for adults and adolescents.

LIFESPAN YTP, Shoreview, MN, 2013 – 2014  
*Lead Therapist*

- Provided individual, family and group therapy to clients and their families.
- Completed risk and needs assessments for clients in crisis.

- Facilitated group therapy sessions and other therapeutic activities.
- Supervised interventions, establish milieu and monitor discharge planning and client assignment.

CCRI, Moorhead, MN

2012 – 2013

*Mental Health Practitioner*

- Provided ARMHS rehabilitative services to assist and support individuals in psychiatric stability, social competencies, personal and emotional adjustment, independent living and community skills.
- Assist clients in learning and utilizing anxiety management skills such as visualization, mindfulness and progressive muscle relaxation.
- Focus on skill development in areas such as: financial management, medication education and monitoring, housing resources and skills.

THE SAFETY CENTER, INC., Bloomington, MN

2010 – 2011

*Primary Therapist*

- Work with individuals who have been diagnosed with multiple Axis I and Axis II diagnoses.
- Plan and facilitate group and family therapy teaching relapse prevention skills.
- Develop psycho-education curriculum, teaching coping responses and healthy life visions.

PROJECT PATHFINDER, INC., St. Paul, MN

2011 – 2011

*Psychotherapist*

- Provide individual, group and family therapy for individuals who engage in harmful sexual behavior