

# NANCIE HAMLETT, MA LP

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## EDUCATION:

Wheaton College, Wheaton IL 1980  
*Master of Arts in Counseling Psychology*

Bethel College 1973  
*Bachelor of Arts in Psychology and Pre-Social Work*

## SPECIALTIES:

### *Populations*

- **Adults (young adults, middle-aged, and older adults)**
- **Individual, Group**
- **Special populations: LGBTQ, domestic abuse survivors, incest survivors, women's issues**

### *Conditions*

- **Adjustment and Life Transition Issues**
- **Sexual Identity and Gender Identity Issues**
- **Self-injurious Behaviors and Suicidal Ideation**
- **Relationships Issues (traditional and nontraditional)**
- **Spirituality Issues**
- **Borderline Personality Traits or Disorder**
- **Post-traumatic Stress**
- **Emotional and Behavioral Issues**
- **Anxiety**
- **Depression**

## EXPERIENCE:

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

SKILLFULLY TRANSFORMING, LLC, Minneapolis, Minnesota 2014-Present  
**Mental Health Therapist**

### *Clients: Adults*

- Provided individual therapy and DBT skills training in an outpatient private practice setting.
- Diagnosed and treated a variety of mental health disorders, including domestic abuse issues, borderline personality, self-injurious behaviors and suicidal ideation, PTSD, adjustment disorders, sexuality and gender issues, relationship issues (including poly/queer), spirituality issues, career-path issues, anxiety, depression, bipolar.

HEADWAY EMOTIONAL HEALTH SERVICES, Golden Valley, Minnesota 1999-2014  
**Mental Health Therapist**

### *Clients: Adults*

- Provided individual, couples, and group therapy, and DBT skills training in a community mental

health center. DBT team lead; trained therapists in DBT; led agency to become MN state certified as a DBT provider. Coordinated practicum program for MA Psychology and MSW students; provided group and individual supervision.

- Diagnosed and treated a variety of mental health disorders, including domestic abuse issues, borderline personality, self-injurious behaviors and suicidal ideation, PTSD, adjustment disorders, sexuality and gender issues, relationship issues, spirituality issues, life transition issues, women's issues, career-path issues, anxiety, depression, bipolar.

UNITED HOSPITAL, St. Paul, Minnesota

1995-1999

**Program Therapist and Family Therapist**

*Clients: adults and adolescents*

- Provided group therapy and family therapy in adult and adolescent inpatient psychiatric units and in an adolescent partial hospitalization program.
- Diagnosed and treated a variety of mental health issues including mood disorders, depression, anxiety, personality disorders, schizophrenia, alcohol abuse, and conduct disorders.

DOMESTIC ABUSE PROJECT, Minneapolis, Minnesota

1987-1996

**Mental Health Therapist**

*Clients: adults*

- Provided group and individual therapy to women victim/survivors of domestic violence, and provided group and individual therapy to women abusing their adult partners, and provided couples therapy to women and men completing the domestic abuse programs. Coordinated practicum/internship program for MA Psychology and MSW students; provided group and individual supervision. Provide domestic violence training and consultation locally and nationally to community groups and professionals.
- Diagnosed and treated a variety of mental health issues including depression, anxiety, trauma, anger and abuse issues, assertiveness and self-esteem issues, relationship concerns, adjustment disorders, and life transition issues.