

# BRITTANY CLAPSHAW, MA, LMFT

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## EDUCATION:

ST. MARY'S UNIVERSITY, Minneapolis, MN 2012  
*Master of Arts: Marriage and Family Therapy*

UNIVERSITY OF ST. THOMAS, St. Paul 2007  
*Bachelor of Arts: Education and Spanish, Emphasis: World Languages*

## SPECIALTIES:

### *Populations*

- **Children (5+), Adolescents, Adults**
- **Individuals and Family counseling**
- **Hispanic / Latino**

### *Conditions*

- **Children (5+), Adolescents, Adults**
- **Anxiety**
- **Depression**
- **School issues (bullying, social anxiety, high performers)**
- **Substance Use/ Co-Occurring Disorders**
- **Trauma/ Post Traumatic Stress Disorders**
- **Infertility, pregnancy and post-partum**
- **Parenting**
- **Divorce**
- **Self esteem**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2017 – Present  
*Licensed Marriage and Family Therapist*

RELATIONSHIP THERAPY CENTER St. Louis Park, MN 2014 – 2016  
*Licensed Marriage and Family Therapist*

- Marriage and family therapist for approximately 30 current clients, 50% of the caseload consists of children/teenagers.
- Use of several modalities depending on the population: play therapy, sandtray, DBT, EMDR, PIT, Gottman, Atkinson are some examples.

HAZELDEN, Plymouth, MN 2012 -2013  
*Parent / Sibling Program Marriage and Family Therapy Intern, Support Professional*

- Marriage and family therapist for approximately 30 current clients, 50% of the caseload consists of children/teenagers.
- Present lectures, while educating parents and siblings on a variety of topics relating to addiction.
- Facilitate process groups and family sessions. Document and record case notes for each client session.

- Assist in welcoming parents / siblings to program each week and provide a group orientation.

PATHWAYS LIFE SKILLS, Minneapolis, MN

2008-2016

***Volunteer Host Coordinator, Facilitator and Presenter***

- Facilitate process groups and family sessions. Document and record case notes for each client session.
- Serve as a coach and counselor through active listening and empowering attendees to take positive action.
- Serve as one of the head coordinators and also assist in reassessment of program advancements.
- Present specific life-skills topics: goal setting, personal presentation and healthy relationships.

**St. David's Center,** Minnetonka, MN

2009-2010

***Home and Community Support Staff Member***

- Serve as one of the head coordinators and also assist in reassessment of program advancements.
- Act as a direct support professional for a client with mental diagnosis.
- Facilitate communication between child and family. Navigate proper communication about child development issues despite a strained child-parent relationship and guide family to appropriate resources.