



# AMY HALVERSON

MA, LMFT

## PHILOSOPHY

I use an integrative, client-focused, developmental lifespan and systemic approach when providing therapy. It is important that your treatment is tailored to your needs and it is my job to make sure I am always striving to bring you the tools to help promote the change you want to see in your life. When working with children I will often use play therapy to ensure a safe and comfortable environment where we can work together. I also utilize techniques from cognitive behavioral therapy, emotionally focused couples therapy, narrative therapy, mindfulness and solutions focused therapy.

## CONTACT

PHONE:  
763.424.1888 ext. 106

EMAIL:  
[amy@northwindscounseling.com](mailto:amy@northwindscounseling.com)

AVAILABLE:  
Monday thru Thursday Evenings

## JOINED NORTHWINDS

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2016

## DEGREES/LICENSE

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Master Degree in Mental Health Counseling from Mankato State University in Mankato, MN

Licensed Marriage Family Therapist, License #2941 Since 2014

## WORK EXPERIENCE

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Amy has experience working with individuals, couples, families, children ages 4 and up and with group in outpatient, in-home and in school settings.

## SPECIALITIES

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Play Therapy  
Adjustment Disorders  
Anxiety Disorders  
Couple Conflicts  
Depression  
Family Conflicts  
Parenting Problems  
Trauma Related Disorders