

# JUDY CAVAZOS-BEAL, MA, LMFT, LADC

judy@catalystmentalhealth.com

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## EDUCATION:

ST. MARY'S UNIVERSITY OF MINNESOTA, Minneapolis, Minnesota 2009  
*Master of Arts in Marriage and Family Therapy*

UNIVERSITY OF MINNESOTA, Minneapolis, Minnesota 2001  
*Bachelor of Science in Psychology, Educational Psychology, and Public Health*

## SPECIALTIES:

### *Populations*

- **Children, adolescents, adults**
- **Individuals, couples, and families**
- **Hispanic/Latino culture**
- **Deaf / Hearing-impaired culture**

### *Conditions*

- **Anxiety**
- **Depression**
- **Post-Traumatic Stress Disorder**
- **Relationship/Marital Issues**
- **Parenting Issues**
- **Family Dynamic Difficulties**
- **Alcohol Abuse and Dependence**
- **Chemical Abuse and Dependence**
- **Cross-Cultural Issues**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota 2014 – Present  
**Mental Health Practitioner**

CLUES (COMUNIDADES LATINAS UNIDAS EN SERVICIO), St. Paul, Minnesota 2005 – 2013  
**Mental Health Practitioner** (2010-2013)  
**Director/Manager of Chemical Health Services** (2006-2013)  
**Chemical Dependency Counselor** (2005-2006)

*Clients: Latino Children, Adolescents, Adults, Families, and Couples*

- Provided individual, family, and couples therapy in an outpatient setting, managed bilingual / bicultural chemical dependency services, captured new grant funding and managed contract compliance, hired, trained, and supervised leadership within the team, assessed, diagnosed, and treated substance use disorders.
- Diagnosed and treated a variety of mental health disorders, including PTSD, anxiety disorders, depression, relationship and marital issues, parenting issues, family dynamic difficulties, alcohol abuse and dependence, chemical abuse and dependence.

MCEC (MINNESOTA COUNSELING AND EDUCATION CENTER), St. Paul, Minnesota 2009 – 2009

**Mental Health Therapy Intern**

*Clients: Children, Adolescents, Couples, and Families*

- Provided individual, family, and couples therapy in an outpatient setting.
- Diagnosed and treated a variety of mental health disorders, including PTSD, anxiety disorders, depression, relationship and marital issues, parenting issues, family dynamic difficulties, alcohol abuse and dependence, chemical abuse and dependence.

ST. JOSEPH'S HOSPITAL, St. Paul, Minnesota

2006 – 2006

**Chemical Dependency Float Counselor**

*Clients: Adults*

- Provided chemical dependency counseling in an inpatient setting.
- Diagnosed and treated a variety of substance use disorders, including alcohol abuse and dependence, chemical abuse and dependence.

**ADDITIONAL EXPERIENCE:**

*Rule-25/Chemical Health Assessor, 2001-2006*

*Chemical Health Practitioner/Tobacco Cessation Specialist, 2002-2003*

*Teen Pregnancy Prevention Project Coordinator, 2002*

*Chemical Health Practitioner, 2001-2002*