

# GRETCHEN BUEIDE, MA, LPCC

gretchen@catalystmentalhealth.com

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## EDUCATION:

ANTIOCH UNIVERSITY SEATTLE, Seattle, WA 1995  
*Master of Arts in Psychology*

CITY UNIVERSITY, Seattle, WA 2000  
*Certification in K-12 School Counseling, Master of Education Program*

UNIVERSITY OF WASHINGTON, Seattle, WA 1998  
*Certificate in Clinical Mental Health Supervision*

## SPECIALTIES:

### *Populations*

- **Adults, Adolescents, Young Children, Parents**
- **Individual, couples family and group counseling**
- **Multicultural, LGBTQ, veterans, older adults**

### *Conditions*

- **Depression**
- **Anxiety**
- **Grief/Loss**
- **Health problems**
- **PTSD/trauma**
- **Bipolar disorder**
- **Substance abuse**
- **Relationship problems**
- **Work issues**
- **School & Behavioral problems**

## EXPERIENCE:

**CATALYST MENTAL HEALTH, LLC**, Minneapolis, Minnesota 2014 & 2016  
**Mental Health Therapist**

*Clients: Adults, Adolescents, Young Children, Parents*

- Provide individual, couple and group psychotherapy with adults, children, couples and families. Provide assessment, referral, short and longer-term counseling in an outpatient setting.
- Diagnosed and treated a variety of mental health disorders and circumstances, including Depression, Anxiety, Grief/Loss, Sexuality, Gender Issues, Sexual Problems, Health Problems, PTSD/Trauma, Bipolar Disorder, Substance Abuse, Relationship Problems, Work, School & Behavioral problems.

**FAIRVIEW HEALTH SERVICES**, Minneapolis, Minnesota 2016  
**Licensed Mental Health Professional**

*Clients: Adults, Adolescents, Young Children, Parents*

- Provide mental health assessments for adults and children in a hospital emergency department, determine needed level of care, consult with family, review recommendations with physicians. Assist

in admitting for inpatient care or referral to other services.

- Assessed and diagnosed a variety of mental health disorders and circumstances, including Depression, Anxiety, Crisis, Psychotic Disorders, Suicidality, Harm to Self or others, PTSD/trauma, Bipolar disorder, Borderline Personality Disorder, Other personality disorders, Obsessive Compulsive Disorder, Substance abuse, Sexual Abuse, Assault, Functional abilities, Bereavement, School & Behavioral problems, Aggressive or Oppositional behaviors, Autism Spectrum Disorders, Developmental Concerns and Disorders, Attachment Disorders

**FULL SPECTRUM PSYCHOTHERAPY, LLC**, Minneapolis, Minnesota

2006-2015

**Psychotherapist/Owner**

*Clients: Adults, Adolescents, Young Children, Parents*

- Provided outpatient psychotherapy for adults, children, couples and families for a wide range of issues. Performed assessment, long-term and short-term counseling. Provided supervision, consultation, referral and critical incident management.
- Diagnosed and treated a variety of mental health disorders and circumstances, including Depression, Anxiety, Grief/Loss, Health problems, PTSD/trauma, Bipolar disorder, Substance abuse, Relationship problems, Work issues, School & Behavioral problems

**UNITEDHEALTH GROUP**, Eden Prairie, Minnesota

2012-2013

**Care Advocate; Employee Assistance Program Counselor**

*Clients: Adults, Adolescents, Young Children, Parents*

- Care Advocate: Created authorizations for risk assessments and care plans and provider referrals for members w/complex mental health/medical issues. Health promotion. Provider consultation. Health insurance behavioral health department setting.  
Employee Assistance Program Counselor: Provided telephonic assessment, counseling and referral for members. Provider services. Employee Assistance Program setting.
- Provided services for members with a range of mental health disorders and circumstances, including Depression, Anxiety, Crisis, Psychotic Disorders, Suicidality, Harm to Self or Others, PTSD/Trauma, Chronic Health Problems and Physical Disabilities, Bipolar Disorder, Borderline Personality Disorder, and Other Personality Disorders, Obsessive Compulsive Disorder, Substance Abuse, Sexual Abuse, Assault, Functional abilities, Bereavement, School & Behavioral Problems, Aggressive or Oppositional Behaviors, Autism Spectrum Disorders, Developmental Concerns and Disorders, Attachment Disorders.

**FAMILY SERVICES**, Seattle, Washington

2000-2003

**Therapist**

*Clients: Adults, Adolescents, Young Children, Parents*

- Provided outpatient psychotherapy for adults, children, couples and families for a wide range of issues. Performed assessment, long-term and short-term counseling. Provided supervision, consultation, referral and critical incident management.
- Diagnosed and treated a variety of mental health disorders and circumstances, including Depression, Anxiety, Grief/Loss, Health Problems, PTSD/Trauma, Bipolar Disorder, Substance Abuse, Relationship Problems, Work Issues, School & Behavioral problems, Borderline Personality Disorder, other Personality Disorders.

**WALLINGFORD BOYS & GIRLS CLUB**, Seattle, Washington

1999-2000

**Family Support Director**

**PRIVATE PRACTICE**, Seattle, Washington

1999-2002

**Psychotherapist/Owner**

**COMMUNITY PSYCHIATRIC CLINIC**, Seattle, Washington

1997-1999

**Program Supervisor**

**MENTOR HEALTH NORTHWEST, Bellevue, Washington**  
**Team Leader and Intensive Case Manager**

1995-1997