

# ANN L. PERSON MSW, LICSW, LADC

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## EDUCATION:

UNIVERSITY OF MINNESOTA, Minneapolis, MN <i>Master of Social Work</i>	2014
UNIVERSITY OF MINNESOTA, Minneapolis, MN <i>Addiction Studies Coursework</i>	2011
UNIVERSITY OF MINNESOTA, Minneapolis, MN <i>Bachelor of Science in Family Social Science</i>	2009

## SPECIALTIES:

### *Populations*

- **Individual therapy for Adolescents and Adults**
- **LGBTQIA Affirming**
- **Trauma Sensitive**
- **Substance Users and People in Recovery**

### *Conditions*

- **Substance Use Disorders**
- **Depression and Mood Disorders**
- **Anxiety Disorders**
- **Trauma/PTSD**
- **Relationship Concerns**
- **Sex and Sexuality**
- **Family of Origin Issues**
- **Adjustment to Life Cycle Transitions**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota <b>Mental Health Therapist</b>	2017 – Present
BOYNTON MENTAL HEALTH CLINIC, Minneapolis, MN <b>Mental Health Therapist</b> <i>Clients: U of M Students, undergraduate and graduate/professional</i> <ul style="list-style-type: none"><li>• Provide individual psychotherapy and substance use specific psychotherapy in a college mental health clinic setting.</li><li>• Diagnosed and treated a variety of mental health disorders, including depression, anxiety, PTSD, substance use, psychosis, and personality disorders.</li></ul>	2016– Present
FAIRVIEW (M HEALTH), Minneapolis, MN <b>Mental Health Therapist</b> <i>Clients: Adults with Dual Diagnosis (Substance Use and Mental Illness Diagnoses)</i> <ul style="list-style-type: none"><li>• Provided group therapy and psychoeducation to adults in a day treatment setting with a multidisciplinary team of nurses, psychiatrists, mental health therapists, and occupational therapists.</li></ul>	2014 – 2016

- Worked with individuals at many stages of substance use disorders and mental health diagnoses including depression, anxiety, PTSD, psychosis, autism spectrum, and personality disorders.
- Treated individuals at multiple stages of substance use disorder severity and provided aftercare planning as well as collaborative consultation with other healthcare providers

UNIVERSITY OF MINNESOTA, Program in Human Sexuality, Minneapolis, MN 2012– 2014

**Graduate Research Assistant**

- Coordinated a research study on compulsive sexual behavior.
- Interviewed research participants, administered cognitive tasks, and assisted participants in gathering community resources about HIV, sexual compulsivity, and sexual health.

UNIVERSITY OF MINNESOTA, Department of Psychiatry, Minneapolis, MN 2012– 2013

**Graduate Research Assistant**

- Developed a cognitive behavioral therapy manual for family practice physicians and addiction medicine specialists to use in their practice with patients who meet criteria for an alcohol use disorder.
- Performed literature reviews, wrote manuscripts, and presented lectures on alcohol use disorders and short-term therapeutic interventions for problematic alcohol use

BEECHWOOD INCORPORATED, Minneapolis, MN 2011– 2012

**Independent Living Skills Specialist**

- Assisted individuals in remaining independent in their homes who were experiencing a wide variety of mental health and physical health concerns including major depressive disorder, anxiety disorders, bipolar disorder, traumatic brain injuries, paralysis, cerebral palsy, borderline personality disorder.

UNIVERSITY OF MINNESOTA, Department of Psychiatry, Minneapolis, MN 2009– 2011

**Research Coordinator**

- Coordinated a research study on the brain mechanisms of cocaine dependence as defined by the DSM-IV-TR
- Interviewed research participants and administered cognitive testing in the form of computerized tasks
- Completed grant-related projects including manuscript writing, presentations, and data analysis