

ELIZABETH PADILLA, LICSW

elizabeth@catalystmentalhealth.com

EDUCATION:

GEORGE MASON UNIVERSITY, Fairfax, VA 2010
Master of Social Work

UNIVERSITY OF COLORADO, Boulder, CO 2005
Bachelor of Arts, Psychology

SPECIALTIES:

Populations

- **Adolescents & Adult**
- **Individuals & Couples**

Conditions

- **Anxiety**
- **Depression**
- **Panic**
- **OCD**
- **Grief, Loss, Transition**
- **Eating and Body Image Issues**
- **Borderline Personality Disorder**
- **Substance Abuse/Addiction**
- **Trauma**

EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2017 – Present
Mental Health Therapist

HEALTH PARTNERS, Woodbury, Minnesota 2013-2017
Psychotherapist

Clients: Adolescents, Adults, Couples

- Provided individual and couples therapy in an outpatient setting.
- Diagnosed and treated a variety of mental health disorders, including major depressive disorder, generalized anxiety disorder, panic disorder, social phobia, bipolar disorder, obsessive compulsive disorder, substance use disorder, adjustment disorder, personality disorder, eating disorders, post-traumatic stress disorder .

ANDREW RESIDENCE, Minneapolis, Minnesota 2010-2013
Clinical Social Worker

Clients: Adults

- Provided individual and group therapy in a residential setting.

- Diagnosed and treated a variety of mental health disorders, including schizophrenia, schizoaffective disorder, bipolar disorder, obsessive compulsive disorder , major depression, substance use disorder, generalized anxiety disorder, personality disorders.