

REBECCA KEMPENICH, MS, LMFT

rebecca@catalystmentalhealth.com

EDUCATION:

| | |
|--|------|
| GOTTMAN INSTITUTE <i>Level 1 Certificate in Gottman Couples Therapy</i> | 2013 |
| THE HOARDING PROJECT <i>Level 2 Certificate in Hoarding Disorder</i> | 2012 |
| UNIVERSITY OF WISCONSIN STOUT, Menomonie, Wisconsin <i>Master of Science in Marriage and Family Therapy</i> | 2006 |
| UNIVERSITY OF WISCONSIN STOUT, Menomonie, Wisconsin <i>Bachelor of Arts in Psychology</i> | 2003 |

SPECIALTIES:

Populations

- **Adolescents, young adults, middle-aged adults, seniors**
- **Individuals, couples, and families**
- **LGBTQ**

Conditions

- **Relational Disorders**
- **Hoarding Disorder**
- **Anxiety Disorders**
- **Adjustment Disorders**
- **Obsessive Compulsive Disorder**
- **Posttraumatic Stress disorder**
- **Depression**
- **Borderline Personality Disorder**
- **Social Phobia**
- **Sexual Identity Issues**
- **Grief and Loss**

EXPERIENCE:

| | |
|--|----------------|
| CATALYST MENTAL HEALTH, LLC, Minneapolis, Minnesota Mental Health Therapist | 2013 – Present |
| KEMPENICH COUNSELING, New Brighton, Minnesota Marriage and Family Therapist <i>Clients: Adults, Children, Couples, and Families</i> | 2012 – Present |

- Provide individual, couples, and family therapy in an outpatient treatment setting.
- Diagnose and treat a variety of mental health disorders, including relational disorders, hoarding disorders, anxiety disorders, adjustment disorders, obsessive compulsive disorder, posttraumatic stress disorder, major depressive disorder, borderline personality disorder, and social phobia.

METRO PSYCHOLOGY SUPPORT SERVICES, St. Paul, Minnesota

2011 – 2011

Mental Health Practitioner

Clients: Adults

- Provided individual therapy and ARMHS services in-home to SPMI adults.
- Diagnosed and treated a variety of mental health disorders, including schizophrenia, schizoaffective disorder, bipolar disorder, obsessive compulsive disorder, and borderline personality disorder.

RESOURCE INC, Minneapolis, Minnesota

2006 – 2010

Mental Health Practitioner

Clients: Adults

- Provided counseling and case management services from 2006 – 2009, counseling and vocational rehabilitation services from 2009 - 2010.
- Worked intensively with clients with a wide variety of mental health disorders, including low IQ, developmental disabilities, learning disabilities, major depressive disorder, anxiety disorders, alcohol abuse and dependence, substance abuse and dependence, schizophrenia, schizoaffective disorder, bipolar disorder, and borderline personality disorder.