



Mankato Mental Health Associates, P.A.

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Katie Stadheim, MSW, LICSW Therapist

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 range of mental health services including diagnostic assessments and individual therapy 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 trained in EMDR (Eye Movement Desensitization and Reprocessing), an extensively researched, effective psychotherapy method used to help individuals recover from trauma and other distressing life experiences. She is currently working toward certification in EMDR.

Katie is a lifetime resident of the southern Minnesota area. She enjoys travel and learning about others' cultures and experiences. She has been an avid member of her book club, takes advantage of the gardening season, enjoys hiking, and recently took up snow shoeing to more fully embrace Minnesota's winters. Lastly, Katie truly enjoys spending time with her family watching her young boys play sports and learn their own areas of strength.