

HEIDI EDGETT MA, LMFT

heidi@catalystmentalhealth.com

EDUCATION:

ARGOSY UNIVERSITY/MN SCHOOL OF PROFESSIONAL PSYCHOLOGY 2007
Master of Arts in Marriage and Family Therapy/Professional Counseling

UNIVERSITY OF MINNESOTA, TWIN CITIES 2002
Bachelor of Arts in Psychology

SPECIALTIES:

Populations

- **Ages 12+**
- **Individuals and families**

Conditions

- **Depression**
- **Anxiety/Panic**
- **PTSD/Trauma**
- **Grief and Loss**
- **Bipolar Affective Disorders**
- **Self-injury**
- **Anger Issues**
- **Stress Management**
- **Communication Issues**

EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Bloomington, Minnesota 2015 – Present
Mental Health Therapist

MINNESOTA MENTAL HEALTH CLINICS, Eagan, Minnesota 2012-2015
Mental Health Therapist/Day Treatment Therapist

Clients: Ages 12+, individuals, families, couples, groups

- Provided individual, family, couples and group therapy in outpatient and day treatment settings.
- Diagnosed and treated a variety of mental health disorders including depression, anxiety, PTSD, trauma, Bipolar, Grief and Loss, Schizoaffective, Schizophrenia, ADHD, Personality Disorders, Self-injury, Panic Disorder, disorders with co-occurring eating disorders and chemical use disorders.

LIFESPAN OF MINNESOTA, Burnsville, Minnesota 2008-2012
Lead Therapist of Pre-ad Program/Intermediate Program Therapist

Clients: Ages 5-18

- Provided individual, group and family therapy in a day treatment setting.
- Diagnosed and treated a variety of mental health disorders, including depression, anxiety, eating disorders, self-injury, ADHD, Oppositional Defiant Disorder, Autism Spectrum, Learning Disorders, Reactive Attachment Disorder, Grief and Loss and Anger Management issues.

GENERATIONS COMMUNITY SUPPORT SERVICES
In-Home/In-School CTSS and ARMHS Provider
Clients: Ages 5-65

2007-2008