



Mankato Mental Health Associates, P.A.

201 North Broad Street, Suite 308 • Mankato, MN 56001

Main Office: 507-345-4448 • Fax: 507-345-6761

Medication Management: 507-508-9278

www.mankatomentalhealth.com • mmha@hickorytech.net

Katarina (Kat) Barrett, MSW, LICSW Bio

Therapy can be both scary and liberating. Often, we find ourselves looking for assistance when life hurts, feels uncertain, or we don't know where else to turn. I do not take lightly the courage it takes to seek therapy and attend sessions, it can be a vulnerable encounter, and I am proud of you for looking into this option. I believe everyone deserves to be heard, seen and validated. My goal is to create an environment where you can feel comfortable to explore your concerns, past and areas you are seeking to improve upon. I strive to work with you to resolve concerns and feel at peace.

I have experience working with individuals with anxiety, depression, trauma, life stressors, personality disorders, and substance use disorders. I have a strengths-based approach and often draw from **Dialectical Behavioral Therapy (DBT)** when working with clients. I am seeking certification in **Eye Movement Desensitization and Reprocessing (EMDR)** Therapy to assist individuals experiencing anxiety, depression, post-traumatic stress disorder, childhood trauma, substance use, and self-image concerns. EMDR allows both the therapist and client to take a step back and allow our brain to process and heal from past experiences and beliefs. You can learn more about EMDR by visiting: <https://www.emdria.org/about-emdr-therapy/>

A little bit about me: I am originally from the Southern Minnesota area. I received my Bachelor of Science in Gender and Women's Studies, a Bachelor of Science in Social Work, and a Master of Social Work degrees from Minnesota State University, Mankato. What you can expect of working with me is honesty, leaning into tough conversations, support, and when appropriate, humor.