

MELISSA ANDERSON, MA, LMFT

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EDUCATION:

SAINT MARY'S UNIVERISTY OF MINNESOTA, Minneapolis, MN 2013
Masters in Marriage and Family Therapy

UNIVERSITY OF MINNESOTA, Minneapolis, MN 2005
Bachelor of Science in Child Psychology, Minor in Youth Studies

SPECIALTIES:

Populations

- **Adults, children (ages 6+), Adolescents**
- **Individuals and families**

Conditions

- **Grief and loss**
- **Attachment**
- **Parenting**
- **Family dynamics**
- **Relationship challenges**
- **Self-worth**
- **Life transitions**
- **Social skills**
- **Anxiety**
- **Depression**

EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota October 2017 – Present
Mental Health Therapist

MINNESOTA MENTAL HEALTH CLINICS, Eagan, MN September 2015-April 2017
Mental Health Professional

- Provided outpatient therapy for individuals, couples, families and children
- Diagnosed and treated various mental health disorders and other issues of concern including anxiety, depression, adjustment disorder, relational issues, parenting and family dynamic challenges, grief and loss, attachment and self-worth

WALK-IN COUNSELING CENTER, Minneapolis, MN May 2014-August 2015
Mental Health Practitioner

- Provided both brief and on-going therapy to adults, couples and families
- Completed risk and needs assessments for incoming clients in crisis
- Assisted clients in accessing various community resources

DAVID HOY AND ASSOCIATES, Golden Valley, MN, September 2012-February 2015
Mental Health Practitioner

- Conducted in-home and in-school skills work and therapy with children, adolescents and families
- Coordinated client care with mental health workers, medical personnel and school staff