



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

Ted Clements' Bio

Ted Clements is a Licensed Independent Clinical Social Worker who has been providing outpatient therapy for diverse populations for over twenty years. Having received a degree through Smith College School for Social Work, he was also fortunate to complete part of this training through the Menninger Clinic in Topeka, Kansas.

Ted works with adults, children, adolescents, and families. He works with issues of depression, anger, anxiety, phobias, sleep problems, and trauma. He has particular interests in marital/couples therapy, family work, and trauma. He has worked extensively with adolescents with legal and/or substance problems. He has completed advanced training in the Gottman Method Couples Therapy and Emotional Focused Therapy, which strongly inform his marital-family work.