



Mankato Mental Health Associates, P.A.

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Katie Kleinschmidt's Bio

I am happy to see that the general view of therapy and what it means to “be in therapy” is changing! More and more, people are seeking out therapy as a resource to move toward the life they want to live. Life can be a wild ride leaving us feeling out of sorts as we try to hold on to the good moments, navigate the day to day, and heal from (or simply survive) the bad. “Therapy” is a time we block off in our schedule to purposefully work through the hurts and hang ups in our lives, to develop skills we need, and/or to generalize the strengths we already have to the areas we struggle with.

Perhaps...

- you feel as though the good moments seem to breeze by too quickly and the bad moments feel like they linger on or have a life of their own. This can leave people feeling stuck and unhappy or as though they are stretched too thin, on edge, or not good enough.
- your current life is at peace while historical hurts or childhood trauma loom in the background always threatening to resurface.
- you are doing ok but have a loved one who is struggling and refuses to get the help they need leaving you riding their rollercoaster or cleaning up their mess.
- you thought you were living the life you wanted and suddenly life or a loved one throws you a curveball which threatens that security and peace.
- life's pretty good but you're anxious, depressed, or irritable.
- life's pretty good and you just want to develop a couple of tools to keep it that way.

I am a strengths-based therapist and have experience in providing mental health services to all ages, diverse backgrounds, and with a wide variety of presenting concerns. Regardless of your current experience, we will work to identify what has gone well, not so well, and what you are wanting to formulate a plan of how to move you toward your goals. Below you will see my educational background, areas of advanced training, and areas of specialty. I continue to gather education, resources, and experience to be of assistance during a client's journey to heal from the past, navigate the now, and move toward the future they are seeking.

Educational Background and Areas of Advanced Training:

I graduated with a Master of Science degree in Mental Health Counseling from Minnesota State University, Mankato after earning a Bachelor of Science degree in Elementary Education from Bemidji State University. I am a Licensed Marriage and Family Therapist, have advanced training in developmental models of therapeutic engagement, am trained in Discernment Counseling for couples on the brink of divorce, and have advanced training in trauma therapy including EMDR (Eye Movement Desensitization and Reprocessing). I specialize in working with those struggling through transitions in life or who have a history of traumatic experience. My areas of expertise include all types of abuse, domestic violence, traumatic events, medical trauma, separation and divorce, parenting and coparenting, attachment injuries, and grief and loss.