

# PATRICIA WHITE, MSW, LICSW

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## EDUCATION:

AUGSBURG COLLEGE, Minneapolis, MN 2003  
*Master of Social Work*

AUGSBURG COLLEGE, Minneapolis, MN 1998  
*BA—Psychology and Communication*

## SPECIALTIES:

### *Populations*

- **Children, adolescents, adults**
- **Individuals, couples, families (of any configuration)**
- **LGBT+, individuals with disabilities, polyamorous relationships**

### *Conditions*

- **Anxiety**
- **Depression**
- **Personality Disorders**
- **Relationship/Family Conflict**
- **Gender Identity**
- **Transgender Issues**
- **Intellectual or Physical Disabilities**
- **Life Transitions**
- **Crisis Intervention**
- **Self-Esteem**
- **Self-Harming**
- **Suicidal Ideation**
- **Abuse/Trauma/PTSD**
- **School/Work Issues**
- **SPMI diagnosis**

## EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, MN. 2018 – Present  
**Mental Health Therapist**

LYN-LAKE PSYCHOTHERAPY AND WELLNESS, Minneapolis, MN 2016 – 2018  
**Mental Health Therapist**

*Clients: Adolescents and Adults, individuals and couples*

- Provided individual and couples therapy in an outpatient setting.
- Diagnosed and treated a variety of mental health disorders including anxiety, depression, PTSD, trauma, relationship issues, school issues
- Provided Animal Assisted Therapy with Jasper, a trained therapy dog.

FAIRVIEW HOSPITALS, Minneapolis, MN

2016 – Present

**Mental Health Assessor**

*Clients: Children, Adolescents, Adults, Seniors*

- Provided mental health crisis assessment, stabilization and short-term planning in a hospital emergency room.
- Diagnosed and treated a variety of mental health disorders including depression, anxiety, psychosis, dementia, suicidal ideation, suicide attempts, aggression, alcohol/drug abuse.

CRISIS CONNECTION/CANVAS HEALTH, Richfield, MN

2012 – 2015

**Clinical Supervisor**

*Clients: Children, Adolescents, Adults, Seniors*

- Provided mental health crisis assessment, intervention, supportive listening, and resource referral for local, state and national crisis phone and text lines
- Provided clinical supervision and program management for about 70 paid staff, interns and volunteers.

METROPOLITAN CENTER FOR INDEPENDENT LIVING, St. Paul, MN

2009 – 2012

**Independent Living-Vocational Rehabilitation Specialist**

*Clients: Adults with disabilities*

- Provided counseling and independent living skills development for individuals seeking employment
- Collaborated with State Vocational Rehabilitation Services team to provide comprehensive services

EAST METRO ADULT CRISIS STABILIZATION (EMACS), St. Paul, MN

2003 – 2006

**Crisis Practitioner**

*Clients: Adults experiencing acute mental health crisis*

- Provided crisis assessment, diagnosis, intervention and short-term stabilization for clients referred from emergency rooms, county crisis teams and inpatient mental health units in Ramsey, Washington, and Dakota counties.