

# MELISSA GAWLIK, MS, LMFT

melissa@catalystmentalhealth.com

---

## EDUCATION:

ARGOSY UNIVERSITY, Minneapolis, Minnesota 2006  
*Master of Science in Marriage and Family Therapy*

ST. CLOUD STATE UNIVERSITY, St. Cloud, Minnesota 2000  
*Bachelor of Arts in Special Education and Teaching*

## SPECIALTIES:

### *Populations*

- **Adolescents, young adults, middle-aged adults**
- **Individuals, couples, and families**

### *Conditions*

- **Anxiety Disorders**
- **Post-Traumatic Stress Disorder**
- **Mood Disorders**
- **Relationship Issues , Martial Conflict**
- **Dysfunctional Family Dynamics**
- **Oppositional, Defiant, or Disruptive Behavior**
- **Attention Deficit Disorder**
- **Attachment Issues**
- **Obesity and Weight Loss**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2014 – Present  
**Mental Health Therapist**

GAWLIK COUNSELING SERVICES, Bloomington, Minnesota 2012 – Present  
**Mental Health Therapist**

*Clients: Adolescents, Adults, Couples, Families*

- Provide individual, couples, and family therapy in a private practice setting.
- Diagnose and treat a variety of mental health disorders, including anxiety disorders, post traumatic stress disorder, mood disorders, relationship issues, marital conflict, dysfunctional family dynamics, oppositional, defiant, or disruptive behavior, attention deficit disorder, attachment issues, obesity and weight loss.

POR EMOTIONAL WELLNESS, Edina, Minnesota 2008 – Present  
**Mental Health Therapist**

*Clients: Children, Adolescents, Couples, and Families*

- Provide individual, couples, and family therapy in an outpatient setting.
- Diagnose and treat a variety of mental health disorders, including anxiety disorders, post traumatic stress disorder, mood disorders, relationship issues, marital conflict, dysfunctional family dynamics, oppositional, defiant, or disruptive behavior, attention deficit disorder, attachment issues.

DAVID HOY AND ASSOCIATES, Golden Valley, Minnesota

2007 – 2011

**Mental Health Therapist**

*Clients: Children, Adolescents, Couples, and Families*

- Provide individual therapy in an outpatient setting.
- Diagnose and treat a variety of mental health disorders, including anxiety disorders, post traumatic stress disorder, mood disorders, relationship issues, marital conflict, dysfunctional family dynamics, oppositional, defiant, or disruptive behavior, attention deficit disorder, attachment issues.

**ADDITIONAL EXPERIENCE:**

RICHFIELD SCHOOL DISTRICT

2000 - 2006

**Special Education Teacher**