

LISA LEWANDOWSKI, LPCC

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EDUCATION:

ST. THOMAS UNIVERSITY, Minneapolis, MN 2011
Master of Counseling Psychology

UNIVERSITY OF MINNESOTA DULUTH, Duluth, MN 2007
Bachelors of Applied Science, Major- Psychology, Minor- Foreign Studies

SPECIALTIES:

Populations

- **Ages 12+**
- **Individuals**
- **Specialized in working with teens and young adults**

Conditions

- **Anxiety Disorders (including: Generalized Anxiety, Social Anxiety, Panic Disorder, Obsessive Compulsive Disorder, Health Anxiety)**
- **Adjustment Issues**
- **Life Transitions**
- **Attention Deficit Hyperactivity Disorder**
- **Self-esteem issues**
- **Relationship issues**
- **Codependency**
- **Depression**
- **Grief/loss**

EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, MN 2017 - Present
Mental Health Therapist

MYHEALTH FOR TEENS AND YOUNG ADULTS, Hopkins, MN 2007 - Present
Mental Health Therapist

Clients: Adolescents, Young Adults and their Families

- Provide individual and family therapy in a outpatient setting.
- Diagnosed and treated a variety of mental health disorders, including Generalized Anxiety Disorder, Major Depressive Disorder, Adjustment Disorders, Panic Disorder, Social Anxiety Disorder, Obsessive Compulsive Disorder, Attention Deficit Hyperactivity Disorder, Post-Traumatic Stress Disorder.

MINNESOTA MENTAL HEALTH CLINICS, Minneapolis, MN 2014-2017
Mental Health Therapist

Clients: Children, Adolescents, and Adults

- Provided Individual and Group therapy in a outpatient and intensive outpatient treatment setting.

- Diagnosed and treated a variety of mental health disorders, including Generalized Anxiety Disorder, Major Depressive Disorder, Adjustment Disorders, Panic Disorder, Social Anxiety Disorder, Obsessive Compulsive Disorder, Attention Deficit Hyperactivity Disorder, Post-Traumatic Stress Disorder, Mood Disregulation Disorder, Oppositional Defiant Disorder, Impulse control disorders, Depression and other Mood Disorders, Schizophrenia and other Psychotic disorders, Personality Disorders, Eating Disorders, Substance related disorders, Mental Disorders due to General Medical Condition

NORTHWOOD CHILDRENS SERVICES, Duluth, MN

2012-2013

Mental Health Therapist

Clients: Children, Adolescents, and their Families

- Provided Individual, Group and Family therapy in a residential treatment setting.
- Diagnosed and treated a variety of mental health disorders, including Generalized Anxiety Disorder, Major Depressive Disorder, Adjustment Disorders, Panic Disorder, Social Anxiety Disorder, Obsessive Compulsive Disorder, Attention Deficit Hyperactivity Disorder, Post-Traumatic Stress Disorder, Reactive Attachment Disorder, Schizophrenia and other Psychotic Disorders, Depression and other Mood Disorders, Oppositional Defiant Disorder, Conduct Disorder, Autism Spectrum Disorders, Separation Anxiety Disorder, Somatoform Disorders, Eating Disorders