

CARISE ROTACH-BEARD, MA, LMFT

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EDUCATION:

ADLER GRADUATE SCHOOL, Minneapolis, Minnesota 2010
Master of Arts in Counseling Psychology

BETHEL UNIVERSITY, St. Paul, Minnesota 2006
Bachelor of Arts

SPECIALTIES:

Populations

- **Young adults, middle-aged adults**
- **Individuals and couples**
- **LGBT**

Conditions

- **Relationship Conflict**
- **Eating Disorders**
- **Mood Disorders**
- **Borderline Personality Disorder**
- **Compulsive Sexual Behavior**
- **Sexual Identity Issues**
- **Gender Identity Issues**
- **Spirituality Issues**
- **Self-Esteem Problems**
- **Obsessive Compulsive Disorder**
- **Posttraumatic Stress Disorder**

EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2013 – Present
Mental Health Therapist

SPARK COLLABORATIVE, Minneapolis, Minnesota 2012 – Present
Mental Health Therapist

Clients: Young adults, middle-aged adults

- Provide individual and couples therapy in an outpatient setting
- Diagnose and treated a variety of mental health disorders, including major depressive disorder, dysthymic disorder, generalized anxiety disorder, social phobia, obsessive compulsive disorder, posttraumatic stress disorder, bulimia nervosa, anorexia nervosa, binge eating disorder, borderline personality disorder, impulse control disorder, and gender identity disorder.

THE EMILY PROGRAM, St. Paul, Minnesota 2010 – 2012
Supervising Psychologist

Clients: Young adults, middle-aged adults

- Provided individual and group therapy in a residential setting.
- Diagnosed and treated a variety of mental health disorders, including , major depressive disorder,

dysthymic disorder, generalized anxiety disorder, social phobia, obsessive compulsive disorder, posttraumatic stress disorder, bulimia nervosa, anorexia nervosa, binge eating disorder, borderline personality disorder, impulse control disorder, and gender identity disorder.