

# KATHRYN EGGE, MA, LMFT

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## EDUCATION:

ST. MARY'S UNIVERSITY, Minneapolis, MN <i>M.A. Marriage and Family Therapy</i>	2011
AUGSBURG COLLEGE, Minneapolis, MN <i>B.A. Music</i>	2004

## SPECIALTIES:

### *Populations*

- **Age 12+ (adolescents, adults)**
- **Individual, couple and family therapy**
- **People from diverse racial, socioeconomic backgrounds**

### *Conditions*

- **Posttraumatic Stress**
- **Relational Struggles/Communication Issues**
- **Anxiety**
- **Depression**
- **Adjustment/Coping Difficulties**
- **Stress Management**
- **Parenting Concerns**
- **Grief and Loss**
- **Self-Esteem/Identity/Cross-Cultural Concerns**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota <b>Mental Health Therapist</b>	2014 – Present
MN MENTAL HEALTH CLINICS, Minneapolis, Minnesota <b>Mental Health Therapist</b> <i>Clients: Individuals, couples, adolescents, adults, families; age 12+</i> <ul style="list-style-type: none"><li>• Provided individual, couple and family therapy in an outpatient therapy setting.</li><li>• Diagnosed and treated a variety of mental health disorders and concerns, including anxiety, depression, PTSD, adjustment, stress management difficulties, relational/communication issues, grief/loss, parenting concerns, self-esteem/identity concerns and adoption/attachment issues.</li></ul>	2014-2016
MN MENTAL HEALTH CLINICS, Minneapolis, Minnesota <b>Program Therapist</b> <i>Clients: Adolescents and their families</i> <ul style="list-style-type: none"><li>• Provided group therapy and psychoeducation for adolescents and their families in an intensive outpatient therapy setting.</li><li>• Diagnosed and treated a variety of mental health disorders and concerns, including anxiety, depression, PTSD, adjustment, relational/communication issues, self-esteem/identity issues, mood/emotional regulation difficulties and stress management difficulties.</li></ul>	2011-2014

