

THERESA J. CRAWFORD, MA, LMFT

theresa@catalystmentalhealth.com

EDUCATION:

SAINT MARY'S UNIVERSITY OF MINNESOTA, Minneapolis, MN <i>Master of Arts in Human Development, focus on Neuroscience and Psychotherapy</i>	2011
SAINT MARY'S UNIVERSITY OF MINNESOTA, Minneapolis, MN <i>Master of Arts in Marriage and Family Therapy</i>	2009
AUGSBURG COLLEGE, Minneapolis, MN <i>Bachelor of Arts in English & Communication</i>	1996

SPECIALTIES:

Populations

- **Young Adults, College Students, Adults**
- **Individuals, Couples in Crisis, Families**
- **Highly Creative Thinkers and Leaders**
- **Multi-ethnic and or Multi-cultural Couples or Families**
- **LGBT**

Conditions

- **Depression**
- **Anxiety**
- **Relationship Challenges**
- **Trauma**
- **Co-dependency**
- **Grief & Loss**
- **Spiritual Crisis**

EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota Mental Health Therapist	2014 – Present
THERESA J. CRAWFORD THERAPY, Minnetonka, Minnesota Integrating neuroscience, emotion-focused therapy and mindfulness. Psychotherapist <i>Clients: Adults, Children, Couples, and Families</i> <ul style="list-style-type: none">• Provided individual and family therapy in a private practice.• Diagnosed and treated a variety of mental health disorders, including depression, anxiety, bipolar disorder, trauma (both recent and historical) and adjustment disorder.	2010 -Present
THE BRIDGE FOR YOUTH, Minneapolis, Minnesota Intern with both ESP (Emergency Services Program) and TLP (Transitional Living Program). <i>Clients: Children, Young Adults and Families</i> <ul style="list-style-type: none">• Provided individual and group therapy in transitional living program	2009

ADDITIONAL TRAINING:

Joy of Living, Level I: Meditation Training, Yongey Mingyur Rinpoche, Carondolet Center, Minneapolis, MN: July 9-11, 2010.

Possibilities Seminar with Bill O'Hanlon, MFT, Truchas, New Mexico, 2008.

Narrative Approaches with Youth and Families by Michael White, Temple Israel, Minneapolis, MN, 2007.