

# NICOLE SCALES LINDBERG, MSW, LICSW, LADC

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## EDUCATION:

<i>ST. MARY'S UNIVERSITY OF MN</i> , Minneapolis, MN Doctorate in Counseling Psychology	In Progress
<i>ADLER GRADUATE SCHOOL</i> , Richfield, MN Certificate in Co-occurring Disorders	2015
<i>SPIRIT OF THE LAKE YOGA</i> , Excelsior, MN 200 hour Yoga Teacher Training, Registered Yoga Teacher	2013
<i>UNIVERSITY OF MINNESOTA</i> , Minneapolis, MN Certificate in Complementary Healing Practices: Health Coaching Track	2007
<i>UNIVERSITY OF ST. THOMAS</i> , St. Paul, MN Masters of Social Work	2001
<i>COLLEGE OF ST. CATHERINE</i> , St. Paul, MN B.A. In English	1996

## SPECIALTIES:

### *Populations*

- **Adolescents, Adults of All Ages**
- **Individuals, Families**

### *Conditions*

- **Substance Use Disorders/ Co-Occurring Disorders**
- **Mood Disorders**
- **Trauma/ Post Traumatic Stress Disorders**
- **Health Challenges/ Chronic and Acute Illness**
- **Anxiety Disorders**
- **Transitions and Life Changes**
- **Spirituality**
- **Grief and Loss**
- **Pregnancy/ Postpartum**
- **Severe and Persistent Mental Illness**
- **Compassion Fatigue and Caregiver Stress**

## EXPERIENCE:

<b>CATALYST MENTAL HEALTH, LLC</b> , Minneapolis, Minnesota. <b>Mental Health Therapist</b>	2016 – Present
<b>NUWAY HOUSE</b> , Minneapolis, MN <b>Mental Health Professional/ Counselor</b>	2015 – 2016

*Clients: Adult Men of All Ages*

- Provided individual and group therapy in a residential treatment facility for individuals with co-occurring substance use disorders and mental health challenges.
- Diagnosed and treated a variety of substance use and mental health disorders, including major depression, anxiety disorders, post traumatic stress disorder, bipolar disorder, psychosis, challenges in substance withdrawal, self care in recovery, legal issues, relationship issues, managing health conditions, living with traumatic brain injury, family discord, gender identity and transition, co-dependency, spirituality, and redefining life purpose in recovery.

HAZELDEN, Plymouth, MN.

2013-2015

**Outpatient Mental Health Therapist**

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

- Provided individual, group, and family therapy, substance use disorder assessments, and crisis intervention in an outpatient clinic (all ages) and inpatient adolescent residential co-occurring disorder treatment center.
- Diagnosed and treated a variety of mental health disorders, including major depression, anxiety disorders, post traumatic stress disorder, bipolar disorder, ADHD, family discord, relationship challenges, traumatic brain injury, autistic spectrum disorders, adjustment to gender transition, psychosis, substance use disorders, legal issues, health challenges, spirituality and self care in recovery.

INDEPENDENT PRACTICE, St. Paul, MN

2013 – Present

**Wellness Provider**

*Clients: Adults of All Ages*

- Provide Yoga and fitness classes, meditation training, health coaching, and wellness group classes to residential and outpatient treatment centers and professionals seeking life balance. Provide clinical supervision to those seeking licensure.
- Support individuals in recovery from substance use disorders, mental health conditions, pregnancy and postpartum challenges, chronic health conditions, stress related issues, and caregiver challenges.

MEDICA HEALTH PLANS, Minnetonka, MN

2008 –2013

**Health and Wellness Coach**

*Clients: Adults of All Ages*

- Provided over the phone individual and group health coaching and tobacco health coaching in an outpatient corporate setting.
- Supported individuals with a variety of health conditions and those seeking health related lifestyle changes and tobacco elimination including individuals who have been diagnosed with mental health disorders, chronic illness, those desiring a healthy pregnancy, and substance use disorders.