



# 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.

