



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

Laura Schultz's Bio

My name is Laura Schultz and I work as a Licensed Independent Clinical Social Worker here at Mankato Mental Health Associates. I work primarily with adults through an intersectional, trauma-responsive, feminist lens. I am a Certified Trauma Professional, and I specialize in working with individuals who have survived and experienced intimate partner and sexual violence. I also work specifically with individuals exploring identity development (which may include sexual orientation, gender identity, racial/ethnic identity, and religious/spiritual identity). I often use interventions of mindful self-compassion, motivational interviewing, and cognitive behavioral therapy. As an accredited sound therapy practitioner, I am passionate about employing art, music, and creative processes to explore and make meaning of challenging experiences.

Prior to working here, I worked as the Director of the Violence Awareness & Response Program at MNSU, Mankato for ten years. I received my Master of Arts in Gender & Women's Studies in 2011 and my Master of Social Work in 2019 from Minnesota State University, Mankato. I look forward to getting to know you as we work together to meet your goals in therapy.