

JESSE ELLIS, MA, LMFT

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EDUCATION:

MN SCHOOL OF PROFESSIONAL PSYCHOLOGY, Eagan, MN 2007
Master of Arts Degree in Marriage & Family Therapy

BETHEL UNIVERSITY, Arden Hills, MN 2003
Bachelor of Arts Degree in Psychology

SPECIALTIES:

Populations

- **Children, Adolescents, & Adults**
- **Individuals, Couples, & Families**
- **Clients of all cultures (race, religion, gender, sexual orientation, etc.)**

Conditions

- **Life transition issues (divorce, loss of job/new job, empty nesting, launching into adulthood, aging parents, coping with death, entering marriage or parenthood, relocating, retiring, etc.)**
- **Marriage/Relationship issues**
- **Depression**
- **Oppositional behaviors (fighting, arguing, bullying, school troubles, problems with authority figures and/or peers, etc.)**
- **Attachment issues (adoption, history of abuse or neglect, difficulty trusting others, etc.)**
- **Anxiety/Social Anxiety**
- **Self-esteem/confidence issues**
- **Identity issues (self-identity, gender identity, cultural identity, etc.)**
- **Overwhelmed with life/feeling “stuck” or “in a rut”**
- **Stress management**

EXPERIENCE

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2016 – Present
Mental Health Therapist

FAMILY SUPPORT SERVICES, INC, Woodbury, Minnesota 2010 – 2015
ARMHS Supervisor and Mental Health Therapist

Clients: Adults, Adolescents, Children, Individuals, Couples, Families

- Supervised ARMHS workers who provided in-home services for low-income individuals with significant mental health needs
- Provided individual, couples, and family therapy in an outpatient clinical setting
- Diagnosed and treated a variety of mental health disorders, including but not limited to Generalized Anxiety Disorder, Social Anxiety, Panic Disorders, Posttraumatic Stress Disorder (PTSD), Reactive Attachment Disorder, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Oppositional Defiant Disorder, Conduct Disorder, Adjustment Disorders, and Personality Disorders

NORTHWINDS COUNSELING SERVICES, P.A., Rogers, Minnesota 2009 – 2010
Mental Health Therapist

Clients: Children, Adolescents, Adults, Individuals, Couples, Families

- Provided individual, couples, and family therapy in an outpatient clinical setting.
- Diagnosed and treated a variety of mental health disorders, including but not limited to Oppositional Defiant Disorder, Bipolar Disorder, Conduct Disorder, Major Depressive Disorder (depression), Adjustment Disorders, AD/HD, and Posttraumatic Stress Disorder (PTSD)

ASSOCIATED CLINIC OF PSYCHOLOGY, Minneapolis, Minnesota

2006 – 200

Mental Health Therapist, ARMHS worker, and CTSS worker

Clients: Children, Adolescents, Adults, Individuals, Couples, Families

- Provided in-home mental health skills and therapy services to individuals, couples, and families.
- Diagnosed and treated a variety of mental health disorders, including but not limited to Schizophrenia, Schizoaffective Disorder, Bipolar Disorder, Autism Spectrum Disorders, Adjustment Disorders, Depression, Generalized Anxiety Disorder, Social Anxiety, Panic Disorders, Reactive Attachment Disorder, Conduct Disorder, Oppositional Defiant Disorder, AD/HD, Posttraumatic Stress Disorder (PTSD), and Personality Disorders