

ASHLEY ANDERSON, MA, LMFT

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EDUCATION:

ADLER GRADUATE SCHOOL, Bloomington, MN 2015
Master of Arts in Adlerian Counseling and Psychotherapy

MINNESOTA STATE UNIVERSITY MANKATO, Mankato, MN 2013
Bachelors of Arts in Psychology

SPECIALTIES:

Populations

- **Children 4 and older, adolescents, young adults, and adults**
- **Individuals, families, couples**
- **LGBTQIA**

Conditions

- **Anxiety**
- **Depression**
- **Trauma- including sexual abuse/PTSD**
- **Eating disorders**
- **Grief/bereavement**
- **Mood Disorders**
- **Chemical dependency**
- **Mood disorders**

EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2018 – Present
Mental Health Therapist

HEADWAY EMOTIONAL HEALTH, Golden Valley, Minnesota 2015 – 2018
Therapist

Clients: Children 4 and older, adolescents, young adults, adults

- Provided individual, family, couples, and group therapy in an outpatient setting.
- Diagnosed and treated a variety of mental health disorders, including anxiety, depression, sexual abuse, sexually deviant behaviors, fetal alcohol spectrum disorder, autism spectrum disorder, bipolar disorder, borderline personality disorder

FAMILY WISE SERVICES, Minneapolis, Minnesota 2012 – 2015
Family Specialist

Clients: Children 4 and older, adults

- Provided family therapy in an in-home setting.
- Diagnosed and treated a variety of mental health disorders, including anxiety, depression, sexual abuse, sexually deviant behaviors, fetal alcohol spectrum disorder, autism spectrum disorder, bipolar disorder, borderline personality disorder.