

FARREN SWANSON, MA, LMFT

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EDUCATION:

UNIVERSITY OF ST. THOMAS, Minneapolis, MN <i>MA, Counseling Psychology</i>	2011
UNIVERSITY OF ST. THOMAS, Minneapolis, MN <i>Marriage and Family Therapy Certificate</i>	2011
NORTH CENTRAL UNIVERSITY, Minneapolis, MN <i>BA, Cross Cultural Studies, Psychology Minor</i>	2006

SPECIALTIES:

Populations

- **Adults 18+**
- **Individuals, Couples, Families**
- **Helping, Medical, or Working Professionals**
- **Young Adults**
- **Women**

Conditions

- **Self-exploration and growth**
- **Adjustment**
- **Stress**
- **Family, Partner Conflicts**
- **Adult Children of Emotionally Immature Parents**
- **Boundaries**
- **Communication**
- **Family of Origin Work**
- **Anxiety**
- **Depression**

EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2019 - Present
Mental Health Therapist

MIDWEST CENTER FOR PERSONAL & FAMILY DEVELOPMENT, St, Paul, Minnesota 2014 - 2019
Mental Health Therapist

Clients: Ages 16+, Individuals, Couples, Families

- Provided a combination of Supportive Psychotherapy, Somatic Experiencing, Family Systems, Cognitive Therapy, and Behavioral Therapy
- Diagnosed and treated a variety of mental health disorders, including PTSD, Anxiety, Depression, and Bipolar Disorder

PRIVATE PRACTICE: TURN LEAF COUNSELING, Minneapolis, MN

2011 - 2014

Mental Health Therapist

Clients: Ages 18+, Individuals

- Provided a combination of Supportive Psychotherapy, Somatic Experiencing, Family Systems, Cognitive Therapy, and Behavioral Therapy
- Diagnosed and treated a variety of mental health disorders, including PTSD, Anxiety, Depression, and Bipolar Disorder

ADDITIONAL EXPERIENCE

In addition to the clinical experiences above, I have worked in a variety of settings with individuals diagnosed with severe mental health disorders and chemical dependency.