

ALLISON HOGGARTH, MA

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EDUCATION:

- UNIVERSITY OF ST THOMAS, Minneapolis/ St Paul, Minnesota 2021
Master of Arts, Counseling Psychology
- UNIVERSITY OF ST THOMAS, Minneapolis/ St Paul, Minnesota 2018
Bachelor of Arts, Psychology and Family Studies

SPECIALTIES:

Populations

- **Adolescents, young adults, adults**
- **Individuals**

Conditions

- **Difficulty adjusting / life transitions (eg. Covid-19 pandemic)**
- **Stress management**
- **Anxiety**
- **Depression**
- **Self-worth / self-esteem**
- **Identity concerns**

EXPERIENCE:

- CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2021 – Present
Mental Health Practitioner
- CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2020 – 2021
Mental Health Intern
Clients: adolescents, young adults, adults, individuals
- Provided individual therapy in an outpatient setting.
 - Diagnosed and treated a variety of mental health disorders, including major depressive disorder, generalized anxiety disorder, adjustment disorder, PTSD, and gender dysphoria