



Lu Lippold

Provider (Master), LPC-IT

I went back to school at age 65 to earn a master's degree in Clinical Mental Health Counseling. I had always wanted to help people who were struggling with their mental health, but I didn't have the expertise or the tools. Now, I do.

CCS Service Arrays

Psychotherapy

Psychoeducation

Individual Skill Development and Enhancement

CLTS Service Arrays

Family and Unpaid Caregiver Supports

Counties Served

Pepin, Pierce, St. Croix, Buffalo, Dunn, and Chippewa Counties.

Specialty Areas

Individual Therapy

Family Therapy

Parent Coaching

Mental Health Disorders

Substance Abuse

Life Skills and Coping Strategies

As a therapist, I love working with people with depression, anxiety, bipolar disorder, addiction, eating disorders, anger issues, PTSD, personality disorders, and general problems with life choices. I strive to help people address the emotional reasons that underlie their substance use issues. Basically, I find everyone interesting. I've learned that many people often feel isolated, their problems unacknowledged. I can give people the gift of listening with unconditional acceptance.

I have children, grandchildren, stepchildren and step-grandchildren. In addition to my master's degree in clinical mental health counseling, I have a bachelor's degree in classical languages and master's degrees in linguistics and journalism. I've worked as a documentary filmmaker, food writer, editor, journalism professor, film festival programmer, grant administrator, social media specialist, ESL teacher, and computer systems analyst. Let's just say that I have a lot of experience doing a lot of things.

I'm glad to have the opportunity, through CCS, to use my life experience and education to help people improve their lives.

