



Mankato Mental Health Associates, P.A.

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Katie Kleinschmidt's Bio

Katie graduated with a Master of Science degree in Mental Health Counseling from Minnesota State University, Mankato. She previously earned her Bachelor of Science degree in Elementary Education from Bemidji State University. Katie is a Licensed Marriage and Family Therapist, a Registered Play Therapist, is trained in Discernment Counseling for couples on the brink of divorce, and has advanced training in trauma therapy including EMDR (Eye Movement Desensitization and Reprocessing). She is a strengths-based therapist who has experience in providing mental health services to all ages, diverse backgrounds, and with a wide variety of presenting concerns.

Katie specializes in work with individuals, couples, and families who are struggling with life transitions or who have a history of traumatic experiences. Areas of expertise include separation and divorce, remarriage, blended families, parenting and coparenting, attachment injuries, all types of abuse, domestic violence, grief and loss, and traumatic events.