



Mankato Mental Health Associates, P.A.

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Marlae Cox-Kolek's Bio

Marlae is a Licensed Professional Clinical Counselor and a Licensed Alcohol and Drug Counselor, who earned her Master of Science degree in community counseling from Mankato State University, Mankato in 1997. She joined Mankato Mental Health Associates in 2004.

Her areas of expertise include counseling individuals with co-occurring disorders such as mental illness and substance use disorder, grief and loss, family of origin and relational concerns, women's issues, relapse prevention, harm reduction, internet/sexual addictions, gambling and other compulsive behaviors, and other life concerns.

Marlae believes in challenging negative thinking in order to change emotions and behavior. She also uses motivational interviewing in helping clients move toward their goals. Each client will develop a treatment plan addressing the issues they want to change.

Marlae is also a part of a team with her therapy dog, Leo, who is in the office on most Tuesdays and Fridays. Leo is a tri-color rough coat collie who was rescued by the Minnesota/Wisconsin Collie Rescue in 2016 at a year old. He joined Marlae's family in November of that year. He became a registered therapy dog through the Alliance of Therapy Dogs in 2017 and has been coming to work ever since.

Marlae recently was reappointed to the Minnesota Board of Behavioral Health and Therapy by Governor Tim Walz. She has served on this board since 2009.

Marlae has lived in the Mankato area since 1992.