



## Mankato Mental Health Associates, P.A.

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### Katie Stadheim's Bio

Katie is a Licensed Independent Clinical Social Worker. She graduated from Simpson College in Indianola, IA with her BA in psychology and sociology. She then graduated from Minnesota State University, Mankato, with her master's degree in social work. Katie provides a wide range of mental health services including diagnostic assessments, individual, group and family therapies for adults and adolescents. She maintains the importance and value of a supportive, therapeutic relationship with her clients throughout the course of treatment, helping clients to identify their own strengths that can be used as resources. Her background includes work with individuals having traumatic histories, severe and persistent mental illness, personality disorders, anxiety, depression, LGBT issues, co-occurring disorders, phase of life difficulties and grief. Katie utilizes a strengths-based holistic therapy approach drawing from cognitive behavioral therapy, dialectical behavior therapy, narrative, and systemic therapies. Katie is certified in trauma-focused cognitive behavioral therapy (TF-CBT), an evidence-based treatment for children and adolescents impacted by adverse experiences.