

RACHEL HALLIDAY, MS, LMFT

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EDUCATION:

UNIVERSITY OF NEBRASKA-LINCOLN, Lincoln, NE 2002
Master of Science in Marriage and Family Therapy

YORK COLLEGE, York, NE 2000
Bachelor of Science in Biology and Psychology

SPECIALTIES:

Populations

- **Adults and Adolescents**
- **Individuals, Couples, Families**
- **Blended Families**

Conditions

- **Eating Disorders**
- **Grief and Loss**
- **Anxiety**
- **Depression**
- **Relational Issues**
- **Body-Image Issues**
- **Self-Harm**
- **Bipolar Disorder**

EXPERIENCE:

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

NYSTROM & ASSOCIATES, Woodbury, Minnesota 2012-2014
Clinic Director, Mental Health Therapist

Clients: Adolescents and Adults, Various Diagnoses, Individual, Couples, and Families

- Provided individual, couple, and family therapy in an outpatient setting.
- Practiced Dialectical Behavioral Therapy (DBT) in individual and group settings.
- Supervised and provided consultation to other therapists.
- Diagnosed and treated a variety of mental health disorders, including eating disorders, depression, anxiety, bipolar disorder, borderline personality disorder, schizoaffective disorder, self-harm, parenting issues, blended family issues, grief and loss

THE EMILY PROGRAM, St. Paul, MN 2004-2012
Mental Health Therapist

Clients: Adolescents and Adults, Individuals, Couples, and Families

- Provided individual, couples, family, and group therapy in an outpatient setting as well as a residential setting. Started and facilitated a number of intensive programs for eating disorders.
- Diagnosed and treated a variety of mental health disorders, including anorexia nervosa, bulimia nervosa, compulsive overeating, body image issues, depression, anxiety, self-harm, bipolar disorder.