

MARINA HIMMER, MA, LPCC

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EDUCATION:

SAINT MARY'S UNIVERSITY OF MN, Minneapolis, MN 2013
Master of Arts, Counseling and Psychological Services

UNIVERSIDAD AUTONOMA METROPOLITANA, Mexico City, Mexico 2002
Bachelors in Social Psychology, with specialty in youth subcultures.

SPECIALTIES:

Populations

- **Teenagers/youth, adults and children 8 and up**
- **Individuals, couples, parent-child**
- **Hispanic/ Latino culture and other minorities**

Conditions

- **Anxiety Disorders**
- **Depressive Disorders**
- **Bi-racial / Bi-cultural couples difficulties**
- **Attachment Difficulties**
- **Cultural Adjustment / life transitions**
- **Grief and Loss**
- **Self-esteem/self-image/self-harm issues**
- **Trauma/ PTSD**
- **Social/ relationship problems**
- **Mood disorders**

EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Bloomington, Minnesota 2020 – Present
Mental Health Therapist

HEADWAY EMOTIONAL HEALTH SERVICES, Richfield, MN 2016 –2020
Mental Health Therapist
Clients: Adults, Adolescents/Youth, Children 5 and up, Couples, and Families. Multiracial and minority individuals, biracial couples.

- Provided Spanish/ English Individual, Couples, Family therapy, Child/Adolescent Sex offender and Youth Diversion programs in School-based, Outpatient and Telehealth settings.
- Diagnosed and treated a variety of mental health disorders, including anxiety disorders, such as social anxiety, GAD, Phobias, Trauma/ PTSD with sexual and physical abuse, grief and loss, children-youth sex offender treatment, depressive disorders including self-injurious behaviors, self-esteem/self image issues, bi-cultural couples relationship issues, OCD, other paranoid disorders, Faith-based difficulties, ADHD, Conduct disorders, social/relationship and behavioral skills issues, adjustment /acculturation difficulties and parenting issues.

MINNESOTA CAREPARTNER, St Paul, MN

2016 – 2017

Mental Health Psychotherapist

Clients: Homebound Older Adults, Children, Adolescents and Families, especially those of Hispanic origin.

- Provided bilingual individual and family therapy to homebound clients at in-home setting.
- Diagnosed and treated a variety of mental health disorders, including anxiety disorders, Trauma, depressive disorders, self-esteem, social/relationship and behavioral skills issues, living skills, adjustment /acculturation difficulties and parenting difficulties.

COMUNIDADES LATINAS UNIDAD EN SERVICIO, St Paul, MN

2012 – 2014

Mental Health Psychotherapist. 2013-2014

Mental Health Psychotherapist Intern. 2012-2013

Clients: Adults, Children, adolescents, couples and Families, especially those of Hispanic origin.

- Provided Bilingual, individual, couples and family therapy in an Outpatient setting.
- Diagnosed and treated anxiety disorders, Trauma/ PTSD with sexual and physical abuse, depressive disorders, self-esteem/self image issues, Conduct disorders, social/relationship and behavioral skills issues, adjustment /acculturation difficulties and parenting issues.

THE LAZARUS PROJECT, Plymouth, MN

2012 –2013

Behavioral Therapist

Clients: Children 2-7 years old. Different racial backgrounds.

- Provided individual, pairs and group early childhood intervention treatment to children with the Autism spectrum in a Center-based program.
- Treated children diagnosed with the Autism Spectrum at different levels through individualized Applied Behavioral Analysis (ABA) Therapy. Following the Assessment of Basic Language and Learning Skills (ABLLS) to replace maladaptive behaviors with effective communication, social and self-help skills. Utilized teaching procedures such as Pairing, Vocal or sign Manding, Natural Environment Teaching (NET) and Intensive Table Teaching (ITT) to introduce, maintain and generalize new skills.

ADDITIONAL TRAINING:

- Bereavement: stages of grieving and intervention course. John R. Henrich, M.Div., Psy.D., LP.Professor, SMUMN 2021
- Suicide and self-harm in adolescents: Effective Assessment and Intervention strategies for Young people in crisis. Tony L Sheppard, PsyD, CGP, FAGPA 2020
- Intensive course in Emotionally Focused therapy: Attachment-based interventions for couples in crisis. Dr Sue Johnson, Ed D. 2020
- Trauma Treatment for Kids: Healing the Body through Play. Jennifer Lefebvre, PsyD, RTP-S. 2019
- 23rd Annual conference of Minnesota Association for the treatment of Sexual Abusers. 2019
- 10 principles for Doing effective Couples Therapy using the Gottman Method. John M. Gottman, PhD & Julie Schwatz Gottman, PhD. PESI. 2018
- 10 core competencies of Trauma, PTSD, grief and loss and evidence-based interventions. Eric Gentry, PHD, LMHC. PESI. 2018
- Trauma Focused-CBT. Web. 2018
- Child and Adolescent mental health conference. Duluth, MN. 2017
- New Frontiers in Trauma Training. Bessel A. van der Kolk, M.D. St Paul, MN 2013