



TERRI JORSTAD

MA, LMFT

PHILOSOPHY

I believe in a bio-psycho-social model of mental health treatment. All of us have biological, psychological, sociological (experiential) and spiritual components to our mental health and these all are connected. My approaches match this philosophy. I utilize CBT, Motivational interviewing, Developmental Trajectories, Mindfulness-Based Stress Reduction, Understanding Temperament, among others. I believe in a strength-based approach to therapy, people become more aware of barriers to goals and experience self-discovery along the way.

CONTACT

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AVAILABLE:
Monday thru Thursday

JOINED NORTHWINDS

2011

DEGREES/LICENSE

Masters Degree in Marriage & Family Therapy from Argosy University in Eagan, MN

Licensed Marriage Family Therapist; License #2222 Since 2012

WORK EXPERIENCE

Terri has 13plus years in Mental Health field including; outpatient with individuals, couples and families, job coaching, in-home with PDD, SPMI adults and children, and out-patient with adolescent MI-CD day treatment families.

SPECIALITIES

Anxiety Disorders
Children and Adolsemts
Asperger's and ADHD
Couples and Communication
Depression and Long Term Management
Family Adjustments
Adjustments to Mental Health Diagnosis
Chemical Dependency