



## Mankato Mental Health Associates, P.A.

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### Dawn Ulrich-Spitzer's Bio

Dawn graduated with a B.S. from Concordia College in Moorhead, Minnesota and majored in Biology and Health and minored in Psychology. She earned her Master of Science degree in counseling from Moorhead State University and is a Licensed Psychologist and a Licensed Professional Counselor in the state of Minnesota.

She specializes in individual, group, couples, and family therapy with adolescents and adults. Her areas of expertise include eating disorders, loss and grief, depression, anxiety, post-traumatic stress disorder, women's issues, relationship and family of origin concerns, and Lesbian, Gay, Bisexual, Transgender, and Coming Out issues.

Dawn is certified in EMDR therapy and works with clients who have experienced trauma in their lives.

Dawn is a certified mediator and has been trained in Family Law Mediation, Domestic Law Mediation, and conflict resolution in a variety of situations.

Dawn has lived in Mankato since 1989.