



Mankato Mental Health Associates, P.A.

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George “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. He received his degree through Smith College School for Social Work, and completed training at the Menninger Clinic.

Ted works with adults, adolescents, and families. He works with issues of depression, anger, anxiety, phobias, sleep problems, and trauma. He has particular interests in marital/couples therapy and trauma. He has worked extensively with adolescents with legal and/or substance problems.

Ted is trained in EMDR (Eye Movement Desensitization and Reprocessing) for working with trauma, including attachment trauma. He has advanced training in Gottman Method Couples Therapy and Emotional Focused Therapy, which strongly inform his marital-family work.

Ted also provides supervision for clinical social workers seeking their LICSW.