

# ELIZABETH PADILLA, LICSW

elizabeth@catalystmentalhealth.com

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## EDUCATION:

GEORGE MASON UNIVERSITY, Fairfax, VA 2010  
*Master of Social Work*

UNIVERSITY OF COLORADO, Boulder, CO 2005  
*Bachelor of Arts, Psychology*

## SPECIALTIES:

### *Populations*

- **Adults 18+**
- **Individuals & Couples**

### *Conditions*

- **Anxiety**
- **Depression**
- **Panic**
- **OCD**
- **Grief, Loss, Transition**
- **Eating and Body Image Issues**
- **Borderline Personality Disorder**
- **Substance Abuse/Addiction**
- **Trauma**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2017 – Present  
**Mental Health Therapist**

HEALTH PARTNERS, Woodbury, Minnesota 2013-2017  
**Psychotherapist**

*Clients: Adolescents, Adults, Couples*

- Provided individual and couples therapy in an outpatient setting.
- Diagnosed and treated a variety of mental health disorders, including major depressive disorder, generalized anxiety disorder, panic disorder, social phobia, bipolar disorder, obsessive compulsive disorder, substance use disorder, adjustment disorder, personality disorder, eating disorders, post-traumatic stress disorder .

ANDREW RESIDENCE, Minneapolis, Minnesota 2010-2013  
**Clinical Social Worker**

*Clients: Adults*

- Provided individual and group therapy in a residential setting.

- Diagnosed and treated a variety of mental health disorders, including schizophrenia, schizoaffective disorder, bipolar disorder, obsessive compulsive disorder , major depression, substance use disorder, generalized anxiety disorder, personality disorders.