

# JACOB ZIMMERMAN, MS, LPCC, LADC

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## EDUCATION:

SAINT CLOUD STATE UNIVERSITY, St. Cloud, MN 2013  
*Master of Science in Community Counseling*  
*Certificate in Chemical Dependency*

UNIVERSITY OF MINNESOTA DULUTH, Duluth, MN 2011  
*Bachelor of Arts in Psychology*

## SPECIALTIES:

### *Populations*

- **Adolescents and Adults**
- **Individuals and Families**
- **LGBT**

### *Conditions*

- **Chemical Dependency and Relapse Prevention**
- **Trauma and PTSD**
- **EMDR**
- **Depression**
- **Anxiety, Panic, and Phobias**
- **Grief/Loss**
- **Anger Management**
- **ADHD**
- **School Issues / Study Skills**

## EXPERIENCE:

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

CENTURY COLLEGE, White Bear Lake, MN 2015 – Present  
**Adjunct Faculty Member**  
*Clients: College Students*

- Instruct counseling skills and group counseling courses

EVERGREEN RECOVERY, White Bear Lake, Minnesota 2016 – Present  
**Program Manager**  
*Clients: Adults*

- Develop and manage an outpatient chemical dependency treatment program

MINNESOTA MENTAL HEALTH CLINICS, Minneapolis, Minnesota 2015 – 2016  
**Mental Health Therapist**  
*Clients: Adolescents, Adults, and Families*

- Provided individual and family therapy in an outpatient mental health setting.

- Diagnosed and treated a variety of mental health disorders and concerns, including chemical dependency, substance abuse, co-occurring disorders, depression, anxiety, panic disorders, phobias, trauma and PTSD, grief and loss, anger problems, ADHD, relationship issues, and family conflict.

ANTHONY LEWIS CENTER, Blaine, Minnesota

2013 – 2014

**Counselor / Case Manager**

*Clients: Adolescents, Adults, and Families*

- Provided case management, psycho-educational lectures, and Rule 25 assessments in a residential chemical dependency setting.

PARK AVENUE CENTER, Minneapolis, Minnesota

2013 – 2013

**Chemical Dependency Intern**

*Clients: Adults*

- Provided group therapy, chemical dependency assessments, intake assessments, and case management services in a residential chemical dependency setting.

**ADDITIONAL EXPERIENCE:**

MARRCH CONFERENCE

2015 – Present

*Education Committee Member*