

# ASHLEY ANDERSON, MA, LMFT

ashley@catalystmentalhealth.com

---

## EDUCATION:

ADLER GRADUATE SCHOOL, Bloomington, MN 2015  
*Master of Arts in Adlerian Counseling and Psychotherapy*

MINNESOTA STATE UNIVERSITY MANKATO, Mankato, MN 2013  
*Bachelors of Arts in Psychology*

## SPECIALTIES:

### *Populations*

- **Children 4 and older, adolescents, young adults, and adults**
- **Individuals, families, couples**
- **LGBTQIA**

### *Conditions*

- **Anxiety**
- **Depression**
- **Trauma- including sexual abuse/PTSD**
- **Obsessive Compulsive Disorder**
- **Eating disorders**
- **Grief/bereavement**
- **Mood Disorders**
- **Chemical dependency**
- **Anger management**
- **Mood disorders**

## EXPERIENCE:

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

HEADWAY EMOTIONAL HEALTH, Golden Valley, Minnesota 2015 – 2018  
**Therapist**

*Clients: Children 4 and older, adolescents, young adults, adults*

- Provided individual, family, couples, and group therapy in an outpatient setting.
- Diagnosed and treated a variety of mental health disorders, including anxiety, depression, obsessive compulsive disorder, sexual abuse, sexually deviant behaviors, anger management, fetal alcohol spectrum disorder, autism spectrum disorder, bipolar disorder, borderline personality disorder

FAMILY WISE SERVICES, Minneapolis, Minnesota 2012 – 2015  
**Family Specialist**

*Clients: Children 4 and older, adults*

- Provided family therapy in an in-home setting.
- Diagnosed and treated a variety of mental health disorders, including anxiety, depression, obsessive compulsive disorder, sexual abuse, sexually deviant behaviors, anger management, fetal alcohol spectrum disorder, autism spectrum disorder, bipolar disorder, borderline personality disorder.

