

# SANDY SAMPLE, MA, LMFT

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## EDUCATION:

ST. MARY'S UNIVERSITY, Minneapolis, Minnesota <i>Master of Arts in Marriage and Family Therapy</i>	2010
AUGSURG COLLEGE, Minneapolis, Minnesota <i>Teaching Certification, Grades 7-12 Social Studies</i>	2000
UNIVERSITY OF MINNESOTA, Minneapolis, Minnesota <i>Bachelor of Arts</i>	1989

## SPECIALTIES:

### *Populations*

- **Pre-teens, adolescents, young-adults, middle-aged adults**
- **Individuals, couples, and families**

### *Conditions*

- **Anxiety disorders**
- **Panic disorder**
- **Social phobia**
- **Depression (chronic, recurring)**
- **Sexual dysfunction**
- **Adjustment disorders (mid-life transitions)**
- **Autism spectrum disorders**
- **Reactive attachment disorder**
- **Posttraumatic stress disorder**
- **Obsessive compulsive disorder**
- **Attention deficit disorder**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota <b>Mental Health Therapist</b>	2013 - Present
LEE CARLSON CENTER, Coon Rapids, Minnesota <b>Mental Health Therapist</b> <i>Clients: Children</i> <ul style="list-style-type: none"><li>• Provide individual and group therapy in a day treatment setting.</li><li>• Diagnose and treat a variety of mental health disorders, including attention deficit disorder, autism spectrum disorders, posttraumatic stress disorder, oppositional defiant disorder, major depressive disorder, anxiety disorders, and reactive attachment disorder.</li></ul>	2012 - Present
PASSAGES THERAPY, St. Louis Park, Minnesota <b>Mental Health Therapist</b> <i>Clients: Adults, Couples</i> <ul style="list-style-type: none"><li>• Provide individual and couples therapy in an outpatient setting.</li></ul>	2011 – Present

- Diagnose and treat a variety of mental health disorders, including adjustment disorders, major depressive disorder, anxiety disorders, sexual dysfunction, and relational problems.

NYSTROM & ASSOCIATES, Apple Valley, Minnesota

2011 – 2012

**Mental Health Practitioner, ARMHS**

*Clients: Adults*

- Provided individual counseling in a rehabilitative setting.
- Diagnosed and treated a variety of mental health disorders, including posttraumatic stress disorder, major depressive disorder, anxiety disorders, bipolar disorder, obsessive compulsive disorder, borderline personality disorder, autism spectrum disorders, panic disorder, and social phobia.

FAMILY NETWORKS, Minneapolis, Minnesota

2010 – 2010

**Mental Health Intern**

*Clients: Children, Adolescents, and their Families*

- Provided individual, group, and family counseling in a high school setting.
- Diagnosed and treated a variety of mental health disorders, including major depressive disorder, anxiety disorders, posttraumatic stress disorder, reactive attachment disorder, attention deficit disorder, oppositional defiant disorder, and parent-child relational problems.