

Alexander Maas

Education

- 2019 *Saint Mary's University of Minnesota*, Minneapolis, Minnesota
Master's Degree: Counseling Psychology
(Brought back as a speaker for introduction classes, 2019-Current)
- 2014 *Hennepin Technical College*, Brooklyn Park, Minnesota
Law Enforcement
(Brought back as an employed assistant teacher, 2015-2016)
- 2013 *University of Minnesota*, Minneapolis, Minnesota
Bachelor of Arts: Psychology

Work Experience

- 10/2022-Current *Kind Waters Psychotherapy and Counseling* – Minneapolis, Minnesota
Licensed Mental Health Therapist
- Meet with clients one on one and in relational settings to provide mental health support and therapy services
 - Design and deliver presentations for community-based speaking opportunities
 - Work with client families to address family systems concerns
- 07/2019-08/2023 *Family Means* – Stillwater, Minnesota
Therapist
- Meet with clients one on one to provide mental health support and therapy services
 - Work with families of clients to address family systems concerns
 - Design and deliver group therapy modules
 - For school-based work, collaborate with school administration to make mental health services more accessible for student population
 - Design and deliver trainings for district school administration and teachers
- 08/2018-06/2019 *Concordia University Student Services* – Saint Paul, Minnesota
Counseling Intern
- Met with students one on one to provide mental health support and therapy services
 - Conducted group sessions for therapeutic support
 - Performed outreach and departmental collaboration to design new programs, as well as to encourage and support student access to current services

06/2017-08/2018 *Therapeutic Services Agency* – Anoka, Minnesota
Mental Health Practitioner

- Worked with families, in-home to provide skills training to improve youth development and family dynamics
- Worked as an adjunct mental health practitioner in a high school and summer program settings to provide support for students with mental health needs
- Served as a school-based practitioner supporting staff, and supporting students one-on-one, as well as group therapy at a high needs (level four) school

10/2014-04/2017 *Northern Star Council* – Golden Valley, Minnesota
Juvenile Diversion Coordinator

(Brought back for program assistance and delivery 05/2019-09/2019)

- Worked at several high schools developing and implementing one of Minnesota's first and only "Alternative to Suspension Program"
- Assisted in restructuring of entire curriculum to meet program standards and community needs
- Served as diversion program coordinator, teacher, and facilitator
- Led participation and outreach with other organizations and police departments to increase the membership and effectiveness of our program
- Developed psychological surveys for empirical data collection to measure success of our program