

# CHARTEL HAWKINS, MA, LPCC

chartel@catalystmentalhealth.com

---

## EDUCATION:

ARGOSY UNIVERSITY, Atlanta, GA  
*Master of Arts*

2014

## SPECIALTIES:

### *Populations*

- **Age groups: Teens, Adults**
- **Modalities: Individual, Families**
- **Special populations: Veterans**

### *Conditions*

- **Trauma**
- **Adjustment difficulties**
- **Anxiety**
- **Depression**
- **Grief/loss**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota      2019 – Present

### **Mental Health Therapist**

- Diagnosed and treated a variety of mental health disorders, including Post-Traumatic Stress disorder, Generalized Anxiety disorder, Adjustment disorder, Disruptive Mood Dysregulation disorder, and Major depressive disorder.

Washburn Center for Children, Minneapolis, MN

### **Child and Family Therapist**

2017-2019

*Clients: Children, families, individual*

- Provided individual and family therapy in both a day treatment and community setting.
- Diagnosed and treated a variety of mental health disorders, including Post-Traumatic Stress disorder, Generalized Anxiety disorder, Adjustment disorder, Impulse-control disorders, Neuro-developmental disorders, Disruptive Mood Dysregulation disorder, and Major depressive disorder.

HEADWAY EMOTIONAL HEALTH SERVICES

2016-2017

### **School-Based Therapist**

*Clients: Children*

- Provided individual therapy in a school setting.
- Diagnosed and treated a variety of mental health disorders, including Post-Traumatic Stress disorder, Generalized Anxiety disorder, Adjustment disorder, Disruptive Mood Dysregulation disorder, Obsessive Compulsive disorder, and Major depressive disorder.